



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U4



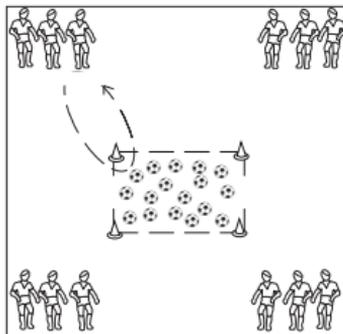
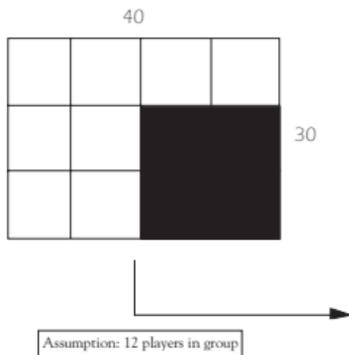
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## **Week 3**

45 minute practices, 1 recommended practice per week



## Purpose

To develop the basic techniques of running with the ball and dribbling.

## Organization

Set out a 20 x 20 yard area. Position three players in each corner of the area. Set out a small square in the center of the area. Randomly scatter all of the soccer balls within the center area.

## Game Objective

The object of this relay game is for players to fetch a soccer ball from the center area and return it to their team. On the coach's command, one player at a time from each team runs to the middle area and dribbles the ball back to their corner. After tagging the returning player's hand, the next player goes. Play continues until all balls are gone from the middle area. The team who gets a ball each back to their corner start position wins.

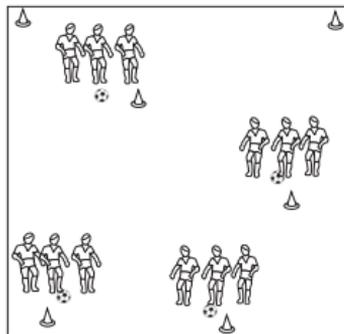
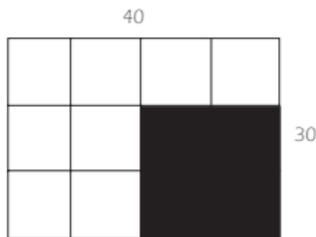
## Progressions

1. Play continues until all balls are returned back to the center area and all players are back in their corner areas.
2. Players go when a teammate reaches the middle area. Thus players have to weave in and out of teammates when dribbling their ball back to the corner or middle area.

## Story

No matter what situation he finds himself in, Johnny feels certain he will prevail with good looks and karate chops. He is redeemed by his devotion to his Mama and his patience with little Suzy, the only female with a crush on him.

## A Crazy Walk In The Woods



### Purpose

To develop dribbling technique and the ability to stop the ball under close control.

### Organization

Set out a 20 x 20 yard area. Group players in threes, one ball per group. Players start at one of six cones positioned randomly within the area. Groups hold hands at all times.

### Game Objective

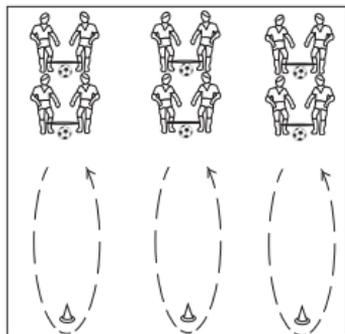
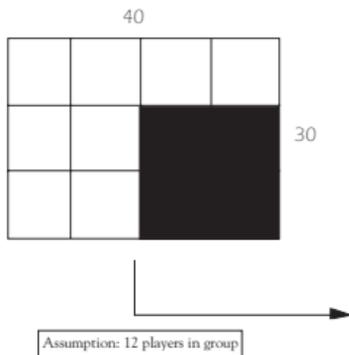
Upon the coach's command, the player with the ball, accompanied by players either side of him must dribble to one of the six free cones stationed in the area. Once they reach a cone, players rotate positions so that a different player has the ball. Continue for a specified time period.

### Progressions

1. Introduce a second and third ball until each player in the activity has a ball at his or her feet.
2. The coach runs in to chase players around the area.

### Story

Shrek is a hideous green ogre. This hulking, smelly hero is content with his lot in life until a witch foretells romantic bliss with the Ugly Princess, resulting in a wacky quest. This game records the tale of the ogre's trek to pick up Princess Fiona, and deliver her to Lord Farquaad, a nobleman with a Napoleon complex. Along the way, the cranky, kooky looking Shrek encounters a jive-talking donkey and a homeless version of the Three Little Pigs.



## Purpose

To develop running with the ball and basic teamwork.

## Organization

Set out a 20 x 20 yard area. Position three groups of four players at a starting cone on one end line of the area. Group in pairs. Join pairs together by loosely tying a piece of string around the middle leg, just above the ankle. One ball per pair. Position one cone on the far side of the area directly opposite each group's starting position.

## Game Objective

The object of the game is for each pair to dribble around the far cone and back, striking the soccer ball with their middle feet. The first team (both pairs) to complete the course wins.

## Progressions

1. Introduce a second ball. Instead of striking the ball with the middle feet, players should be encouraged to strike the ball with the outside foot.

## Story

Carmen and Juni, the children of secret-agent parents, must save their parents from danger. While they think that their parents are boring, little do they know that in their day, Gregorio and Ingrid Cortez were the top secret agents of their time. They gave up that life to raise their children. Now, the disappearances of several of their old colleagues forces the Cortez' return from retirement. What they didn't count on was Carmen and Juni joining the "family business."