

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### 3rd-4th grades » Week 2 Practice

#### Passing Technique with the Inside of the Foot (Push Pass)

*\*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	7 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 up at the middle of your practice area.

#### How to Teach Passing Technique with the Inside of the Foot (Push Pass)

- » The ball should be struck on the inside of the foot, right above the arch of the foot.
- » Toes should be raised slightly higher than the heel and ankle should be locked.
- » Knees should be slightly bent for balance and the non-kicking (plant) foot is placed next to the ball and pointed in the direction of the pass.
- » Place eyes on the ball and strike through the middle of the ball. Make sure your leg is pointed towards the target.
- » Follow through with the passing leg after striking the ball.

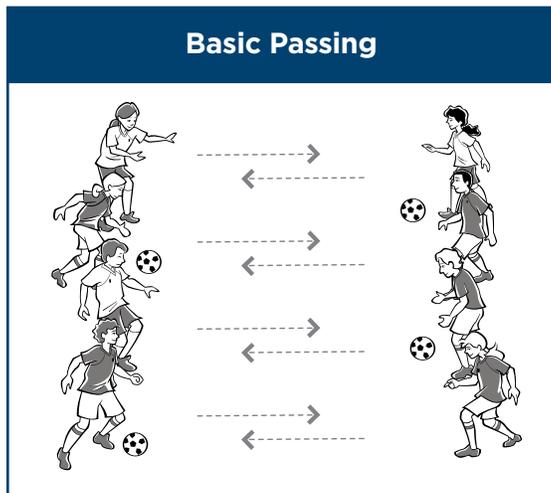


## Teaching the Skill (5 minutes)

### PASSING WITH THE INSIDE OF THE FOOT

#### Objective:

Introduce passing technique with the inside of the foot



#### Equipment Needed:

One ball for every two players

#### Setup:

Divide players into groups of two. Place players across from their partners with five yards of space between.

#### Activity:

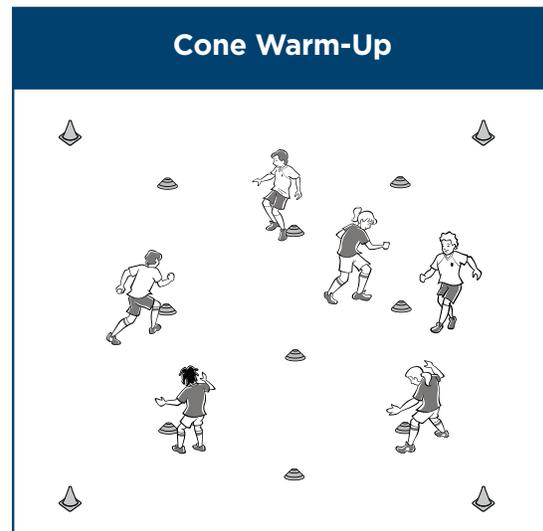
- » On the coach's signal, players pass the ball to their teammate with correct technique using the inside of their foot.
- » Allow players as many touches as necessary to receive the ball and pass it back.
- » If players are successful with the five-yard pass, increase distance to ten yards.
- » The pass should not leave the ground. Focus on proper technique and completion of the pass.

## Team Warm-Up (5 minutes)

### CONE WARM-UP

#### Objective:

Develop soccer-oriented coordination



#### Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need eight cones or objects.

#### Setup:

Set up a 15 x 15 yard grid and place eight cones (any object can be used such as shoes, balls, vests, etc.) spread out within the grid. Players should all start next to an object.

#### Activity:

1. Players begin jogging around the grid waiting for the coach's signal.
2. On the coach's signal, all players find an object and perform a designated exercise called out by the coach:
  - **Hop:** Stand next to an object and hop three times with feet together back and forth over it.
  - **Roll:** Approach an object and roll on the ground quickly over the it, hop up and find another one.
  - **One-Legged Hop:** Find an object and hop with the right foot only, back and forth over it three times, then switch and repeat with the left foot.

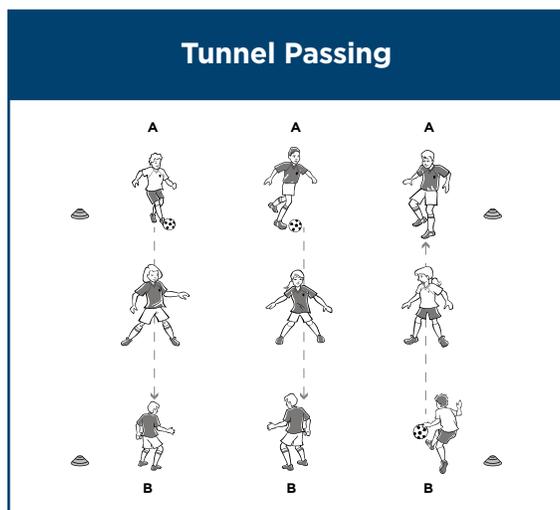
- **Push-up:** Find an object and do one pushup next to it, quickly get up and find the next one.
3. Players cannot go to the same object twice in a row. Every time an exercise is performed at an object, a point is given.
  4. Do each exercise for one minute and encourage players to get as many points as possible!

## Activity/Game One (10 minutes)

### TUNNEL PASSING

#### Objective:

Learn how to pass with the inside of the foot while having fun



#### Activity:

- » Player A attempts to pass the ball through the legs of player B to the other side for player C to receive.
- » Player C then passes the ball back to player A trying to pass it through the legs of player B.
- » Every time the ball is successfully passed through the gate, the team scores a goal.
- » Each team tries to score as many goals as possible in one minute.
- » Switch player in the middle to the outside after each game.
- » Do not leave a player in the middle longer than one minute!
- » Move players closer or farther away from each other depending on skill level. Always allow them to be successful at the beginning!

#### Equipment Needed:

Cones to set up a grid. You will need one ball for every three players.

#### Setup:

Use cones to set up a 10 x 10 yard grid. Divide players into groups of three. Player A stands on one side of the grid with a ball, player B stands in the middle of the grid with feet apart (to create tunnel), and player C stands on the opposite side of the grid.

## MID-PRACTICE HUDDLE

### Devotion 2

**Practice Card Reminder:** If included in your coach box, remember to distribute the practice cards entitled “Practice 2.”

### INTRODUCE:

- **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 serving them.

*(Peer Example)*

Gooooal! Isn't that the best word to hear? Only one person kicks the ball into the net, but it takes a whole team to score a goal and win a game, doesn't it? It's impossible to win alone. In order for your team to win, you've got to pass the ball and put others first, even if you'd rather be the one to score the goal.

And that's how it goes with humility too! Humility is putting others first by giving up what you think you deserve. That means you won't always be the one who scores the winning goal, but you might get to be a part of the team that gets it there. Soccer isn't about any ONE person. It's about everyone, and what each person can give up for the team, even if you don't happen to feel like it at the moment. We have to remember that we're all in it TOGETHER to win it! Imagine what would happen on a team if one person was trying to show off their skills instead of thinking of everyone else!

We have the most incredible example of humility in Jesus. Think about it: He is God's Son. If anyone deserved to show off their talent, it was Him! He deserved to be treated like a king. But instead, He spent His entire life on earth putting other people first. Listening to them and teaching them and healing them and even washing their really dirty, yucky feet. He shows us over and over again

in different ways that we can put others first by serving them. That means putting aside what we want to be doing right now to help someone out.

Like maybe you've finally finished your homework. YES! You've got a whole half hour to play your favorite video game before dinner. But your little brother wants you to build Legos® with him instead. Playing with your brother for 30 minutes is an incredible way to put him first. Or maybe your best friend sprained her wrist and can't go play mini golf with everyone. You could choose not to go, too, so you can hang out with your friend and cheer her up. Every single day you can find creative ways to show humility by serving others—whether it's in big ways or small ones. Let's pray and ask God to help us put others first by serving them.

### Discussion Questions:

3RD GRADE UP ONLY

1. Do you think it would be more fun to be on a team with one person who's a superstar player but always hogs the ball, or on a team with a bunch of just-okay players who are humble? Why?
2. How have you seen someone on our team serve someone else?
3. Turn to the person next to you and tell them one way you plan on serving your family this week.

### Prayer:

*Dear God, thank You for the example that Jesus set in putting other first by serving them. We want to follow in His footsteps and live a life of humility. Please help us this week to put others first by serving them, even when we don't want to. In Jesus' name we pray, amen.*

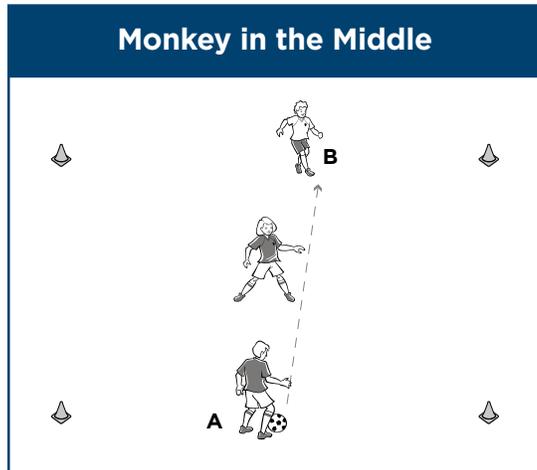


## Activity/Game Two (10 minutes)

### MONKEY IN THE MIDDLE

#### Objective:

Develop proper passing technique with inside of the foot



#### Equipment Needed:

Cones to set up a grid. Four cones or objects to set up a 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 A attempts to pass the ball to player B 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, the defender switches places with the person who made the pass.

#### Variation/Progression:

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

#### Rule of the Day

##### KICK-OFF

A kick-off is taken from the center circle at the start of each half and after a goal is scored. Kicks must go forward, toward the defending goal. The ball must touch another attacking player or defensive player before the initial kicker touches the ball again. If the kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least four yards away). Both teams must be on their own half of the field until the first touch on the ball is made, after which they may attempt to win 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.

### SOCCER GAME

#### Objective:

Develop soccer technique while having fun

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

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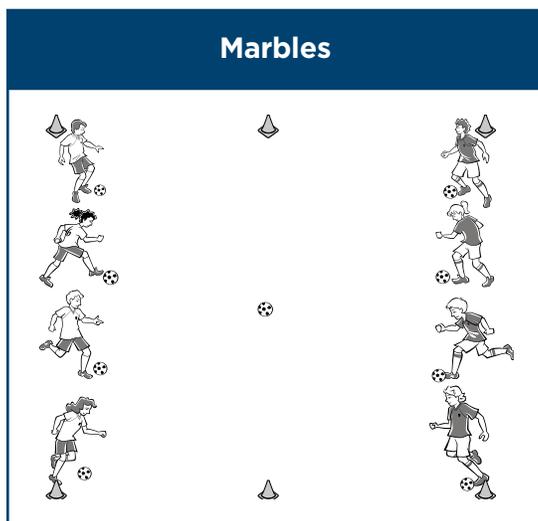
## Alternate Activity

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

### MARBLES

#### Objective:

Improve passing technique while having fun



#### 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 15 x 15 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.