

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 7 Practice

Juggling and Dribbling

**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 Juggling Technique with a Soccer Ball

JUGGLING WITH FEET

- » Juggling is an important skill to learn because it will develop and improve all technical skills such as dribbling, passing, and shooting.
- » Juggling is very frustrating to players that have never tried it; however it is important they strive to practice and get better. This will allow them to be more comfortable with the ball!
- » Use the top part of the foot (laces) and keep

the ankle locked while pointing the toe toward the ground. Bring the knee up toward the chest while lightly kicking the ball in the air.

- » Begin by holding the ball with both hands out in front and drop it so it hits the ground with one bounce. After the ball bounces, tap the ball using the top part of the foot (laces) and try to catch it before it hits the ground.
- » Remember this sequence: bounce-foot-catch.

JUGGLING WITH THIGH

- » Hold ball out in front and raise thigh until it is parallel with the ground.
- » Lightly bounce the ball off of the thigh by bringing it up to meet the ball as it is dropped.
- » It is important to be able to control the ball with all parts of the body!



Teaching the Skill (5 minutes)

JUGGLING

Objective:

Teach players the basics of juggling

Equipment Needed:

One ball for every two players (best if each player has a ball)

Setup:

Divide players into groups of two with at least one ball for each group

Activity:

On the coach's signal, players attempt to juggle progressing from bounce-foot-catch sequence to more challenging sequences.

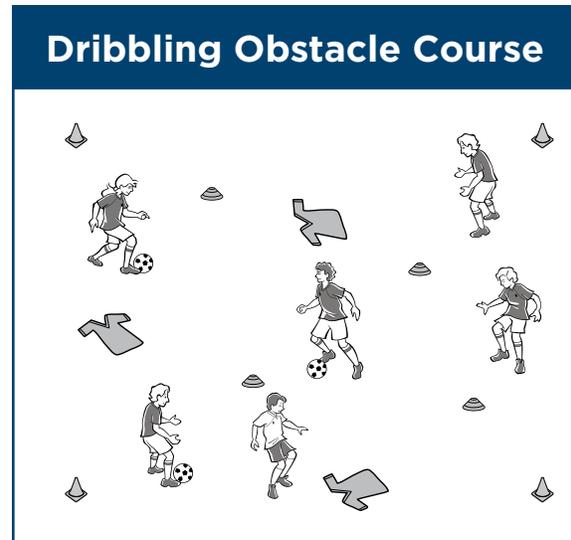
1. Lightly toss ball in the air, allow it to bounce once, kick it up with the top (laces) of the foot, and catch it. Practice with left and right foot.
2. Bounce ball off of right thigh and catch it. Repeat with left thigh. Sequence: drop-thigh-catch.
3. Without allowing a bounce, lightly toss the ball and kick it back up with one foot and catch it before it hits the ground. Sequence: drop-foot-catch.
4. Bounce the ball off of right thigh, then left thigh and then catch. Sequence: drop-thigh-thigh-catch.
5. Juggle as many times as possible using either foot or thigh before the ball hits the ground. Challenge players to beat their record!

Team Warm-up (5 minutes)

DRIBBLING OBSTACLE COURSE

Objective:

Develop dribbling technique with all parts of the foot



Equipment Needed:

Four cones and eight objects (Ex. Practice vests, shoes, cones) You will need one ball for every two players.

Setup:

Set up a 15 x 15 yard grid with all players inside the grid. Place objects throughout the grid. Divide players into groups of two with player 1 beginning with a ball and player 2 running without a ball.

Activity:

- » Players dribble the ball with their feet (using inside and outside) through the obstacle course avoiding the objects. Players without a ball run through the course avoiding other players and objects. Switch players with a ball after each minute long game.
- » If a player runs into an object they must do five push-ups before continuing.
- » Players must use the inside and outside of their foot to control the ball.

Variation/Progression:

- » Use one foot at a time. Right foot for thirty seconds, switch to left foot for thirty seconds, and end with allowing them to use both feet while switching from left to right every few steps.

Activity/Game One (10 Minutes)

DOLPHINS & CRABS

Objective:

Practice correct dribbling technique while having fun

Equipment Needed:

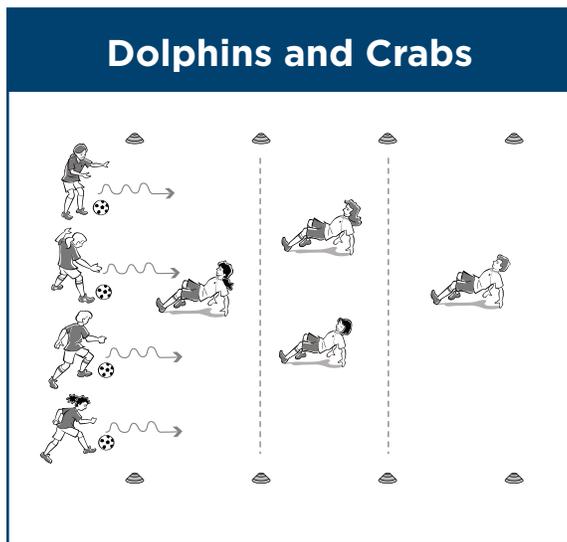
Eight cones and one soccer ball for every two players

Setup:

Create a 15 x 15 yard grid. Divide players in two teams: Crabs (defenders) and Dolphins (attackers). Each Dolphin should have a ball and line up on one end of the grid as a group. The Crabs are positioned throughout the grid moving in the crab-walk position.

Activity:

- » On the coach's signal, the dolphins attempt to dribble from one side of grid to the other without losing their ball to a crab. Players must use the inside and outside of their foot.
- » If a player loses the ball to a crab he/she must perform five pushups before continuing to dribble.
- » A goal is scored every time a player gets from one side to the other without being intercepted by a crab.
- » Play for one minute and then switch crabs and dolphins.



MID-PRACTICE HUDDLE

Devotion 7

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: Look for creative ways to give.

(My world example)

Generosity is making someone's day by giving something away. God has a lot to say to us in the Bible about being generous. I want to share one of those verses today. It also happens to be our memory verse this month. 1 Timothy 6:18 says, *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*" (NIRV).

Now, I think I might have an idea of what you're thinking. The verse says, 'command the RICH to do what is good.' And I imagine that most of you are thinking, well, that doesn't apply to me. I'm just a kid. I'm not rich. But I'm here to tell you today that you ARE rich. Just maybe not in the way that you think of being rich. This isn't about money. It's about much more than that.

Name a toy that you used to play with, but you outgrew? *(Let the kids respond.)* Okay, if I held up that toy and asked you how you could be generous with it, you'd probably think that you could give it away. After all, you don't use it anymore, right? And that would be a great thing to do with it for sure. But let's take this a step further. What if you were to do something really creative with it instead?

Like . . . play with your little brother or sister. Or maybe there's a mom in your neighborhood who has a lot of little kids, and they could use a big kid like you to come play *(toy name)* with them sometimes.

Or what if I had a box of macaroni and cheese or a box of brownie mix. How could you use those to be generous? *(Let them respond for a minute or so.)* Yes, you could use these to make a meal for someone. Maybe you could offer to help your mom or dad make dinner to give them a break. Or you could ask your parent if you could look in your pantry at home to see if you have any extra food you don't need that you could donate to a local food pantry where they help people who don't have enough food.

You can be generous in good deeds without spending a dime! And those good deeds often mean more to someone than an expensive gift ever would. It just takes a little bit of creativity to be generous.

So this week, look for creative ways to give. Let's ask God to help us.

Discussion Questions:

3RD GRADE UP ONLY

1. What are some things that we have that aren't money or physical objects that we can use to make a difference in someone's day?
2. What is the most creative way someone has made your day special?
3. Turn to your neighbor and share one way you plan to be generous this week.

Prayer:

Dear God, thank You for all that You have given us. Sometimes we may feel we don't have a lot extra to be generous with, but the truth is, we all have SOMETHING we can share with others to make their day. Help each of us look for creative ways to give. In Jesus' name we pray, amen.

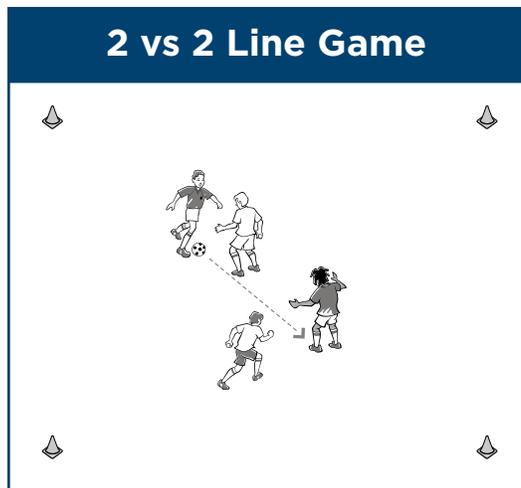


Activity/Game Two (10 minutes)

2 VS 2 LINE GAME

Objective:

Improve dribbling in a game-like situation



Equipment Needed:

Four cones for each grid. You will need two soccer balls.

Setup:

Create a 10 x 15 yard grid. Create two grids if you have eight players at practice. Place four players in each grid and divide those players in two teams.

Activity:

- » Team 1 plays 2 vs 2 against Team 2.
- » A goal is scored if the ball is dribbled across the opposing team's end line. The ball can be dribbled anywhere across the end line for it to count.
- » After a goal is scored, the other team starts with the ball.
- » Play each game for two minutes. If you have two grids switch a team from grid 1 to play against a team from grid 2.
- » If you have six players at practice you can use one 3 vs 3 grid instead of two 2 vs 2 grids.

Rule of the Day

PENALTY KICK

A penalty kick is awarded for deliberate handling/kicking the ball inside the goal arc that denies the opposing team a goal or an obvious goal-scoring opportunity. The penalty kick will be taken five yards from the top of the shooting arc and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of 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.

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: Juggling and Dribbling
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 dribbling technique



Activity:

- » On the coach's signal each player with a ball dribbles around the grid attempting to dribble through as many gates as possible.
- » All other players try to stop their teammates 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!
- » Require players to use fakes and tricks when dribbling.

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 10 x 15 yard grid. Set up four small gates (one-two yards 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.