

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 2 Practice

Intro to Passing Technique with the Inside of the Foot (Push Pass)

**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 and Welcome	Teaching the Skill and Warm Up	Activity/ Game One	Mid-Practice Huddle	Activity/ Game Two	Rule of the Day and Scrimmage	Post-Practice Huddle
3-5 minutes	7 minutes	10 minutes	8 minutes	10 minutes	12 minutes	5 minutes

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 Passing Technique with the Inside of the Foot (Push Pass)

- » The ball should be struck on the inside of the foot, right above the arch of the foot.
- » Toes should be raised slightly higher than the heel and ankle should be locked.
- » Knees should be slightly bent for balance and the non-kicking (plant) foot is placed next to the ball and pointed in the direction of the pass.
- » Place eyes on the ball and strike through the middle of the ball. Make sure your leg is pointed toward the target.
- » Follow through with the passing leg after striking the ball.

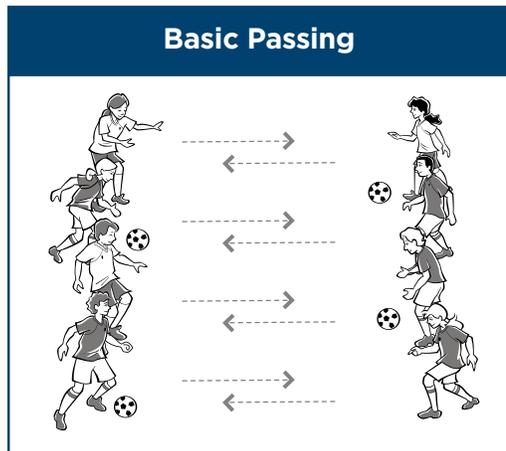


Teaching the Skill (5 minutes)

PASSING WITH THE INSIDE OF THE FOOT

Objective:

Introduce passing technique with the inside of foot.



Equipment Needed:

One ball for every two players

Activity:

Divide players into groups of two. Place players across from their partners with five yards of space between. Player A begins with a ball.

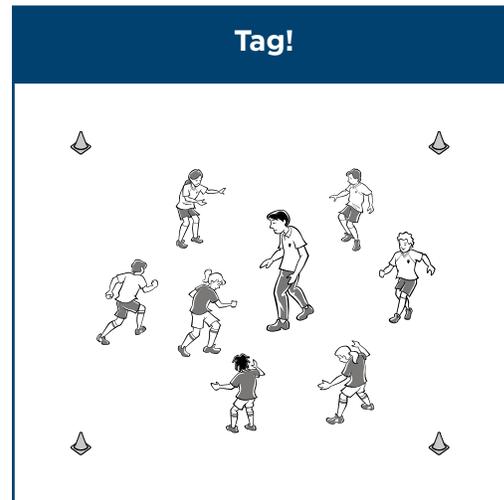
- » On the coach's signal players pass the ball to their teammates with correct technique using the inside of their foot.
- » Allow players as many touches as necessary to receive the ball and pass it back.
- » If players are successful with the five-yard pass, increase distance to ten yards.
- » The pass should not leave the ground. Focus on proper technique and completion of the pass.

Team Warm-Up (5 minutes)

TAG!

Objective:

Teach players basic coordination and have fun



Equipment Needed:

Cones to set up grid (optional) or field lines can be used.

Setup:

Set up a 15 x 15 yard grid with all players inside the grid. The coach starts off as "it."

Activity:

1. The coach chases everyone around the grid trying to tag them.
2. Once someone is tagged that player becomes "it."
3. Progress to variations to add coordination and fun!

Variation/Progression:

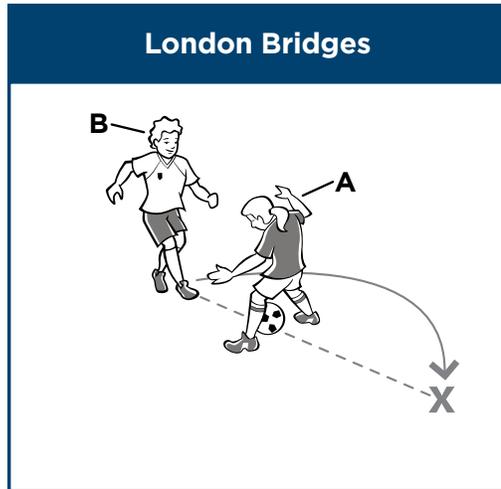
- » Everyone must perform different motions. (Ex: crawl on all fours, hop on one foot, run backward, crab walk, etc.)
- » For the final round have everyone be it and see if they can catch the coach!
- » If there are enough soccer balls for each player to have one, require players to dribble a ball at their feet while trying to avoid being tagged.

Activity/Game One (10 minutes)

LONDON BRIDGES

Objective:

Learn how to pass with the inside of foot while having fun



Variation/Progression:

- » Start with players five yards apart, and progress to longer distances as players improve.
- » Allow players to use their hands to complete the following actions: Player B holds the ball and crawls under player A to the other side and back. Player B rolls the ball with hands through the gate and runs to other side to pick it up.

Equipment Needed:

One ball for each pair of players

Setup:

Divide players into groups of two (preferably) but groups of three or four can work if there are not enough balls.

Activity:

- » Player A stands with legs apart.
- » Player B passes the ball using the inside of his/her foot through the legs (bridge) of player A and runs around the other side to stop the ball. Action is then repeated.
- » Every time the ball is successfully passed under the bridge, the team scores a goal.
- » Play for thirty seconds and then switch roles of player A and B.

MID-PRACTICE HUDDLE

Devotion 2

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 2.”

INTRODUCE:

- **Virtue:** HUMILITY - Putting others first by giving up what you think you deserve.
- **Scripture Verse:** Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves. PHILIPPIANS 2:3 (NIRV)

Bottom Line: I can put others first by serving them.

(Peer Example)

Gooooal! Isn't that the best word to hear? Only one person kicks the ball into the net, but it takes a whole team to score a goal and win a game, doesn't it? It's impossible to win alone. In order for your team to win, you've got to pass the ball and put others first, even if you'd rather be the one to score the goal.

And that's how it goes with humility too! Humility is putting others first by giving up what you think you deserve. That means you won't always be the one who scores the winning goal, but you might get to be a part of the team that gets it there. Soccer isn't about any ONE person. It's about everyone, and what each person can give up for the team, even if you don't happen to feel like it at the moment. We have to remember that we're all in it TOGETHER to win it! Imagine what would happen on a team if one person was trying to show off their skills instead of thinking of everyone else!

We have the most incredible example of humility in Jesus. Think about it: He is God's Son. If anyone deserved to show off their talent, it was Him! He deserved to be treated like a king. But instead, He spent His entire life on earth putting other people first. Listening to them and teaching them and healing them and even washing their really dirty, yucky feet. He shows us over and over again in different ways that we can put others first by serving them. That means putting aside what we want to be doing right now to help someone out.

Like maybe you've finally finished your homework. YES! You've got a whole half hour to play your favorite video game before dinner. But your little brother wants you to build Legos® with him instead. Playing with your brother for 30 minutes is an incredible way to put him first. Or maybe your best friend sprained her wrist and can't go play mini golf with everyone. You could choose not to go, too, so you can hang out with your friend and cheer her up. Every single day you can find creative ways to show humility by serving others—whether it's in big ways or small ones. Let's pray and ask God to help us put others first by serving them.

Prayer:

Dear God, thank You for the example that Jesus set in putting other first by serving them. We want to follow in His footsteps and live a life of humility. Please help us this week to put others first by serving them, even when we don't want to. In Jesus' name we pray, amen.

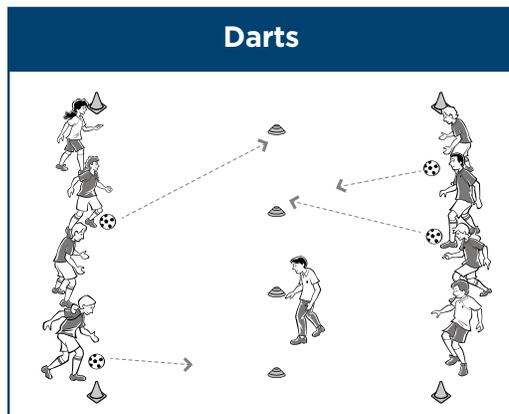


Activity/Game Two (10 minutes)

DARTS

Objective:

Develop coordination with a ball at feet



Equipment Needed:

Four cones, four objects (for targets), and as many balls as possible

Setup:

Set up a 10 x 10 yard grid using the four cones. Place a row of any four objects (cones, vests, balls, shoes) through the middle of the grid to be used as targets. Divide the players in two teams with an equal amount of balls (darts) on each team. Teams will be on opposite sides of the grid and must remain behind their lines.

Activity:

- » Team 1 and 2 (at the same time) attempt to pass or shoot the ball at the targets.
- » A goal is scored every time a target is hit.
- » The coach will stand in the middle to retrieve balls that get stuck in the middle.

Variation/Progression:

- » Have players pick the ball up and kick (punt) it in the air toward the targets.
- » At the end of the game play a bonus round with the coach as the target. Kids will love this!

Rule of the Day

KICK-OFF

A kick-off is taken from the center circle at the start of each half and after a goal is scored.

Kicks must go forward, toward the defending goal.

The ball must touch another attacking player or defensive player before the initial kicker touches the ball again.

If the kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken.

The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least four yards away).

Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win 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

Equipment Needed:

Two goals and one ball

Setup:

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

Post-Practice Huddle (5 minutes)

1. Gather players and parents for this meeting.
2. Review the learned skill from practice: Passing
3. Distribute practice cards and green practice stars (if included in coach box).
4. Remind parents of next practice/game time and answer any questions parents may have.

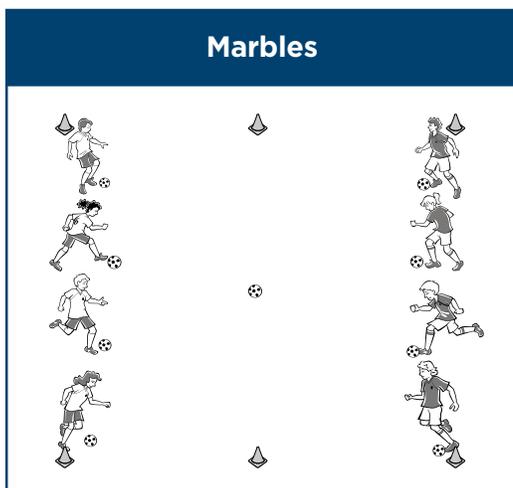
Alternate Activity

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

MARBLES

Objective:

Practice passing with accuracy



Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need as many balls as possible.

Setup:

Set up a 10 x 10 yard grid. Divide players in two teams and place one team on each side of the grid. Place one ball (marble) in the middle of the grid.

Activity:

- » On the coach's signal, players try to move the ball (marble) to the other team's starting line by hitting it with a pass from their ball.
- » Once the game begins, allow players to use any ball that is available.
- » Players may not kick the marble in the middle to try to move it.

Variation/Progression:

- » Allow players to roll the ball with their hands.

Coaching Points:

- » Players can use any ball to try to pass and hit the marble.
- » Ensure that each player is getting a turn. Do not allow the same few players to always kick the ball!
- » Adjust the size of the grid depending on the skill level of the players.