

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 7 Practice

Develop 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.

Teaching the Skill (5 minutes)

See Practice 3 to review shooting technique with the inside of the foot.

SHOOTING WITH THE INSIDE OF THE FOOT

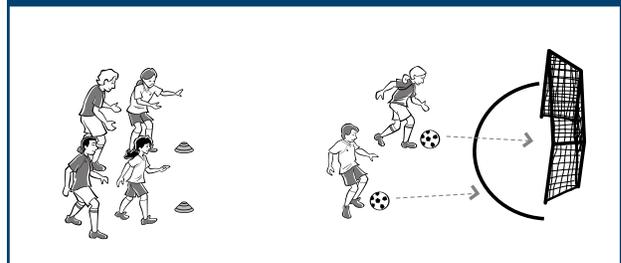
Objective:

Review shooting technique with the inside of the foot

Equipment Needed:

Two cones, two balls, and one goal

Shooting with the Inside of the Foot



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.
- » Emphasize scoring a lot of goals and using correct technique!

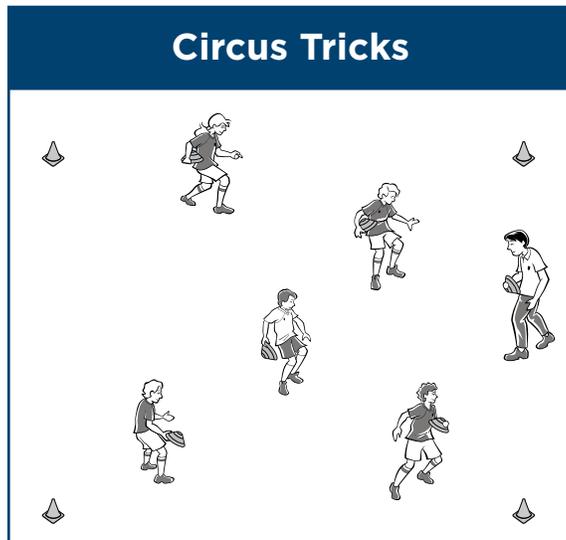


Team Warm-up (5 minutes)

CIRCUS TRICKS

Objective:

Teach players basic coordination while having fun



Equipment Needed:

One vest (or object such as a shirt or cone) for each player

Setup:

Have all players stand in front of the coach with space in between each player (no particular order). Each player and coach needs to be holding a vest or object.

Activity:

1. Demonstrate the following circus tricks and have players attempt to do those tricks:
 - Throw the vest in the air and catch it.
 - Place object on your head and lean back so it falls behind you, then try to catch it before it hits the ground.
 - Bend over and throw the object between your legs and then try to turn and catch it before it hits the ground.
2. After demonstrating these four basic tricks progress to the variations.

Variation/Progression:

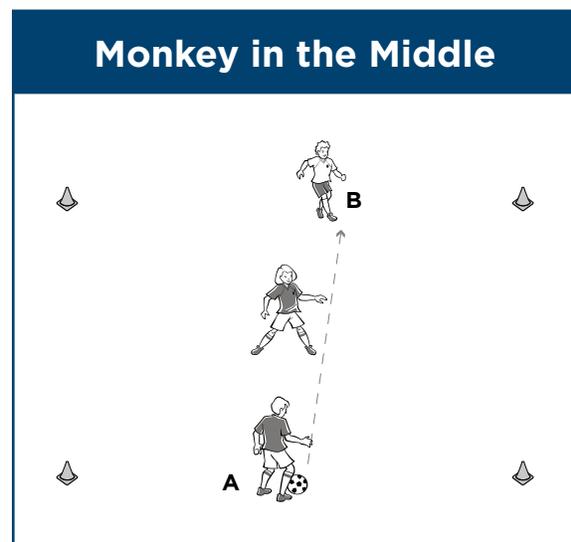
- » Throw the object in the air and catch it while standing on one foot. Switch feet to work on balance with each leg. Throw the object in the air, turn around, and catch it.
- » Roll or ball up the vest and balance it on your head, lean backward so the vest falls behind you then bend over and attempt to catch it between your legs before it hits the ground.
- » Bend over and throw the vest between your legs from behind and then try to catch it in front of you.

Activity/Game One (10 minutes)

MONKEY IN THE MIDDLE

Objective:

Develop correct passing technique with the inside of the foot



Equipment Needed:

Cones to set up the grid or field lines can be used. Four cones or objects to set up middle zone. You will need one ball for every three players.

Setup:

Use four cones to set up a 10 x 10 yard grid. Set up several grids depending on the number of players. Divide players into groups of three and assign one person to stand in the middle. The other two players should be on either side of the grid.

Activity:

- » Player 1 attempts to pass the ball to player 2 without the player in the middle intercepting the ball.
- » Each time a ball is successfully passed from one side of the grid to the other, that team is awarded a goal.
- » If the defender in the middle intercepts the ball then the defender switches places with the person who made the pass.

Variation/Progression:

- » Require players to use their right feet only, left feet only, and either foot.
- » Allow players to use their hands to pick the ball up and require them to punt it in the air from one side to the other

Coaching Points:

- » If one player is stuck in the middle for a long time, switch players.

MID-PRACTICE HUDDLE Devotion 7

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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: Look for creative ways to give.

(My world example)

Generosity is making someone's day by giving something away. God has a lot to say to us in the Bible about being generous. I want to share one of those verses today. It also happens to be our memory verse this month. 1 Timothy 6:18 says, *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*" (NirV).

Now, I think I might have an idea of what you're thinking. The verse says, 'command the RICH to do what is good.' And I imagine that most of you are thinking, well, that doesn't apply to me. I'm just a kid. I'm not rich. But I'm here to tell you today that you ARE rich. Just maybe not in the way that you think of being rich. This isn't about money. It's about much more than that.

Name a toy that you used to play with, but you outgrew? *(Let the kids respond.)* Okay, if I held up that toy and asked you how you could be generous with it, you'd probably think that you could give it away. After all, you don't use it anymore, right? And that would be a great thing to do with it for sure. But let's take this a step further. What if you were to do something really creative with it instead?

Like . . . play with your little brother or sister. Or maybe there's a mom in your neighborhood who has a lot of little kids, and they could use a big kid like you to come play *(toy name)* with them sometimes.

Or what if I had a box of macaroni and cheese or a box of brownie mix. How could you use those to be generous? *(Let them respond for a minute or so.)* Yes, you could use these to make a meal for someone. Maybe you could offer to help your mom or dad make dinner to give them a break. Or you could ask your parent if you could look in your pantry at home to see if you have any extra food you don't need that you could donate to a local food pantry where they help people who don't have enough food.

You can be generous in good deeds without spending a dime! And those good deeds often mean more to someone than an expensive gift ever would. It just takes a little bit of creativity to be generous.

So this week, look for creative ways to give. Let's ask God to help us.

PRAYER:

Dear God, thank You for all that You have given us. Sometimes we may feel we don't have a lot extra to be generous with, but the truth is, we all have SOMETHING we can share with others to make their day. Help each of us look for creative ways to give. In Jesus' name we pray, amen.

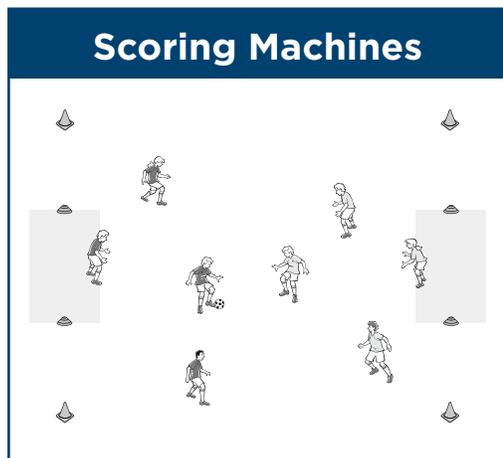


Activity/Game Two (10 minutes)

SCORING MACHINES

Objective:

Develop confidence through scoring goals



Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need four cones to set up big goals.

Setup:

Set up a 10 x 15 yard grid with a goal on each end. Use cones to set up a large goal approximately four yards wide. Divide players in two teams.

Activity:

- » Players play a regular game trying to score as many goals as possible.
- » Play the game until everyone on the team has scored!
- » Do not let the same players score all of the goals.
- » The big goals will allow all players to have success and score which will build confidence and create enjoyment!

Variation/Progression:

- » Place a time limit for everyone on the team to score. First team to have every one score wins!

Rule of the Day

DIRECT AND INDIRECT FREE KICKS

Direct Kick

Direct kicks are awarded to the opposing team if one of these fouls is committed: Handling the ball, Kicking an opponent, Hitting an opponent, Pushing an opponent, Tripping an opponent, Holding an opponent, Any unsportsmanlike conduct, Slide tackling or any contact with the ball while the player is on the ground. The opposing players must be five yards away from the ball and the kicker may score directly without another player touching the ball.

Indirect Kick

Indirect kicks are awarded to the opposing team if one of these fouls is committed: Dangerous Play, Obstructing an opponent, Delay of game. Opposing players must be five yards away from the ball. On the indirect kick, a player other than the kicker must touch the ball before a goal can be scored.

- » *Emphasize and teach rules 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: Shooting
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.

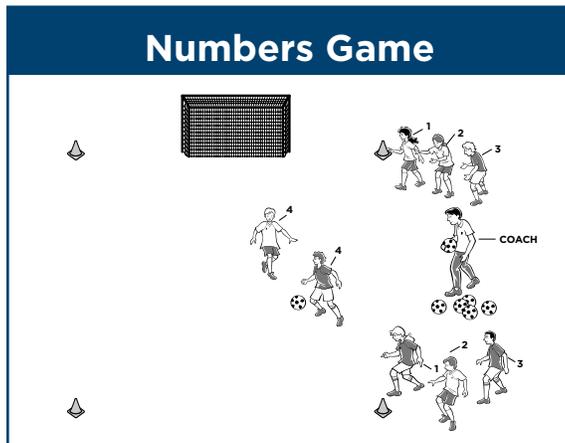
Alternate Activity

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

NUMBERS GAME

Objective:

Develop soccer-oriented coordination in a game-like situation



Equipment Needed:

Cones to set up grid (optional) or 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 also 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!