1ST-2ND GRADES ›› Week 8 Practice

Improve Juggling and Ball Skills

*Many of these practices require the use of four soccer balls. If you are limited in the number of soccer balls you have for practice, you can modify the games by creating lines based on the number of soccer balls you have available.

### Play Time & Welcome

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**Play Time (3-5 minutes)**

Allow everyone to have an unstructured play time with a ball at the beginning of practice.

» This will allow players to practice tricks, score goals, chat with friends, and let out energy.

» Players should be doing something soccer-related.

» At the end of this time allow everyone to score one goal and then meet at the middle of your practice area.

**How to Teach Juggling Technique with a Soccer Ball**

» Juggling is an important skill to learn because it will develop and improve all technical skills such as dribbling, passing, and shooting.

» Juggling is very frustrating to players who have never tried it; however, it is important they strive to practice and get better. This will allow them to be more comfortable with the ball!

» Use the top part of the foot (laces) and keep the ankle locked while pointing the toe toward the ground. Bring the knee up toward the chest while lightly kicking the ball in the air.

» Begin by holding the ball with both hands out in front and drop it so it hits the ground with one bounce. After the ball bounces, tap the ball using the top part of your foot (laces) and try to catch it before it hits the ground.

» Remember this sequence: bounce-foot-catch.
Teaching the Skill (5 minutes)

**Juggling with Feet**

**Objective:**
» Teach players the basics of juggling

**Equipment Needed:**
» One ball for every two players (best if each player has a ball)

**Setup:**
» Divide players into groups of two with at least one ball for each group.
» On the coach’s signal, players attempt to juggle using the following sequence: bounce-foot-catch.
» Each time a player completes this sequence, they are awarded a point.

**Team Warm-up (5 minutes)**

**Flying Saucers**

**Objective:**
Develop basic coordination

**Equipment Needed:**
» Cones to set up grid (not necessary) or field lines can be used.
» Stack of cones for coach to use as flying saucers.
» Soccer balls (only if you have enough for each player to have one).

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**Setup:**
Set up a 15 x 15 yard grid and have all players spread out in the grid. The coach has a stack of cones and is in the grid with players.

**Activity:**
1. On the coach’s signal, players begin jogging around the grid trying to get away from the coach.
2. The coach lightly tosses cones (flying saucers) at players.
3. If a player is hit by a flying saucer they have to stop and do three jumps with both feet together back and forth over the cone.

**Variation/Progression:**
» Have players move in different ways through grid. (Ex: hop, skip, crawl, run backward, crab walk, etc.)
» If you have enough soccer balls for everyone to have their own, progress to having players dribble the ball with their feet as they try to avoid the saucers.
Activity/Game One (10 minutes)

Follow the Leader

Objective:
Develop coordination and ball control

Equipment Needed:
One ball for the coach and one ball for every two players. For this game it would be best if everyone has a ball however, players can share and take turns.

Setup:
All players and the coach line up single file. The coach stands at the front of the line as the leader.

Activity:
1. The coach begins a slow jog in any direction and performs different actions for players to imitate. Begin without a ball. Example of actions:
   - Change speeds (slow, fast, walk)
   - Hop, skip, jog backward, crab walk, drop and roll, jog while lifting knees as high and quick as possible, etc.
   - Zig-zag back and forth, jog in slow motion
2. All players in line must try to stay together and imitate what the leader is doing!
3. Progress to using a ball while jogging.
MID-PRACTICE HUDDLE DEVOTION 8

Practice Card Reminder: At the end of practice, remember to distribute the practice cards entitled “Practice 8.”

*If this is your next to last practice, be sure distribute a copy of the Gospel video (found in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the video will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on the Gospel video tab.

Introduce:

» Virtue: COMPASSION is caring enough to do something about someone else’s need.

» Scripture Verse: No one has greater love than the one who gives their life for their friends. John 15:13 (NIrV)

Bottom Line: Love others because God loved you first.

(3RD GRADE UP ONLY)

Compassion is caring enough to do something about someone else’s need. That’s what we’ll be talking about for the next few practices. Let me just repeat those first three words again. Compassion is caring. In order to help someone, first we need to care about them.

The reason you and I should care about others and meet their needs is because God cares for us. We should love and care for others because God loves and cares for us. We don’t help others because we feel like it. We shouldn’t help others just when it’s convenient or when it’s easy. Think about this cause and effect. The cause is that God loves you. And the effect is that you love others. God has shown us how to love and care for others by loving and caring for us first. When it comes to compassion, you should love others because God loved you first.

Discussion Questions

» What is something you learned how to do by watching someone else?

» How does knowing that God loves you help you show love to others?

» Tell about a time when someone showed love to you. How did it make you feel?

Prayer:

Dear God, we are so thankful for the way you love and care for us. We know that everything we have comes from you. Thank you for loving us so that we can show love to others. Help us to remember that you loved us first. In Jesus’ name, amen.

(Peer Example)

Set the soccer ball on the ground in front of you.

What happens if I pull my foot back like this and kick the ball as hard I can? Yes. If my foot makes contact with the ball, I could potentially launch it all the way across the field. What causes the ball to fly? Yes, my foot. What happens when I make contact with the ball? The effect of my kick is that the ball flies down the field.

I’m sure you’ve talked about cause and effect at school or before today. I want to talk to you about a really big cause and effect relationship that’s way more important than soccer. And it has to do with compassion.
Activity/Game Two (10 minutes)

Island Soccer Tricks

Objective:
Develop coordination and learn new ball skills

Heel Trick: squash the bug and then kick the ball backward with the heel of your foot, then resume dribbling.

Juggle: pick up the ball with hands and perform a juggle: bounce-foot-catch and then resume dribbling with feet.

Rule of the Day

Penalty Kick

A penalty kick is awarded for deliberate handling/kicking of the ball inside the goal arc that denies the opposing team a goal or an obvious goal-scoring opportunity. The penalty kick will be taken five yards from the top of the shooting arc and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of the ball. Emphasize and teach this rule during the scrimmage!

Scrimmage (12 minutes)

Use each scrimmage as a time to teach and review what was done in practice. Scrimmages can be played within your team or against another team.

Activity:
Soccer Game

Objective:
Teach the game while players have fun playing

Equipment Needed:
Two goals and one ball

Setup:
4 vs 4 (or 3 vs 3) format with two goals

Activity:
Island Soccer Tricks

1. Begin simply by having players dribble around the island however they want. Remind them they have to stay within the island (grid) or they will fall in the water!
2. Designate the following tricks for everyone to perform on the coach’s signal:
   - Squash the Bug: stop the ball with the bottom of your foot as if you were squashing a bug, then resume dribbling.
   - Bounce and Catch: squash the bug and then quickly pick the ball up with your hands and bounce it as high as you can and try to catch it before it hits the ground, then resume dribbling.
3. Award 100 points every time a player performs a trick correctly! This will motivate them to try a lot of tricks.
4. Place emphasis on staying on the island and scoring a lot of points!
Alternate Activity

This activity can be used in addition to or in place of any of the previous activities.

Giant vs Elves

Objective:
Coordination and fun with a ball

Activity:
- On the coach’s signal, the first two players in each line pick the ball up and attempt to run to the opposite side of the grid and back without being tagged by the giant.
- If an elf is tagged by the giant they must sit down and stand back up as quickly as possible before they can continue running.
- Once an elf has made it to one end and back they will give the ball to the next elf in line.

Variation/Progression:
- Everyone must dribble the ball with their feet across the grid.
- If an elf is tagged they must complete an exercise before continuing. *(Ex: two pushups, sit-ups, or jumping jacks)*
- Allow everyone to go at one time!

Equipment Needed:
Cones to set up grid (optional), or field lines can be used. You will need at least two balls.

Setup:
Set up a 15 x 15 yard grid. The coach will be the giant. The players are elves. Place all the elves in two lines (with a ball) behind one end of the grid. The giant (coach) will be in the middle of the grid.