

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 5 Practice Turning with the Ball

**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 Turning Technique

TURNING WHILE DRIBBLING

Outside Turn

- » Place right sole (bottom) of foot on the ball and roll the ball with your foot while rotating your body to the right then dribble the ball away in the opposite direction. To turn to the left complete the same motion but start with the left foot on the ball and rotate your body to the left.

Inside Turn

- » While facing forward, place the sole of the foot on the ball and roll it directly under/behind you and then turn your body and dribble the opposite direction.

TURNING WHILE RECEIVING

» Inside of Foot Turn

- » As the ball nears you, begin to rotate your body to the right and lightly redirect the ball with the inside of the right foot so it goes behind you. Dribble the other way. To turn to the left complete the same motion but redirect the ball with the left foot and turn to the left.
- » Do not stop the ball; simply redirect it with a light touch as you rotate your body.

Outside of Foot Turn

- » As the ball nears you, begin to rotate your body to the right and turn your right foot to lightly redirect the ball with the outside of your foot so it goes behind you. Dribble the other way. To turn left complete the same motion but redirect the ball with the left foot and turn left.
- » Do not stop the ball; simply redirect it with a light touch as you rotate your body.

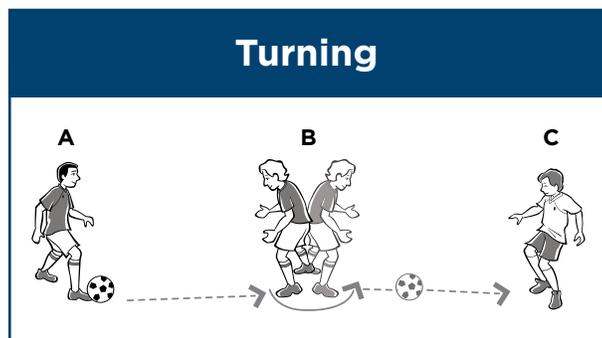


Teaching the Skill (5 minutes)

TURNING

Objective:

Introduce turning technique



Equipment Needed:

One ball for every three players

Setup:

Divide players into groups of three. Place each team in a single file line with five yards between each person in line. Give the first person in line a ball.

Activity:

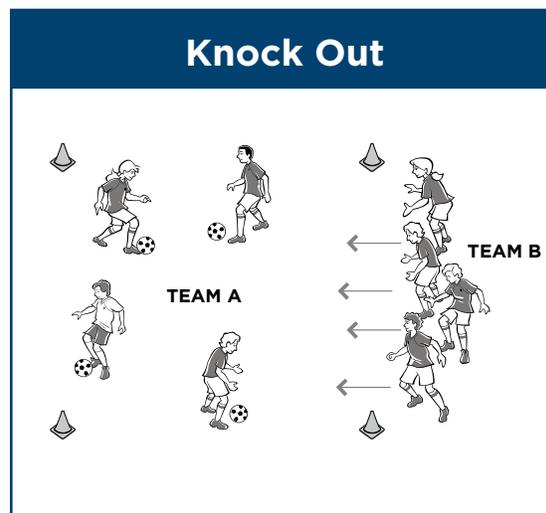
- » Player A in line passes the ball to player B.
- » Player B receives the ball and performs one of the turns from page 1.
- » After the turn is completed, player B passes the ball to player C.
- » After 1 minute, switch the player in the middle with one on the outside so each player gets to turn.

Team Warm-up (5 minutes)

KNOCK OUT

Objective:

Practice turning and dribbling technique



Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need one ball for every two players.

Setup:

Divide players into two teams. Place one team inside the grid with a ball and the other team outside of the grid without a ball.

Activity:

- » Team A (inside the grid) begins dribbling around the grid using the inside, outside, and sole (bottom) of their foot.
- » When coach yells “knock out” Team B (outside grid) runs into the grid and attempts to steal any ball they can and dribble (not kick) it back to the outside.
- » Players with a ball in the grid attempt to keep the ball away from defenders by dribbling and practicing turns.
- » If an attacking player (Team A) loses a ball, they immediately try to steal it before Team B can dribble it outside of the grid.
- » Play until all the balls have been dribbled outside of the grid, and then switch teams with Team B inside and Team A outside.

Activity/Game One (10 minutes)

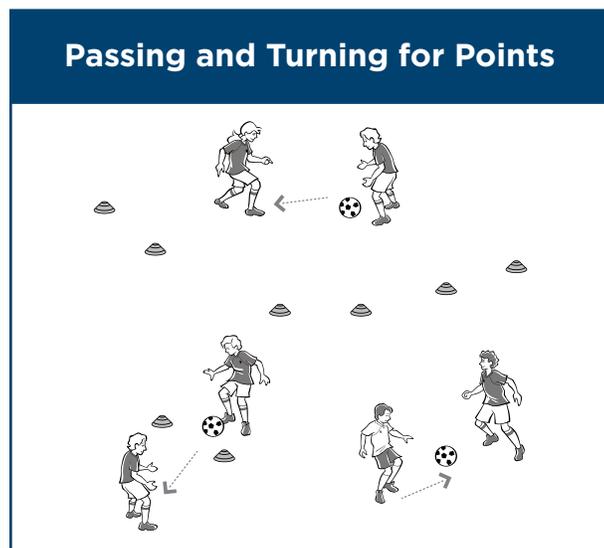
PASSING AND TURNING FOR POINTS

Objective:

Practice passing and turning technique

Variation/Progression:

- » Allow players to use their hands 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.



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 throughout grid. Divide teams in groups of two with a ball for each group. Have each group start by a gate with their ball.

Activity:

1. Players move from gate to gate by passing and turning.
2. Each time a ball is passed through a gate successfully a point is awarded.
3. Teams must always turn and go to a different gate after they have scored. There is no out-of-bounds.
4. Each team is awarded five points for every turn that is made!
5. Play each game for one minute with teams trying to score as many points as possible.

MID-PRACTICE HUDDLE

Devotion 5

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 5.”

INTRODUCE:

- **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: Give like you’re giving to God.

(Peer example)

I’m excited that we’re going to spend the next few practices talking about generosity. Why am I excited? Because generosity is FUN! Generosity is making someone’s day by giving something away, and making someone’s day is all kinds of awesome.

As soccer players, we know a lot about giving things away, because we have to give—or pass—the ball to each other all the time, don’t we? But that’s just the beginning when it comes to how we can be generous with each other. Yes, there’s the obvious, like giving money to someone who needs it, sharing food with someone who’s hungry, donating our toys and clothes when we’ve outgrown them. Those are all amazing and important ways to be generous.

But we can also be generous with things beyond money and physical gifts. We can be generous with our time, like spending time with someone who is lonely. We can be generous by helping others, like doing extra chores to help around the house without expectation of getting paid or recognition. You can even choose to be generous with your reputation by sticking up for someone who other people pick on.

And when you choose to be generous, you’re not only making someone’s day, you’re also honoring Jesus. When we give to others with all that we have—like our time, our energy, our love, and our help—it’s like we’re giving to God. And after all that God has given us—our lives, our families, this earth, and the promise of heaven—it feels pretty awesome to give something to God, doesn’t it?

One way you can give to God is by giving to the people He’s created. And wouldn’t it be great if you gave, not to bring honor to yourself, but to bring honor to God. When you give like that, your gifts will take time and planning. They’ll take sacrifice. Your gifts will cost you something. But it’s totally worth the cost, because God is totally worth whatever gifts you can give Him. Show God you appreciate all He’s done for you by loving and giving to other people. We can give like we’re giving to God!

Discussion Questions:

3RD GRADE UP ONLY

1. Who are some people who have been generous to you, and in what way have they been generous?
2. Why do you think it’s so fun to be generous?
3. What are some things you might have to sacrifice if you’re generous?

Let’s pray and ask God to help us have generous hearts.

Prayer:

Heavenly Father, we are thankful for all the ways that You are generous toward us. We want to give to You too, so help us be generous toward others in a way that brings YOU honor. Help us not to give so that we get the glory, but to give humbly so that we can truly make someone else’s day, and also show them how great You are. In Jesus’ name we pray, amen.

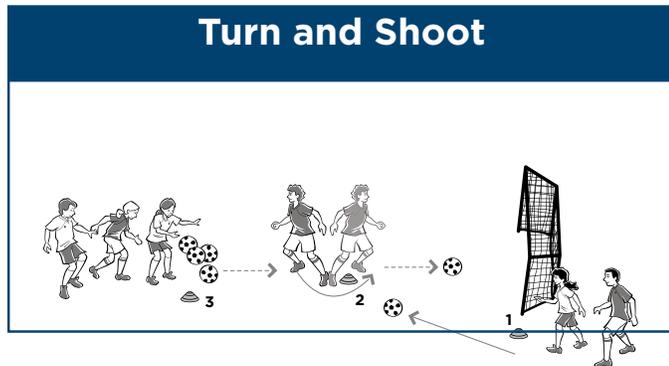


Activity/Game Two (10 minutes)

TURN AND SHOOT

Objective:

Practice turning and shooting



Equipment Needed:

Three cones, one goal, and a minimum of two balls

Setup:

Place cone 1 next to the goal post on either side. Place cone 2 five yards in front of the goal. Cone 3 should be placed five yards in front of cone 2. Divide players in two groups and place a group at cone 1 and cone 3. All balls should be placed with the players at cone 3.

Activity:

- » The first player at cone 1 runs to cone 2 in the middle (back will be towards goal).
- » The first player at cone 3 will pass the ball to the player at cone 2, who will complete a turn and shoot the ball.
- » Players switch lines each time.

Variation/Progression:

- » Require players to use a specific turn as taught earlier in the practice.
- » Have players use their right or left foot only.

Rule of the Day

CORNER KICK

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away. 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: Turning
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.

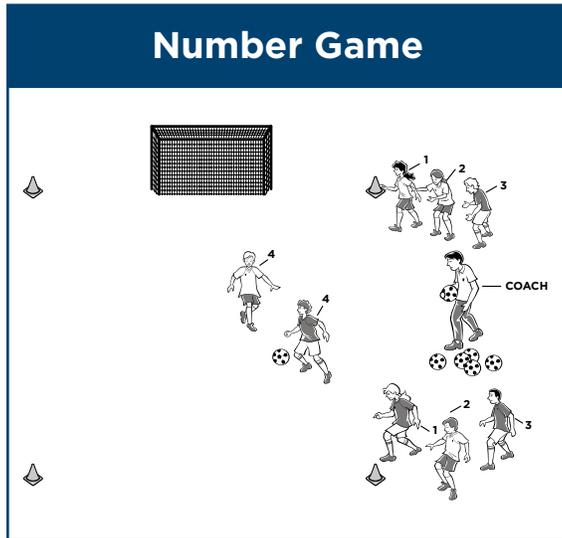
Alternate Activity

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

NUMBER GAME

Objective:

Practice turning in a game like situation



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!

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 numbered 1-4. Each team begins outside of the grid. The coach has all the balls outside of the grid.)