

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 6 Practice Basic Defensive Stance and Tactics

**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 Defensive Stance and Basic Tactics

DEFENSIVE STANCE

- » Defenders should always defend “side-ways on” which means the defender should defend toward one side of the attacker with one foot slightly in front of the other and knees slightly bent.
- » Defending “side-ways on” allows the defender to force the attacker in one direction or the other. If you defend “straight on” the attacker can go past you on either side.
- » Players should be on the balls of their feet while bending the knees for balance. Always be light on your feet!
- » When defending an attacker with the ball, the defender should drop back by quickly moving (shuffling) their feet while staying close to the attacker. This movement is called “jockeying.”
- » Have patience and do not “jump in” and try to win the ball until the attacker makes a mistake. Jumping in will allow the attacker to get past you.



TRACKING BACK

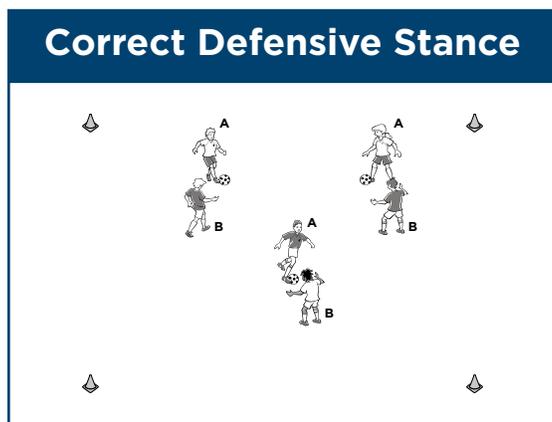
- » When the attacking team loses the ball they must “track back” to win the ball back and to prevent the other team from scoring.
- » When a team loses the ball, every player on the team must sprint back toward their goal in order to prevent the attacking team from advancing down the field. This is called getting “goal side” of the ball.
- » “Goal side” of the ball means being in between the ball and the goal you are defending. This does not mean standing in front of the goal! “Goal Side” refers to any of the space that is between the ball and the goal.
- » When tracking back, the defender closest to the attacker with the ball should challenge that attacker using the correct defensive stance.
- » All other players should sprint back into the space between the ball and the goal (goal side).

Teaching the Skill (5 minutes)

CORRECT DEFENSIVE STANCE

Objective:

Introduce correct defensive stance



Equipment Needed:

Four cones to set up a grid and one ball for every two players.

Setup:

Set up a grid 15 x 15 yards. Divide players into groups of two and give each group a ball. Player A should have a ball and start on the end line of the grid. Player B should be in a defensive stance directly in front of player A.

Activity:

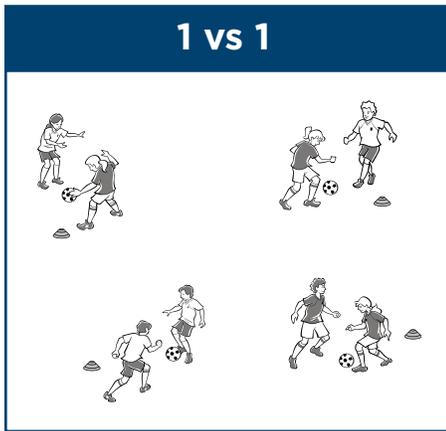
- » The player with the ball will slowly dribble toward the other side of the grid but will not try to get past the defender.
- » The defender should practice jockeying/moving backwards while maintaining a correct “side-ways” on stance.
- » When the player with the ball reaches the other side of the grid, the players switch roles.
- » The defender should not try to win the ball and the attacker should not try to get past the defender.
- » The defending player should focus on the following:
 - Defend “sideways” on and force the attacker to dribble towards one direction.
 - Stay light on your feet and bend knees to maintain good balance.
 - Jockey by shuffling feet backwards.

Team Warm-Up (5 minutes)

1 VS 1

Objective:

Practice correct defensive stance in 1 vs 1 defending



Equipment Needed:

One cone and one ball for every two players

Setup:

Divide players into groups of two. Each pair sets up a cone with at least five yards of space around it.

Activity:

- » Each pair will play 1 vs 1 against each other.
- » Place the ball on the ground one yard away from the cone. The cone will be the goal that each player is trying to score on.
- » Every player begins by placing their right foot on the ball and waiting for the coach's signal.
- » On the coach's signal, players try to score by hitting the cone.
- » Each time the cone is hit, a goal is awarded and the other player gets to start with the ball.
- » Games will be played for one minute. The person with the most goals in a minute wins!

Activity/Game One (10 Minutes)

2 VS 2 KEEP AWAY

Objective:

Practice defensive stance while working with a teammate



Equipment Needed:

Cones to set up a grid and two balls

Setup:

Create two 15 x 15 yard grids (if you have 8 players). Divide players into four teams of two. Place two teams in each grid to play against each other.

Activity:

- » 2 vs 2 keep away will be played in each grid.
- » Each time the team with the ball completes three passes they are awarded a goal.
- » Each time the defending team wins the ball, they are awarded a goal.
- » Players should use the proper defensive stance and work together as a team to win the ball.
- » Play each game for three minutes and then switch teams.

MID-PRACTICE HUDDLE

Devotion 6

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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: Don't miss your chance to give.

(Biblical example)

We talked last practice about how generosity is making someone's day by giving something away. When Jesus was on the earth, He often told stories to help people understand something, and one day, He told a story about generosity. Or rather, it was a story about someone who missed out on being generous. This man was rich. Very rich. Then, one year later he got even richer when his land produced even more crops than usual. They produced so much food that he had more than his barns could hold.

I wish I could tell you that the man decided to give the extra food away, especially to people who didn't have enough to eat. Or even that he decided to sell it and donate the money to people who needed it. But sadly, that's not how the story goes. No, listen to what the man decided to do. *"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones. I will store my extra grain in them. I'll say to myself, 'You have plenty of grain stored away for many years. Take life easy. Eat, drink and have a good time.'"* (Luke 12:18-19, NIRV)

So I guess the man was set now, right? He had more food, more barns, and the potential for more money. What more could he need? Well, things were about to take a turn for the worse for this rich man. Listened to what happened next in Jesus' story. *"But God said to him, 'You foolish man!*

Tonight I will take your life away from you. Then who will get what you have prepared for yourself?" (Luke 12:20, NIRV)

Yikes. The rich man had been determined to hold onto every single crop instead of giving some away. And now . . . it would do him no good.

Jesus finished up His story by saying this: *"That is how it will be for whoever stores things away for themselves but is not rich in the sight of God."* (Luke 12:21, NIRV) Now, Jesus wasn't saying that if you're not generous, you're going to die right away. His point was that this rich man was so concerned with holding on to what he thought was HIS stuff, that he was missing out on what was really important. None of this stuff was going to save him, and he was missing out on so many great things by not being generous. Think about all the lives he could have changed and friendships he could have made if he had unclenched his hands and gave some away.

You and I have a choice every day. We can hold on to our stuff, hoard the extra, and never share with anyone. Or, we can give freely out of what God has given us, and we will experience the joy that comes with generosity! When you think about the rich man and the barns, I hope you'll remember this simple but important thing: don't miss your chance to give.

Discussion Questions:

3RD GRADE UP ONLY

1. What is more important than money and toys?
2. If friends and family are more important, why do you think we sometimes feel like we can't share what we have?
3. What are some fun things you've experienced from being generous towards others?

Let's pray.

PRAYER:

Dear God, thank You for all the ways that You are generous toward us. We don't want to miss our chance to give! Help us to live our lives with open hands—freely giving to others from the things that You have given us. In Jesus' name we pray, amen.

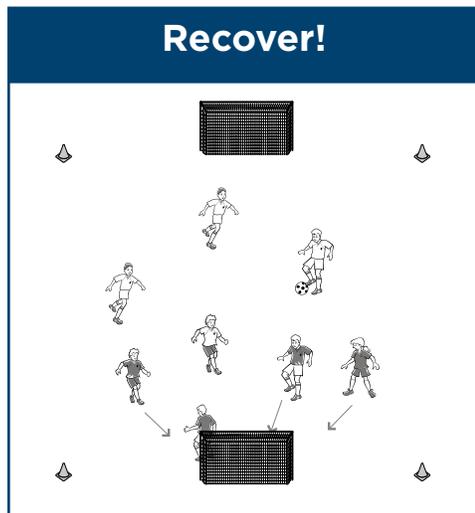


Activity/Game Two (10 minutes)

RECOVER!

Objective:

Practice “tracking back” to defend goal side.



Equipment Needed:

Cones to set up grid (optional). One ball, and two goals (cones can be used to set up goals if needed).

Setup:

Set up a 15 x 20 yard grid with a goal at each end. Divide players into two teams.

Activity:

1. Players play 4 vs 4 inside the grid and attempt to score on their goals.
2. Each time a team loses the ball (bad pass, out of bounds, taken away etc.) the entire team that lost the ball must sprint all the way back and touch their goal before they can defend. Once they have all touched the goal they should step up and defend.
3. The attacking team attempts to advance as quickly as possible before all of the defenders recover.
4. This happens every time a team turns the ball over!
5. Emphasize the importance on tracking back to defend in a game.

Rule of the Day

DIRECT AND INDIRECT FREE KICKS

Direct Kick

Direct kicks are awarded to the opposing team if one of these fouls is committed: handling the ball, kicking an opponent, hitting an opponent, pushing an opponent, tripping an opponent, holding an opponent, any unsportsmanlike conduct, slide tackling, or any contact with the ball while the player is on the ground. The opposing players must be five yards away from the ball and the kicker may score directly without another player touching the ball.

Indirect Kick

Indirect kicks are awarded to the opposing team if one of these fouls is committed: Dangerous Play, Obstructing an opponent, Delay of game. Opposing players must be five yards away from the ball. On the indirect kick, a player other than the kicker must touch the ball before a goal can be scored.

Scrimmage (10 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

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.

1 VS 1 GOALS

Objective:

Improve defensive stance



Activity:

- » On the coach's signal, each player with a ball dribbles around the grid attempting to dribble through as many gates as possible.
- » The defender tries to stop their teammate from dribbling through the gate. If a defender wins the ball, they become the attacker and the other player becomes the defender.
- » See who can score the most goals in two minutes!
- » Divide teams evenly so the more skilled players are paired together.
- » Require players to use the correct defensive stance!

Equipment Needed:

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

Setup:

Set up a 15 x 15 yard grid. Set up four small gates (one yard wide) spread out within the grid. Divide players into pairs and assign one player to be a defender and the other player an attacker with the ball.