

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 4 Practice

Dribbling Technique with the Outside 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 Dribbling Technique with the Outside of the Foot

- » With knees slightly bent, use the outside of your foot to tap the ball in the direction you want.
- » Attempt to “wrap” the outside of your foot around the ball.
- » Keep the ball close to your foot and body so you have it under control.
- » Try to look up every few steps so you are aware of your surroundings.
- » Begin as slow as necessary (even walking)! Only increase speed as you are more comfortable with the ball.
- » Begin with using right foot only, then left foot only, and then progress to using both feet (switching from left to right every few steps).



Teaching the Skill (5 minutes)

DRIBBLING WITH THE OUTSIDE OF THE FOOT

Objective:

Introduce dribbling technique with the outside of the foot

Equipment Needed:

One ball for the coach and one ball for every two players

Activity:

- » With coach in the front, walk around the field dribbling with right foot only, then left foot only, and then with both feet. Have players without a ball take turns with players with a ball. Switch often!
- » Encourage players to look up every few steps.
- » Progress to a slow jog while keeping the ball under control.
- » Take a few laps around the field to teach players basic dribbling technique with the inside of the foot.

Team Warm-up (5 minutes)

DRIBBLING QUICK SAND



Objective:

Develop dribbling technique while having fun

Equipment Needed:

Four cones and eight objects (*Ex. practice vests, shoes, cones*). You will need one ball for every two players

Setup:

Set up a 15 x 15 yard grid with all players spread out inside. Place objects throughout the grid. Divide players into groups of two with player 1 beginning with a ball and player 2 running without a ball.

Activity:

- » Players dribble the ball with their feet (using inside and outside) through the obstacle course avoiding the quicksand (objects). Players without a ball run through the course avoiding other players and quick sand! Switch players with a ball after each minute long game.
- » If a player runs into quick sand, they must do five jumping jacks before continuing.
- » Players must use the inside and outside of their foot to control the ball. See progressions and variations.

Variation/Progression:

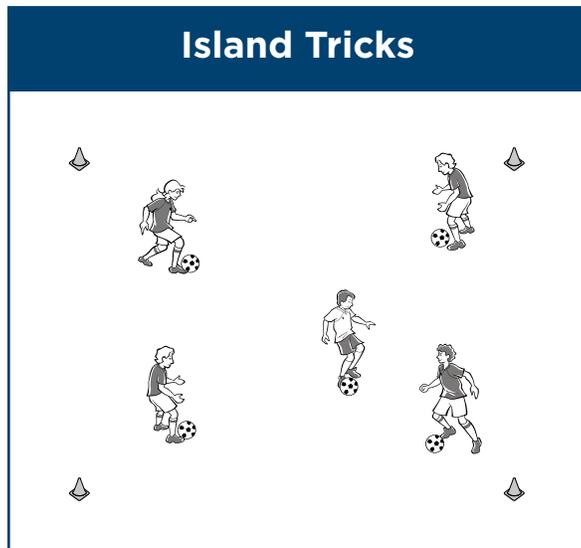
- » Use one foot at a time. Start with right foot for thirty seconds, then switch to left foot for thirty seconds, and end by allowing them to use both feet switching from left to right after every few steps.
- » The coach becomes a "giant" in the quick sand pit chasing all the players around.
- » If a player is tagged by the "giant" they do one pushup before they can resume dribbling.

Activity/Game One (10 minutes)

ISLAND TRICKS

Objective:

Develop coordination and learn new ball skills



Equipment Needed:

Cones to set up a grid (optional) or field lines can be used. You will need one ball for every two players. If there are enough soccer balls available, give every player their own ball.

Setup:

Set up a 15 x 15 yard grid with players spread out in the grid. If there are only enough balls for every two players then have one player jog with a partner and take turns performing each trick.

Activity:

- » Begin simple 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!
- » 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 quickly resume dribbling.
 - **Sole Roll:** place the bottom (sole) of your foot on the ball and roll the ball from one side to the other. (*Ex: If using the right foot, roll the ball from your right foot, across your body toward your left foot.*)
 - **Around the World:** squash the bug to stop the ball and then move one foot completely around the ball. Start from the inside of the ball and move the foot completely around to the outside of the ball and then resume dribbling with opposite foot.
- » Award 100 points every time a player performs a trick correctly! This will motivate them to try a lot of tricks.

MID-PRACTICE HUDDLE

Devotion 4

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 by letting go of what I want.

(My world example)

We've been talking lately about how humility is putting others first by giving up what you think you deserve. Put another way, you can put others first by letting go of what you want. So, what DO you want?

Maybe it's your turn to choose the kind of pizza your family gets for dinner. You REALLY want to order a supreme with everything, but your little brother REALLY just wants pepperoni. So this time, you choose just pepperoni.

Or your best friend is sleeping over at your house for the first time. You like the room super dark to help you sleep better, but you know that your friend is sorta, kinda, just-a-little-bit afraid of the dark. So you find a nightlight to plug in so she'll sleep better, even though it takes you longer to get to sleep.

Or maybe you really want to score the winning goal in the game, but you see that your friend is wide open and has a better shot at making the goal. You have to let go of what you want to put the needs of the team first.

When you keep your eyes open, you'll find new ways every day to set aside what you really want in order to put others first—to treat others the way you want to be treated.

Here's something to remember today: I can put others first by letting go of what I want.

It's not going to be easy. Putting others first is not our natural inclination. We live in a world that's all about putting ourselves first. Just like Jesus had to give up His life because we needed forgiveness for our sins, you are going to have to give up something to put others first as well.

Now, putting others first isn't going to cost you your life, but it will cost you something: maybe your time or money. Maybe it will cost you some pride. But when we choose to follow Jesus with our lives, the least we can do is put others first even if it's a bit uncomfortable and costs us something. Humility isn't something that comes easily, but God can give you the strength and creativity to put others first when you ask.

Let's ask God to help us let go of what we want to show others how much we care.

Prayer:

Dear God, thank You that there's no doubt of Your great love for us because You gave up the most important thing You had to save us: Your only Son. The least we can do is give up what we want—maybe some time, or money, or plans that we had. Help us to show others how much we love them by putting them first. In Jesus' name we pray, amen.

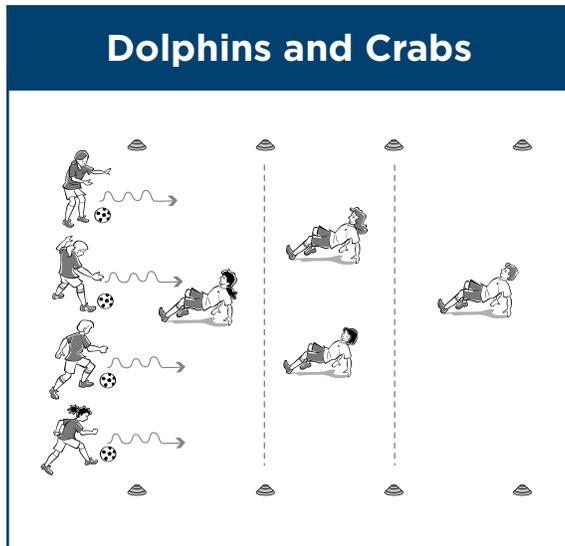


Activity/Game Two (10 minutes)

DOLPHINS AND CRABS

Objective:

Practice correct dribbling technique



Equipment Needed:

Eight cones to set up a grid and one soccer ball for every two players

Setup:

Create a 15 x 15 yard grid. Divide players into two teams: Crabs (defenders) and Dolphins (attackers). Each “dolphin” should have a ball and line up on one end of the grid as a group. The “crabs” are positioned throughout the grid moving in the crab-walk position.

Activity:

- » On the coach’s signal, the “dolphins” attempt to dribble from one side of the grid to the other without losing their ball to a “crab.” Players must use the inside and outside of the foot.
- » If a player loses the ball to a “crab” he/she must perform five jumping jacks before continuing to dribble.
- » A goal is scored every time a player gets from one side to the other without being intercepted by a “crab”.
- » Play for one minute and then switch “crabs” and “dolphins.”

Rule of the Day

GOAL KICK

When the attacking team kicks the ball over the goal line or if the ball comes to a stop within the shooting arc before entering the goal, a goal kick is awarded to the defending team. The ball should be placed on the end line/goal line, five yards from the shooting arc on the side in which the ball went out. The defending team must be at least ten yards away from the player taking the goal. K5 and first- and second-grade divisions must retreat behind midfield until the ball is kicked.

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: Dribbling
3. Distribute practice stars (if included in your 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.

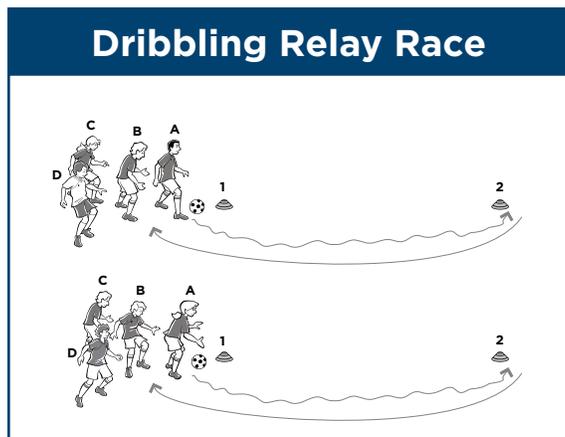
DRIBBLING RELAY RACE

Objective:

Develop coordination and dribbling

Variation/Progression:

- » Dribble to cone 2 running forward and then pick the ball up and run backward to cone 1.
- » If players are successful with the above activities, allow them to dribble all the way to cone 2 and back using their feet the entire time.



Equipment Needed:

Four cones and two balls

Setup:

Place two cones approximately ten yards apart (create two lines). Each ball should be placed at the two starting cones. Divide players in two groups.

Activity:

- » Player A dribbles the ball with his/her feet and races to cone 2, then picks the ball up with his/her hands and races back to player B who completes the same task.
- » Each player must go twice and then sit down as fast as possible.
- » First team with all players sitting wins the game!