

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 4 Practice Receiving 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.

How to Teach Receiving Technique with the Inside of the Foot

- » Move entire body to the ball and receive it by “absorbing” the ball with the inside of the foot.
- » The foot should have the heel down and toe pointed slightly up.
- » When receiving the ball the leg should “give” to “absorb” the contact.
- » Receive the ball in front of your body so it does not get stuck underneath your foot.
- » Always move your entire body to the ball first.
- » Players should pretend their foot is a pillow or cotton candy to gently receive the ball.

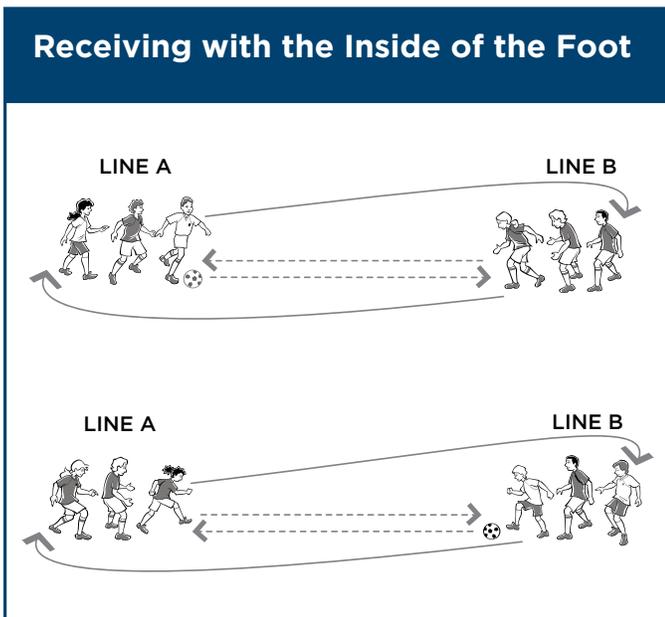


Teaching the Skill (5 minutes)

RECEIVING WITH THE INSIDE OF THE FOOT

Objective:

Teach receiving technique with the inside of the foot



Equipment Needed:

One ball

Setup:

Divide players in two groups and position the groups five yards apart in a single file line. The groups should be facing each other.

Activity:

- » The first player in line A passes the ball across to the first player in line B.
- » After passing the ball, the player runs to the end of the line that they passed to. Players should always follow their passes!
- » Players must take at least two touches, concentrating on receiving the ball with correct technique.

Team Warm-up (5 minutes)

TWO PLAYER TAG

Objective:

Develop soccer-oriented movements



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 grid 15 x 15 yards and divide players into pairs. Players spread out within the grid.

Activity:

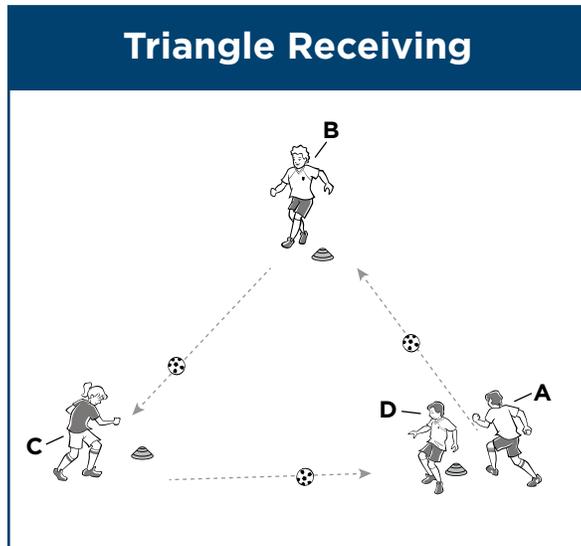
- » While dribbling a ball, player A chases their teammate (player B) and tries to pass the ball and hit them. Everyone plays at once but players only try to hit their partners.
- » Each time a player is hit, that player gets the ball and the roles are switched.

Activity/Game One (10 minutes)

TRIANGLE RECEIVING

Objective:

Practicing proper receiving technique



Equipment Needed:

Six cones and two balls

Setup:

Use three cones set up a triangle with ten yards between each cone. Set up two triangles if you have eight players. Divide players into groups of four. Player B should be at cone one, player C at the second cone, and players A and D at the third cone with a ball.

Activity:

- » Player A passes the ball to player B and runs to that cone (following pass).
- » Player B receives the ball and passes to player C and runs to that cone.
- » Player C receives the ball and passes to player D and runs to that cone.
- » Each player will always follow their pass!
- » The ball must be received and controlled on the outside of the cone.
- » Pass the ball completely around the triangle three times and then sit down! First team sitting wins!

Variation/Progression:

- » Use right foot only or left foot only.
- » Pass the ball around the triangle in the opposite direction.

Coaching Points:

- » It is important to have a minimum of four people (two at one of the cones) or the last person will have no one to pass to.

MID-PRACTICE HUDDLE

Devotion 4

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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 letting go of what I want.

(My world example)

We've been talking lately about how humility is putting others first by giving up what you think you deserve. Put another way, you can put others first by letting go of what you want. So, what DO you want?

Maybe it's your turn to choose the kind of pizza your family gets for dinner. You REALLY want to order a supreme with everything, but your little brother REALLY just wants pepperoni. So this time, you choose just pepperoni.

Or your best friend is sleeping over at your house for the first time. You like the room super dark to help you sleep better, but you know that your friend is sorta, kinda, just-a-little-bit afraid of the dark. So you find a nightlight to plug in so she'll sleep better, even though it takes you longer to get to sleep.

Or maybe you really want to score the winning goal in the game, but you see that your friend is wide open and has a better shot at making the goal. You have to let go of what you want to put the needs of the team first.

When you keep your eyes open, you'll find new ways every day to set aside what you really want in order to put others first—to treat others the way you want to be treated.

Here's something to remember today: I can put others first by letting go of what I want.

It's not going to be easy. Putting others first is not our natural inclination. We live in a world that's all about putting ourselves first. Just like Jesus had to give up His life because we needed forgiveness for our sins, you are going to have to give up something to put others first as well.

Now, putting others first isn't going to cost you your life, but it will cost you something: maybe your time or money. Maybe it will cost you some pride. But when we choose to follow Jesus with our lives, the least we can do is put others first even if it's a bit uncomfortable and costs us something. Humility isn't something that comes easily, but God can give you the strength and creativity to put others first when you ask.

Discussion Questions:

3RD GRADE UP ONLY

1. Who is someone who has given up something for you? What did they give up?
2. I gave you guys some ideas of how you can put others first, but what are some others? Think about school, home, or here at soccer.
3. What does humility show others?

Let's ask God to help us let go of what we want to show others how much we care.

Prayer:

Dear God, thank You that there's no doubt of Your great love for us because You gave up the most important thing You had to save us: Your only Son. The least we can do is give up what we want—maybe some time, or money, or plans that we had. Help us to show others how much we love them by putting them first. In Jesus' name we pray, amen.

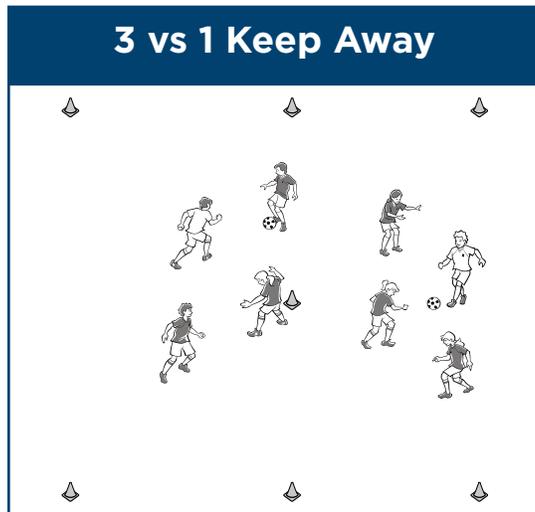


Activity/Game Two (10 minutes)

3 VS 1 KEEP AWAY

Objective:

Practice passing and receiving in a game-like situation



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball per group of four players.

Setup:

Divide players into two groups of four (if you have enough players). Create two 10 x 10 yard grids and place a group of four in each grid. Assign one player to be the defender.

Activity:

- » On the coach's signal, the passers 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 gets a point! Every time the attackers complete two passes they get a point!
- » Play each game for one minute and then switch out the defender.

Variation/Progression:

- » As a reward, allow players to play the same game using their hands.

Rule of the Day

GOAL KICK

When the attacking team kicks the ball over the goal line or if the ball comes to a stop within the shooting arc before entering the goal, a goal kick is awarded to the defending team. The ball should be placed on the end line/goal line, five yards from the shooting arc on the side in which the ball went out. The defending team must be at least ten yards away from the player taking the goal. K5 and first- and second-grade divisions must retreat behind midfield until the ball is kicked.

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: Receiving
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.

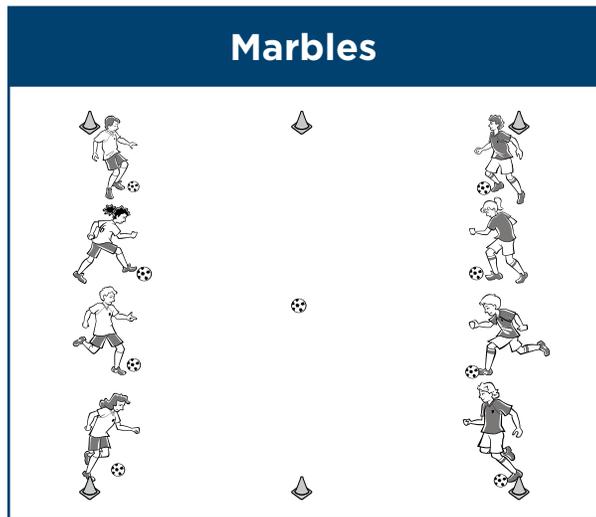
Alternate Activity

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

MARBLES

Objective:

Practice passing 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 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.