

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 5 Practice

Develop Passing Techniques 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.

Teaching the Skill (5 minutes)

PASSING WITH THE INSIDE OF THE FOOT

Please see practice 2 for reference on correct passing technique.

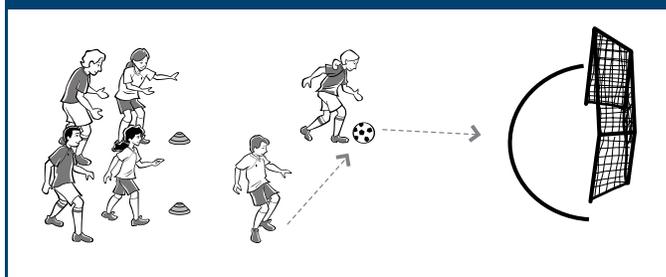
Objective:

Review passing technique with the inside of the foot

Equipment Needed:

One ball for every two players and one cone

Passing with the Inside of the Foot



Setup:

Divide players into groups of two. Place a cone fifteen yards from goal and place all groups behind the cone.

Activity:

- » On the coach's signal the first group moves toward the goal by passing the ball back and forth between 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.
- » Once players are within shooting range, have them shoot on goal and then return to the line.
- » Encourage players to pass while moving.

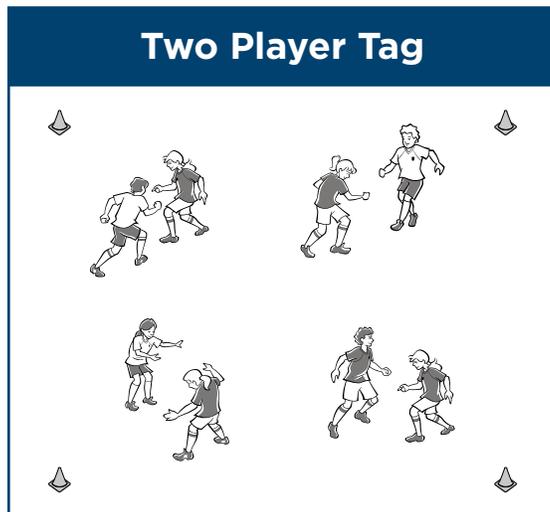


Team Warm-up (5 minutes)

TWO PLAYER TAG

Objective:

Develop soccer-oriented coordination



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball for every two players.

Setup:

Set up a 15 x 15 yard grid and divide players into pairs. Players spread out within the grid.

Activity:

- » Player A chases his/her teammate (player B) throughout the grid trying to tag him/her. Everyone plays at once but players only try to tag their partners.
- » Each time a player is tagged, that player then becomes "it" and tries to tag their teammate.
- » Play each game for one minute and then progress to important variations.

Variation/Progression:

- » Require players to only use certain motions. (Ex: hop with both feet together, skip, run backward, crab walk, etc.)
- » After a few games, give each group a ball. Instead of tagging with their hands they now must try to tag their teammate by kicking/passing the ball at them.

- » Each time a player is hit, that player gets the ball and the roles are switched.

Coaching Points:

- » Ensure that players are only trying to tag their teammates. This makes it simpler and organized!
- » Attempt to split players evenly so you do not have a fast player and slow player paired together. Uneven pairs will lead to discouragement.
- » If it becomes too difficult for players to tag each other make the grid smaller.

Activity/Game One (10 minutes)

TEAM TARGET PRACTICE

Objective:

Practice passing with the inside of the foot



Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need eight objects (Ex: cones, vests, shoes, bags, etc.) for targets and one ball per group of two players.

Setup:

Set up a 15 x 15 yard grid and place objects throughout the grid as targets. Divide players into teams of two with one ball between each pair. All players begin in the grid.

Activity:

- » Each pair tries to hit as many targets as possible by passing the ball.
- » Each time a target is hit the team is awarded a goal!
- » Players must work together to pass back and forth to move around the grid.
- » Teams must move to a different target each time!

Variation/Progression:

- » Players must use right foot only, left foot only, and eventually either foot.

MID-PRACTICE HUDDLE Devotion 5

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 5.”

INTRODUCE:

- **Virtue:** GENEROSITY - Making someone’s day by giving something away.
- **Scripture Verse:** Command the rich to do what is good. Tell them to be rich in doing good things. They must give freely. They must be willing to share. 1 TIMOTHY 6:18 (NIRV)

Bottom Line: Give like you’re giving to God.

(Peer example)

I’m excited that we’re going to spend the next few practices talking about generosity. Why am I excited? Because generosity is FUN! Generosity is making someone’s day by giving something away, and making someone’s day is all kinds of awesome.

As soccer players, we know a lot about giving things away, because we have to give—or pass—the ball to each other all the time, don’t we? But that’s just the beginning when it comes to how we can be generous with each other. Yes, there’s the obvious, like giving money to someone who needs it, sharing food with someone who’s hungry, donating our toys and clothes when we’ve outgrown them. Those are all amazing and important ways to be generous.

But we can also be generous with things beyond money and physical gifts. We can be generous with our time, like spending time with someone who is lonely. We can be generous by helping others, like doing extra chores to help around the house without expectation of getting paid or recognition. You can even choose to be generous with your reputation by sticking up for someone who other people pick on.

And when you choose to be generous, you’re not only making someone’s day, you’re also honoring Jesus. When we give to others with all that we have—like our time, our energy, our love, and our help—it’s like we’re giving to God. And after all that God has given us—our lives, our families, this earth, and the promise of heaven—it feels pretty awesome to give something to God, doesn’t it?

One way you can give to God is by giving to the people He’s created. And wouldn’t it be great if you gave, not to bring honor to yourself, but to bring honor to God. When you give like that, your gifts will take time and planning. They’ll take sacrifice. Your gifts will cost you something. But it’s totally worth the cost, because God is totally worth whatever gifts you can give Him. Show God you appreciate all He’s done for you by loving and giving to other people. We can give like we’re giving to God!

Let’s pray and ask God to help us have generous hearts.

Prayer:

Heavenly Father, we are thankful for all the ways that You are generous toward us. We want to give to You too, so help us be generous toward others in a way that brings YOU honor. Help us not to give so that we get the glory, but to give humbly so that we can truly make someone else’s day, and also show them how great You are. In Jesus’ name we pray, amen.

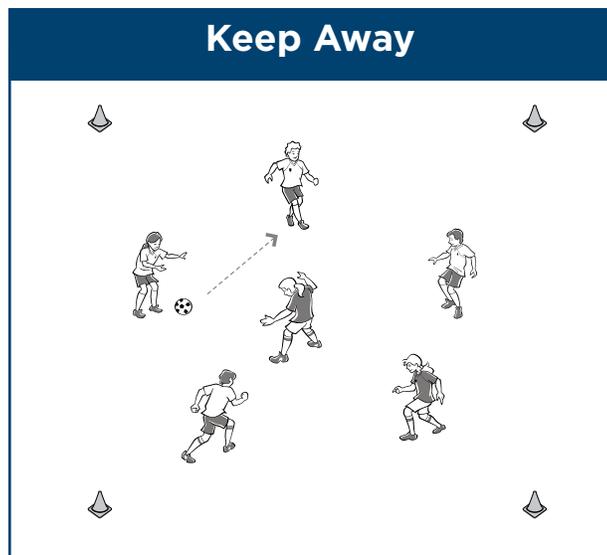


Activity/Game Two (10 minutes)

KEEP AWAY

Objective:

Practice passing in a game-like situation



Equipment Needed:

Cones to set up grid (optional) or field lines can be used; one ball

Setup:

Create a 15 x 15 yard grid and place all players inside the grid. Assign one player to be the defender.

Activity:

- » On the coach's signal, all players begin passing the ball to each other within the grid, while the defender attempts to get the ball.
- » Every time the defender gets the ball he/ she switches with the person who last touched the ball.

Variation/Progression:

- » As players improve, add defenders to make it more difficult.
- » As a reward, allow players to play the same game using their hands.

Rule of the Day

CORNER KICK

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away. 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

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 your coach box).
4. Remind parents of next practice/game time and answer any questions parents may have.

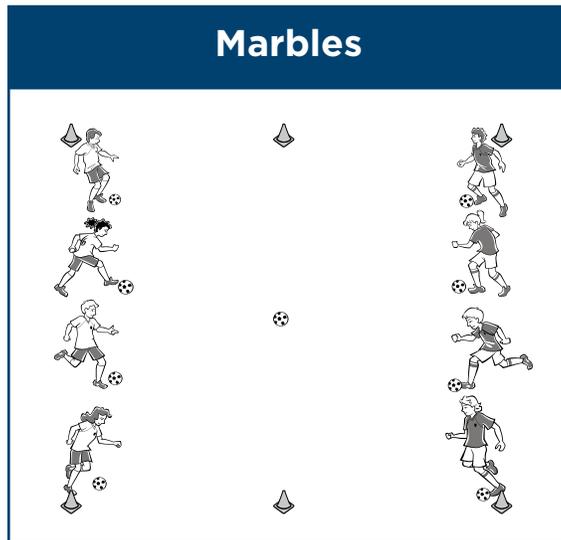
Alternate Activity

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.