

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

1st-2nd grades » Week 8 Practice

### Improve Juggling and Ball Skills

*\*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	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 Juggling Technique with a Soccer Ball

- » Juggling is an important skill to learn because it will develop and improve all technical skills such as dribbling, passing, and shooting.
- » Juggling is very frustrating to players who have never tried it; however, it is important they strive to practice and get better. This will allow them to be more comfortable with the ball!
- » Use the top part of the foot (laces) and keep the ankle locked while pointing the toe toward the ground. Bring the knee up toward the chest while lightly kicking the ball in the air.
- » Begin by holding the ball with both hands out in front and drop it so it hits the ground with one bounce. After the ball bounces, tap the ball using the top part of your foot (laces) and try to catch it before it hits the ground.
- » Remember this sequence: bounce-foot-catch.



## Teaching the Skill (5 minUTES)

### JUGGLING WITH FEET

#### Objective:

- » Teach players the basics of juggling

#### Equipment Needed:

- » One ball for every two players (best if each player has a ball)

#### Setup:

- » Divide players into groups of two with at least one ball for each group.
- » On the coach's signal, players attempt to juggle using the following sequence: bounce-foot-catch.
- » Each time a player completes this sequence, they are awarded a point.

## Team Warm-up (5 minutes)

### FLYING SAUCERS

#### Objective:

Develop basic coordination

#### Equipment Needed:

- » Cones to set up grid (not necessary) or field lines can be used.
- » Stack of cones for coach to use as flying saucers.
- » Soccer balls (only if you have enough for each player to have one).

#### Setup:

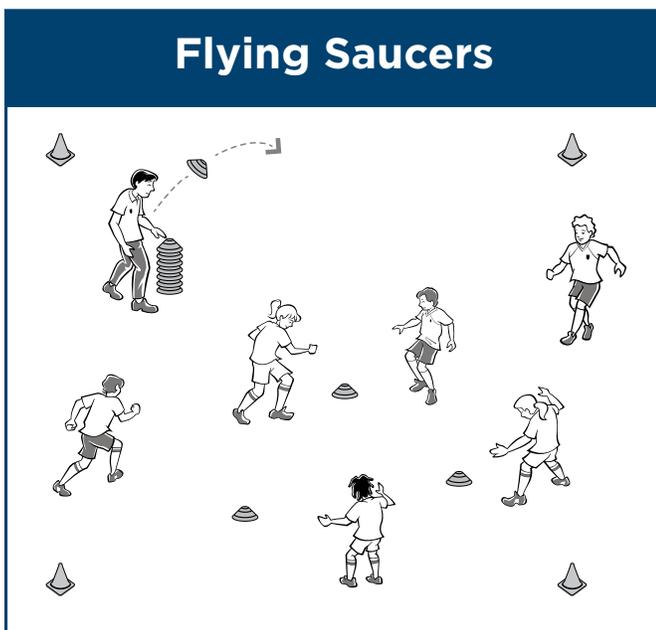
Set up a 15 x 15 yard grid and have all players spread out in the grid. The coach has a stack of cones and is in the grid with players.

#### Activity:

1. On the coach's signal, players begin jogging around the grid trying to get away from the coach.
2. The coach lightly tosses cones (flying saucers) at players.
3. If a player is hit by a flying saucer they have to stop and do three jumps with both feet together back and forth over the cone.

#### Variation/Progression:

- » Have players move in different ways through grid. (Ex: *hop, skip, crawl, run backward, crab walk, etc.*)
- » If you have enough soccer balls for everyone to have their own, progress to having players dribble the ball with their feet as they try to avoid the saucers.



## Activity/Game One (10 minutes)

### FOLLOW THE LEADER

#### Objective:

Develop coordination and ball control



#### Equipment Needed:

One ball for the coach and one ball for every two players. For this game it would be best if everyone has a ball however, players can share and take turns.

#### Setup:

All players and the coach line up single file. The coach stands at the front of the line as the leader.

#### Activity:

1. The coach begins a slow jog in any direction and performs different actions for players to imitate. Begin without a ball. Example of actions:
  - » Change speeds (slow, fast, walk)
  - » Hop, skip, jog backward, crab walk, drop and roll, jog while lifting knees as high and quick as possible, etc.
  - » Zig-zag back and forth, jog in slow motion
2. All players in line must try to stay together and imitate what the leader is doing!
3. Progress to using a ball while jogging.

## MID-PRACTICE HUDDLE

### Devotion 8

**Practice Card Reminder:** If included in your coach box, remember to distribute the practice cards entitled “Practice 8.”

*\*If this is your **next to last practice**, be sure distribute a copy of “The Second Chance” DVD (if included in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the video will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on “The Second Chance” tab. Also, at your **last practice**, be sure to use the last practice devotion guide found on MyUpward.org.*

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### Introduce:

- **Virtue:** FORGIVENESS - Deciding that someone who has wronged you doesn’t have to pay.
- **Scripture Verse:** Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you. COLOSSIANS 3:13 (NIRV)

**Bottom Line:** When you don’t forgive, you miss out.

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*(Peer Example)*

There are some things about following God that aren’t that hard to do like being generous or kind. But then there’s . . . forgiveness. Forgiveness is deciding that someone who has wronged you doesn’t have to pay. And I’ll be honest; forgiveness is one of the hardest things for me to do sometimes. But we know it’s possible because God has asked us to do it, and He doesn’t ask us to do something that’s impossible!

God wants you to forgive because He knows something important: when you don’t forgive, you miss out. What do you miss out on? Well, you might miss out on something fun, or on a relationship that is really important in your life. It’s

awfully easy to hold onto the wrong things other people have done. Maybe you and someone on our team have a disagreement and you can’t seem to get past it. Think of the things you could miss out on: friendship with a teammate, a unified team, and maybe even winning a game. It’s hard to play well together when teammates are mad at each other, right?

Or, maybe your mom says you can have ice cream after you and your sister clean your room. You spend two hours doing an awesome job, but your sister takes like two minutes. Mom takes you BOTH for ice cream, but you’re so mad at your sister for not doing all the work, that you don’t even enjoy your mint chocolate chip.

Or your friend borrows your favorite game and accidentally drops it in the dog’s water dish. You’re so angry you decide not to invite him to sleep over this weekend after all. And you miss out on a really fun time!

In any of these cases, choosing to forgive would make all the difference between you being miserable and you getting to enjoy a fun time with friends or family. That’s why it’s so important to remember that when you don’t forgive, you miss out!

Forgiveness isn’t about being fair. It’s about remembering that God has forgiven YOU. And because of your love for God and through God’s power, you can forgive others. It’s not easy, but it’s always worth it!

Let’s ask God to help us forgive each other so we don’t miss out.

### Prayer:

*Dear God, thank You for forgiving us for the things that we do wrong. We’ve all been the person who has messed up and made bad choices and needs forgiving. But we’ve all also been the person who had to forgive someone who messed up and hurt us. Just like we need to be forgiven by You, we also need to forgive others. Please help us to do that so that we don’t miss out on the things You want for us and the relationships that we could enjoy. We love you. In Jesus’ name we pray, amen.*

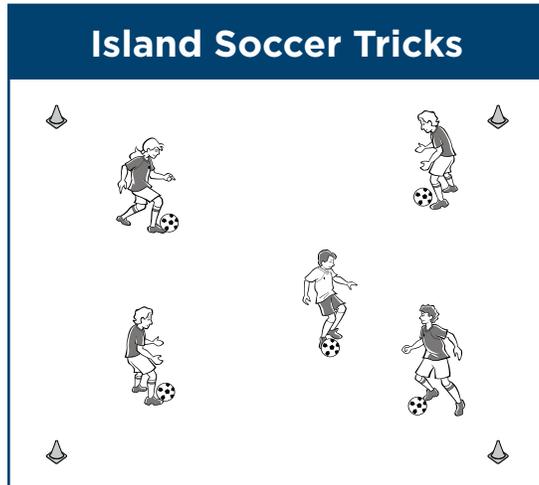


## Activity/Game Two (10 minutes)

### ISLAND SOCCER TRICKS

#### Objective:

Develop coordination and learn new ball skills



#### Equipment Needed:

Cones to set up 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:

1. Begin simply 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!
2. 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 resume dribbling.
  - » **Bounce and Catch:** squash the bug and then quickly pick the ball up with your hands and bounce it as high as you can and try to catch it before it hits the ground, then resume dribbling.

- » **Heel Trick:** squash the bug and then kick the ball backward with the heel of your foot, then resume dribbling.
- » **Juggle:** pick up the ball with hands and perform a juggle: bounce-foot-catch and then resume dribbling with feet.

3. Award 100 points every time a player performs a trick correctly! This will motivate them to try a lot of tricks.
4. Place emphasis on staying on the island and scoring a lot of points!

#### Rule of the Day

##### PENALTY KICK

A penalty kick is awarded for deliberate handling/kicking of the ball inside the goal arc that denies the opposing team a goal or an obvious goal-scoring opportunity. The penalty kick will be taken five yards from the top of the shooting arc and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of 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 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: Juggling and Ball Skills
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.

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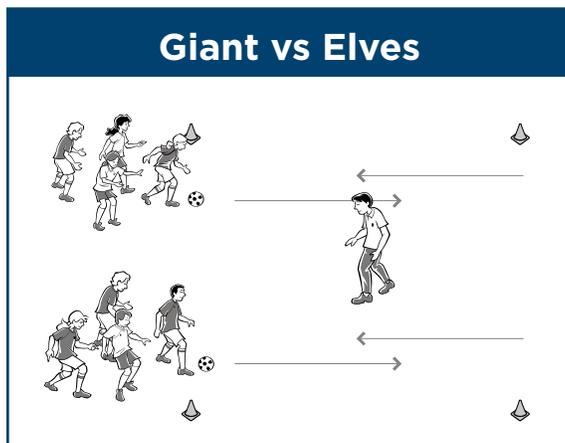
## Alternate Activity

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

### GIANT VS ELVES

#### Objective:

Coordination and fun with a ball



#### Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need at least two balls.

#### Setup:

Set up a 15 x 15 yard grid. The coach will be the giant. The players are elves. Place all the elves in two lines (with a ball) behind one end of the grid. The giant (coach) will be in the middle of the grid.

#### Activity:

- » On the coach's signal, the first two players in each line pick the ball up and attempt to run to the opposite side of the grid and back without being tagged by the giant.
- » If an elf is tagged by the giant they must sit down and stand back up as quickly as possible before they can continue running.
- » Once an elf has made it to one end and back they will give the ball to the next elf in line.

#### Variation/Progression:

- » Everyone must dribble the ball with their feet across the grid.
- » If an elf is tagged they must complete an exercise before continuing. (Ex: two pushups, sit-ups, or jumping jacks)
- » Allow everyone to go at one time!