



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U4



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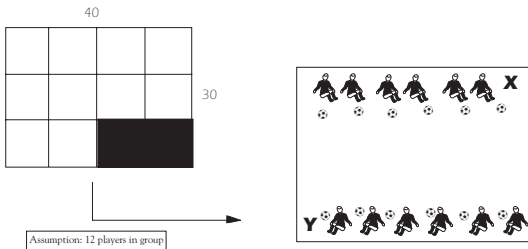
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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## Week 4

45 minute practices, 1 recommended practice per week

## Cow and Chicken



## Purpose

To develop an understanding of control.

## Organization

Set out a 20 x 10 yard area. Players on team X are stationed three yards apart in the crab position on one side of the area. Players on team Y are stationed adjacent to the X players on the opposite side of the area. One ball per player.

## Game Objective

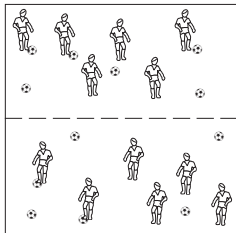
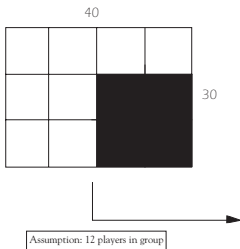
The object of the game is for each player to push the ball 2-3 feet in front of him or her between touches while seated in the crab position. Play continues until everyone has changed places. The first team to reach the opposing end line wins.

## Progressions

1. Players may tackle or block their opposing player as they cross the area in an effort to delay them.
2. Players switch over, on to their hands and knees, and push the ball in front of them with their forehead.

## Story

Cow and Chicken follows the misadventures of a pair of siblings: little sister Cow (7 years old, 6 feet, 400 lbs.) and big brother Chicken (11 years old, 18 inches, 4 lbs.). They live in a suburban house, have human parents, and play with human friends who think it's really cool that Cow has udders and Chicken has a beak.



### Purpose

To develop passing technique.

### Organization

Set out a 20 x 20 yard area. Divide the area into two equal halves. Station six players on each side of the midline. One ball per player.

### Game Objective

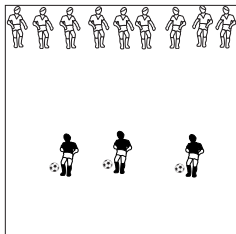
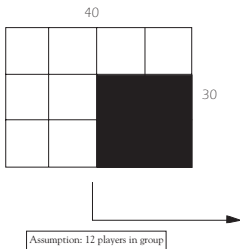
The object of the game is for teams to get as many balls as possible on the opponents' side of the mid line. The coach whistles, hums or sings the theme tune from Scooby Doo throughout to create the effect of a game of 'musical chairs'. When the tune stops, all players freeze. The coach counts the number of balls in each area. Balls on the correct side of the midline but outside of the area do not count to the total.

### Progressions

1. Encourage players to move into line with the ball when receiving to stop and receive the ball.
2. Players should push the ball 2-3 feet in front of them with one or two touches before attempting to pass the ball.

### Story

A none-too-brave Great Dane named Scooby Doo joins four teen-aged sleuths--Fred, Daphne, Velma, and Shaggy--as they search out supernatural phenomena in their van, the Mystery Machine.



### Purpose

To develop passing accuracy.

### Organization

Set out a 20 x 20 yard area. Select three catchers (adults) and station them in the middle of the area. Each catcher has a ball. Station all remaining players along one end line.

### Game Objective

The object of the game is for players to run across the area without being struck on or below the knee by the ball of a catcher. The catcher may choose to roll or pass the ball along the playing surface. Any player that is hit collects a ball and becomes a catcher. The activity reverses in the opposite direction upon the coach's start command. Players are safe when standing on the end line. Play continues until only one player remains and all but he or she are catchers.

### Progressions

1. Introduce a ball to each player. Catchers must now eliminate players by rolling or passing their ball along the playing surface to hit the ball of one of the players.

### Story

Though Sir Isaac Newton is generally the man most associated with the science of gravity, there's little doubt that had he co-existed with Road Runner and Coyote, gravity would have been understood long before the fateful day an apple bounced off his head. The world's greatest inventor has to be Wile E. Coyote himself. As for Road Runner, all soccer players could certainly learn a thing or two from this swift and evasive creature.