

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 3 Practice

Intro to Shooting Technique with the Inside of the Foot

**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	10 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 Shooting Technique with the Inside of the Foot

- » Shooting with the inside of the foot is very similar to the push pass technique.
- » The ball is struck on the inside of the foot, right above the arch of the foot.
- » Toes should be pointed down and ankle should be locked.
- » Knees should be slightly bent for balance and the non-kicking (plant) foot is placed next to ball and pointed in the direction of the goal.
- » 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 shooting leg after striking the ball.
- » Accuracy is most important. Players can try to add more power to the shot once they develop some accuracy.

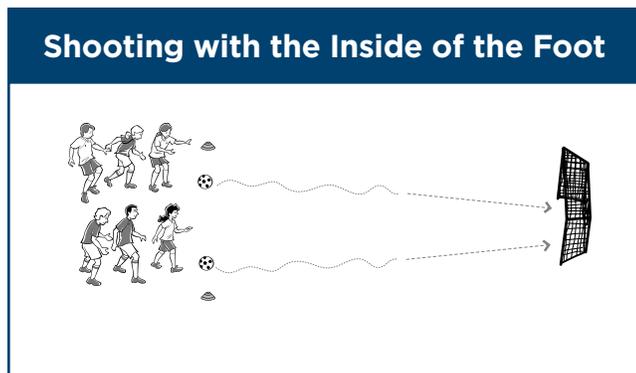


Teaching the Skill (5 min)

SHOOTING WITH THE INSIDE OF THE FOOT

Objective:

Introduce shooting technique with the inside of the foot



Equipment Needed:

Two cones, two balls, one goal

Setup:

Place two cones five yards apart and 15 yards from the goal. Divide players in two groups and place one group at each cone with a ball.

Activity:

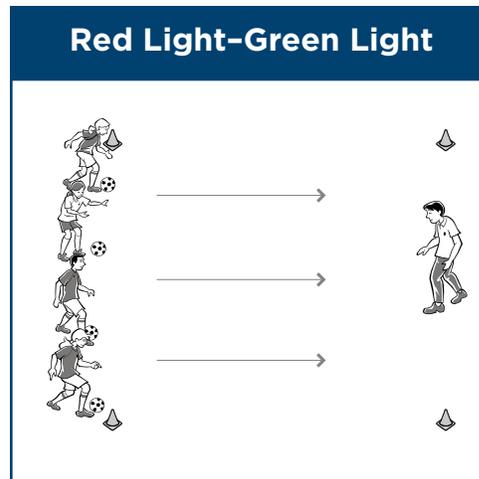
- » On the coach's signal players dribble the ball toward the goal and shoot it using the inside of their foot.
- » Encourage players to use the inside of the foot to shoot the ball. Place emphasis on accuracy!

Team Warm-Up (5 minutes)

RED LIGHT-GREEN LIGHT

Objective:

Teach players basic coordination



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Balls can be used only if there are enough for every player on the field.

Setup:

Set up a 15 x 15 yard grid with all players on one side behind a line and the coach on the opposite side.

Activity:

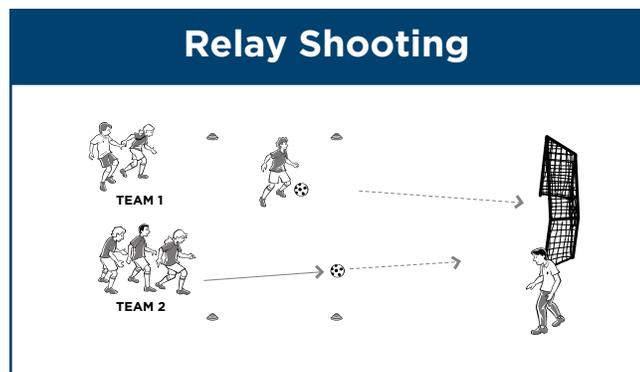
1. When you say "green light," all players begin moving toward the opposite side of the grid.
2. When you say "red light," they all must stop.
3. If any player keeps moving when you say "red light," they must start back at the beginning.
4. Progress to important variations to develop player coordination.

Activity/Game One (10 minutes)

RELAY SHOOTING

Objective:

Develop shooting technique with the inside of the foot



Variation/Progression:

- » Have players move in different ways from the starting line to the shooting line (similar to the warm-up): hop with both feet together, skip, crawl, run backward, crab walk, etc.
- » Have players collect their own balls and bring them back to the starting line as quickly as they can.
- » Ensure that each player uses correct shooting technique.

Equipment Needed:

Four cones, two balls, and one goal

Setup:

Place two cones (shooting line) ten yards away from goal and five yards away from each other. Divide players into two teams. Place the other two cones (starting line) five yards behind the shooting line and place a line of players at each cone. Place two balls on the shooting line.

Activity:

- » Team 1 and 2 will each race to the shooting line and shoot their ball toward the goal.
- » The coach will collect the balls and place them back on the starting line.
- » Play each game for one minute and then add a variation to implement fun and coordination.

MID-PRACTICE HUDDLE

Devotion 3

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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 because Jesus put me first.

(Biblical example)

Humility is putting others first by giving up what you think you deserve. This is how the Bible puts it. *"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)

Putting others first . . . it sounds nice, but it's not always easy, is it? Thankfully, Jesus not only TOLD us how we can do it, but he SHOWED us how we can do it.

Jesus, God's Son, came to earth. He humbled Himself to be born in a manger and then He lived among people. He lived a perfect life, never doing anything wrong. But He allowed Himself to be arrested, beaten, and killed for US. He took our punishment for the wrong things we do. What Jesus did for us on the cross was the ultimate act of humility. Jesus put everyone else's needs ahead of His own. He could have called down angels to save Him when He was arrested or during His trial.

When He was hung up on the cross, He could have called the whole plan off. But He didn't. He chose to put US first when He gave up His own life. He knew that's what it would take to give us the chance for life forever with Him.

Because of what Jesus did, you don't have to live life just focused on yourself and what you want. Because Jesus put others first, He made a way for you to follow His example. Thankfully, none of us will face a choice to give up our lives for the sake of the whole world! But we DO face decisions every single day about letting go of things that are important to us for the sake of someone else. And because of what He did for us, we can do the same thing—put others first.

You know, this wasn't easy for Jesus, but He prayed and asked God for the strength to do it. And we can do the same thing. Let's talk to God right now.

Prayer:

Dear God, thank You for sending Jesus, and thank You for giving Him all that He needed to humble Himself, even to death on a cross. We know if Jesus needed Your help, we certainly do! So please give us the strength, this week, to put others first. Because of all that You have done for us, we know that we can put others first. In Jesus' name, we pray, amen.

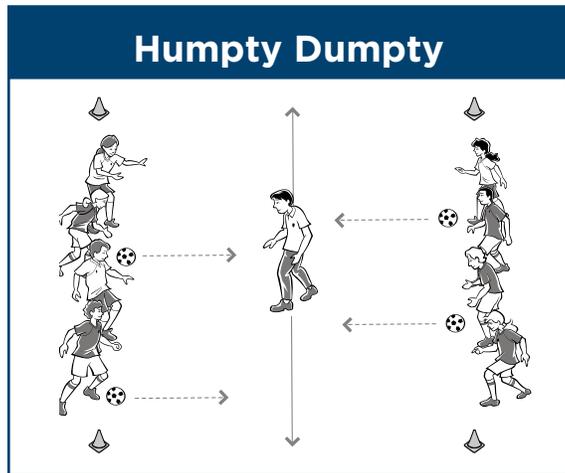


Activity/Game Two (10 minutes)

HUMPTY DUMPTY

Objective:

Practice shooting technique while having fun



Equipment Needed:

Four cones and one ball for every two players

Setup:

Use cones to set up a 10 x 10 grid. Divide players into groups of two and place them across from each other on opposite sides of the grid. Each pair needs one ball.

Activity:

- » The coach plays the part of “Humpty Dumpty” by running back and forth through the middle of the grid.
- » Players shoot the ball back and forth, trying to knock “Humpty Dumpty” off the wall.
- » Every time a player hits the coach they are awarded a goal! The goal does not count unless the player uses proper technique!

Variation/Progression:

- › Allow players to pick it up and throw it using the proper throw-in technique only!

Rule of the Day

OUT-OF-BOUNDS AND THROW-INS

When the ball passes over the sidelines, the team to touch it last loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must throw the ball over his or her head with both hands. Both feet must be touching the ground and the player must stay behind the sideline while throwing. The defensive team must be at least two yards away from the thrower. It is recommended that the K5 players place the ball on the touchline and kick it back into play. A throw-in is used to restart play at the beginning of the 2nd, 3rd, 5th and 6th six-minute segment of play. The throw-in is taken by the team in possession of the ball at the end of the 1st, 2nd, 4th and 5th six-minute segment of play.

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

Post-Practice Huddle (5 minutes)

1. Gather players and parents for this meeting.
2. Review the learned skill from practice:
Shooting
3. Distribute practice stars (if included in coach box).
4. Do NOT distribute practice cards (if included in your coach box).
5. Remind parents of next practice/game time and answer any questions parents may have.

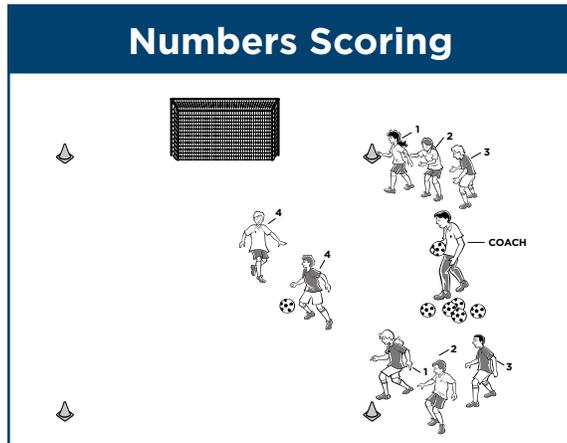
Alternate Activity

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

NUMBERS SCORING

Objective:

Develop soccer-oriented coordination in a game-like situation



Equipment Needed:

- » Cones to set up grid (optional). Field lines can be used.
- » You will need as many balls as possible and one goal.

Setup:

Set up a 15 x 15 yard grid with a goal on one end. Divide players into two teams and give each player a number.

(Ex: Players on team 1 are numbered 1-4. Players on team 2 are numbered 1-4. Each team begins outside of the grid. The coach has all the balls outside of the grid.)

Activity:

- » The coach will call out a number and toss a ball into the grid.
- » The player from each team with that number will run into the grid and try to score on the goal.
- » Once a goal has been scored or the ball goes out of bounds, the play is done.

Variation/Progression:

- » Call more than one number at a time so it becomes 2 vs 2, 3 vs 3, or 4 vs 4.
- » Toss more than one ball in the grid if more than one number is called.

Coaching Points:

- » Allow players a maximum of forty-five seconds before the next players can go.
- » Do not have players stand and watch too long.