

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES 1st-2nd grades » Week 9 Practice Develop Dribbling and Passing Technique

**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	Warm Up	Activity/ Game One	Mid-Practice Huddle	Activity/ Game Two	Scrimmage	Post-Practice Huddle
3-5 minutes	7 minutes	10 minutes	15 minutes	8 minutes	10 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.

Team Warm-Up (7 minutes)

TEAM RELAY

Objective:

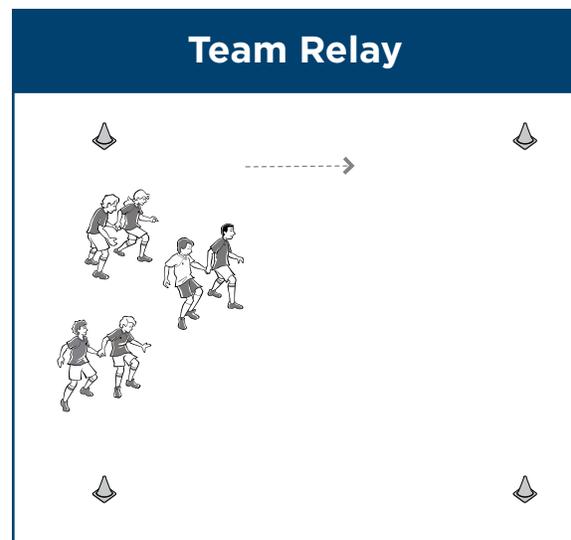
Teach players basic coordination and teamwork

Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used.

Setup:

Set up a 15 x 15 yard grid with cones. Divide players into teams of two. Line up all players behind one side of the grid.



Activity:

1. Each team will hold hands with their teammates and race to the other side of the grid and back. If players let go of their teammate's hand they must stop racing until they grab each other's hand again.
2. Progress to variations to keep players interested and to develop teamwork and coordination!

Variation/Progression:

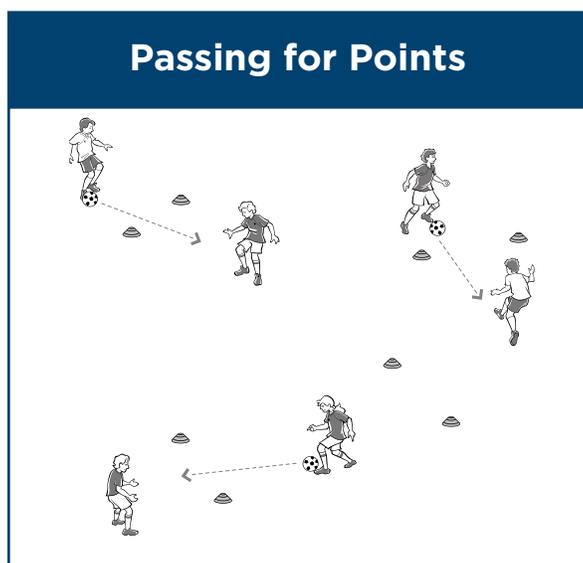
- » Have players move in different ways across the grid while holding hands. (*Ex: hop with both feet together, skip, run backward, etc.*)
- » Have teammate's link arms and race while trying to stay linked.
- » At the end have everyone hold hands and try to race down and back without coming apart!

Activity/Game One (10 minutes)

PASSING FOR POINTS

Objective:

Develop teamwork and passing while moving



Equipment Needed:

One ball for every two players and eight cones.

Setup:

Use two cones to set up a gate that is one yard wide. Set up four gates in different places no more than five yards from each other. Divide teams in groups of two with a ball for each pair. Have each group start by a gate with their ball.

Activity:

1. Players jog together (dribbling or passing together) trying to score points by passing the ball through a gate. There is no out of bounds.
2. Each time the ball is passed through the gate the team is awarded 100 points.
3. Play each game for one minute with teams trying to score as many points as possible. Players must score in a different gate each time.

Variation/Progression

- » Allow players to use their hands (as a reward) to carry and pass the ball. Points are scored when the ball is rolled on the ground from one player to the other through the gate.
- » Coach stands in the middle with feet apart as the bonus goal. The bonus goal is worth 500 points!

MID-PRACTICE HUDDLE

Devotion 9

Coach: Do NOT distribute practice cards at this practice.

If this is your **next to last practice, be sure to 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.*

Review:

- **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: God forgives you.

(Biblical example)

I want you to imagine that one of you didn't show up to practice tonight. Let's say it was [name of a kid on the team]. It would be a bummer, right? But we'd still keep practicing, right? Because we would assume that you're okay at home with your family, you're probably just not feeling well. But what if you didn't show up again the next practice? Well, I'd start to get worried and I'd definitely call your mom or dad and check up on you. Because you're a part of this team, and I want to know that you're okay!

Jesus told a similar story once about a farmer who didn't know where one of his sheep was, and what the farmer's response was. Let me read to you what Jesus said. *"Suppose one of you has 100 sheep and loses one of them. Won't he leave the 99 in the open country? Won't he go and look for the one lost sheep until he finds it? When he finds it, he will joyfully put it on his shoulders and go home. Then he will call his friends and neighbors together. He will say, 'Be joyful with me. I have found my lost sheep.'"* (Luke 15:4-6, NIRV)

You might be thinking, that's a pretty sweet story, but what does it mean? Well, I'm not sure if you caught on to this, but the shepherd in the story Jesus told is God. And God wants us to know that like that lost sheep, there is nothing that we've ever done or ever will do that is so terrible He can't forgive us. Nothing is too big for God's forgiveness. And He loves you so much that He will always come and find you.

The fact is, we've all messed up. We've made mistakes. We hurt other people. But God wants to forgive us for everything. Maybe you've never asked God for His forgiveness before. Maybe you never even knew you needed it! That makes this a great time to ask God to forgive you for the wrong things you've done. If you aren't sure where to start, talk with someone who's following God already, like one of your coaches or a family member.

Or maybe you've already asked God for His forgiveness. That's awesome! But it doesn't mean you don't still make mistakes. Don't forget to ask God for His forgiveness each day.

Prayer:

Dear God, thank You for loving us so much that You would have sent Jesus to save even just one of us! We know that we all mess up, and that we need your forgiveness. Help us to remember that You love us no matter what, and that means we can be honest with you. We don't need to hide or runaway when we do things wrong, because You will forgive us, we only need to ask. We love You. In Jesus' name we pray, amen.

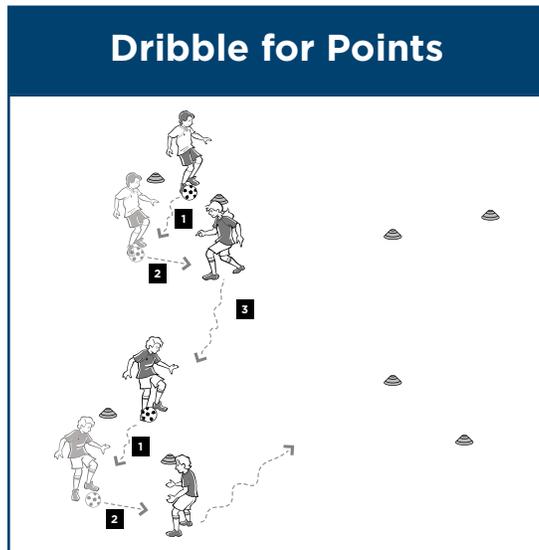


Activity/Game Two (10 minutes)

DRIBBLE FOR POINTS

Objective:

Develop ball skills through dribbling



Equipment Needed:

One ball for every two players and eight cones.

Setup:

Use two cones to set up a gate that is one yard wide. Set up four gates in different places no more than five yards apart. Divide teams in groups of two with a ball for each pair. Have each group start by a gate with their ball.

Activity:

- » Players jog together from gate to gate. One player will have a ball and the other will jog next to their teammate.
- » Players with ball are trying to dribble through as many gates as possible. Each time player 1 dribbles through a gate, he/she passes the ball to player 2 who then dribbles through the next gate.
- » Each time the ball is dribbled through a gate the team is awarded 100 points.
- » Play each game for one minute with teams trying to score as many points as possible.

Variation/Progression:

- » Require players to perform a trick before going to the next gate. (Ex: *squash the bug*, *juggle*, *around the world* (see practice 8).)
- » Have players use right foot only or left foot only to dribble
- » Coach stands in middle with feet apart as the bonus goal! The bonus goal is worth 500 points!

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 skills from practice: Dribbling and Passing
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.

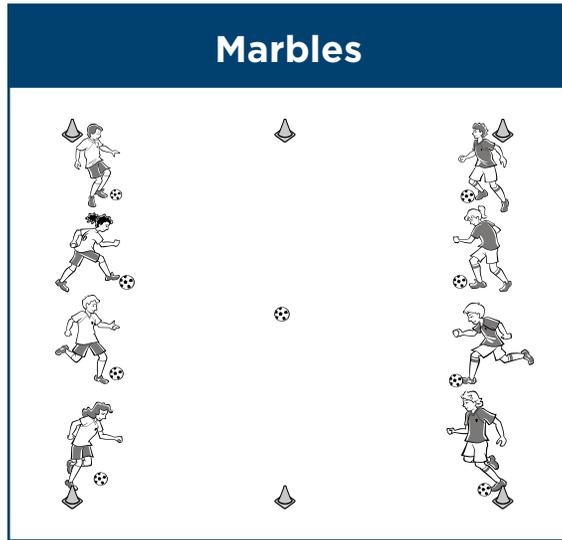
Alternate Activity

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

MARBLES

Objective:

Practice passing with accuracy



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.

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.