

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 8 Practice

Shooting Technique with the Top (Laces) 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 Shooting Technique with the Top of the Foot

- » Shooting with the top (laces) of the foot is similar to the technique for shooting with the inside of the foot.
- » Shooting with the top of the foot is the best way to get more power when shooting.
- » Approach the ball "sideways-on." (Ex: if shooting with the right foot, take a few steps back and to the left and approach the ball at an angle.)

- » The ball is struck using the top of the foot toward the inner side. The ball should hit off of the big bone on the top of the foot.
- » Toes should be pointed down and ankle should be locked. Foot should be angled slightly to the side to ensure that the toes do not hit the ground when shooting.
- » 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 goal.
- » Place eyes on the ball and strike through the middle of the ball.
- » Follow through with the shooting leg after striking the ball.
- » All momentum should be moving forward during the follow through.
- » Players can try to add more power to the shot once they develop accuracy.



Teaching the Skill (5 minutes)

SHOOTING WITH THE TOP OF THE FOOT

Objective:

Teach shooting technique with the top of the foot

Equipment Needed:

Two cones, two balls, and one goal

Setup:

Place two cones five yards apart and fifteen yards from the goal. Divide players into two groups and place one group at each cone with a ball.

Activity:

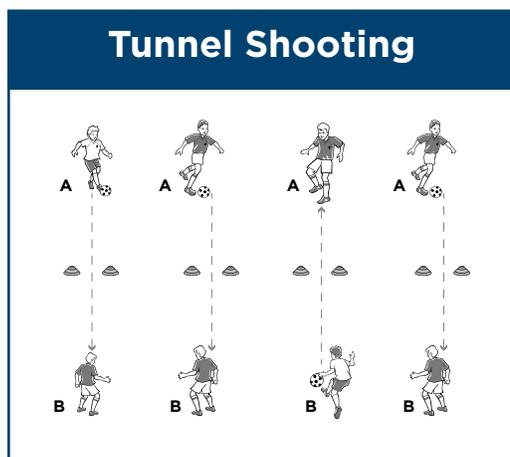
On the coach's signal players dribble the ball towards the goal and shoot it using the top of their foot.

Team Warm-up (5 minutes)

TUNNEL SHOOTING

Objective:

Practice shooting technique with the top of the foot



Equipment Needed:

Eight cones (any object can be used) and one ball for every two players.

Setup:

Use cones to set up four small goals. Each goal should be one yard wide. Each pair of players should be ten yards away from the goal on each side of it. Player A should have a ball.

Activity:

- » Player A shoots the ball through the goal to player B on the other side.
- » Player B then repeats.
- » Teams try to score as many goals as possible in one minute. Play several games!

Variation/Progression:

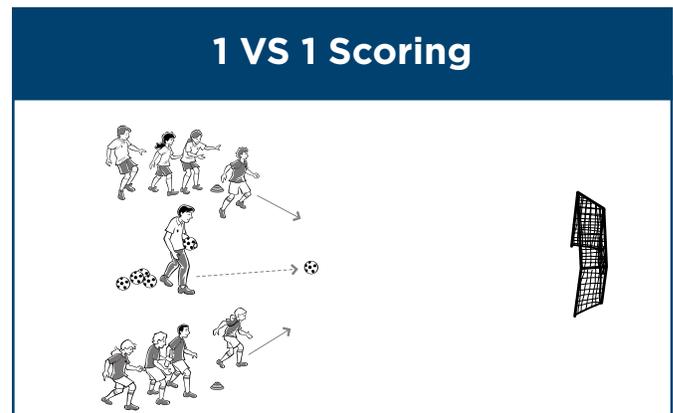
- » Move players closer or further away depending on skill level.
- » Switch teams to allow players to shoot with someone different.
- » The first pair to score the most goals in a minute wins and the other groups must perform some type of fitness. (*Ex: five push-ups, sit-ups, or jumping jacks.*)

Activity/Game One (10 minutes)

1 VS 1 SCORING

Objective:

Practice shooting with the pressure of a defender



Equipment Needed:

One goal, two cones and as many soccer balls as available

Setup:

Place two cones fifteen yards from the goal. Divide players in two groups and place a group at each cone. All the soccer balls will be behind the two cones.

Activity:

- » The coach will roll a ball in front of the cones and toward the goal. The first player in each line will try to get to the ball first.
- » Each player tries to get the ball and score a goal as quickly as possible.
- » The player who wins the ball will become the attacker while the other player will defend. If the defending player wins the ball he/she should then try to score.
- » Play until a player has scored a goal or for thirty seconds, then send the next two players.

Variation/Progression

- » Require players to use their right feet only then left feet only.
- » Toss the ball in the air to make it more difficult for players to control.



MID-PRACTICE HUDDLE

Devotion 8

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 8.”

If this is your **next to last practice, be sure distribute a copy of “The Second Chance” DVD (if included in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the video will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on “The Second Chance” tab. Also, at your **last practice**, be sure to use the last practice devotion guide found on MyUpward.org.*

Introduce:

- **Virtue:** FORGIVENESS - Deciding that someone who has wronged you doesn’t have to pay.
- **Scripture Verse:** Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you. COLOSSIANS 3:13 (NIRV)

Bottom Line: When you don’t forgive, you miss out.

(Peer Example)

There are some things about following God that aren’t that hard to do like being generous or kind. But then there’s . . . forgiveness. Forgiveness is deciding that someone who has wronged you doesn’t have to pay. And I’ll be honest; forgiveness is one of the hardest things for me to do sometimes. But we know it’s possible because God has asked us to do it, and He doesn’t ask us to do something that’s impossible!

God wants you to forgive because He knows something important: when you don’t forgive, you miss out. What do you miss out on? Well, you might miss out on something fun, or on a relationship that is really important in your life. It’s awfully easy to hold onto the wrong things other people have done. Maybe you and someone on our team have a disagreement and you can’t seem to get past it. Think of the things you could miss out on: friendship

with a teammate, a unified team, and maybe even winning a game. It’s hard to play well together when teammates are mad at each other, right?

Or, maybe your mom says you can have ice cream after you and your sister clean your room. You spend two hours doing an awesome job, but your sister takes like two minutes. Mom takes you BOTH for ice cream, but you’re so mad at your sister for not doing all the work, that you don’t even enjoy your mint chocolate chip.

Or your friend borrows your favorite game and accidentally drops it in the dog’s water dish. You’re so angry you decide not to invite him to sleep over this weekend after all. And you miss out on a really fun time!

In any of these cases, choosing to forgive would make all the difference between you being miserable and you getting to enjoy a fun time with friends or family. That’s why it’s so important to remember that when you don’t forgive, you miss out!

Forgiveness isn’t about being fair. It’s about remembering that God has forgiven YOU. And because of your love for God and through God’s power, you can forgive others. It’s not easy, but it’s always worth it!

Discussion Questions

3RD GRADE UP ONLY

1. Don’t say the name out loud, but think of someone who you need to forgive, or who you recently forgave. What might you miss out on if you didn’t forgive them?
2. Why do you think forgiveness is so hard?
3. How might our team be a stronger team if we learn to forgive each other?

Let’s ask God to help us forgive each other so we don’t miss out.

Prayer:

Dear God, thank You for forgiving us for the things that we do wrong. We’ve all been the person who has messed up and made bad choices and needs forgiving. But we’ve all also been the person who had to forgive someone who messed up and hurt us. Just like we need to be forgiven by You, we also need to forgive others. Please help us to do that so that we don’t miss out on the things You want for us and the relationships that we could enjoy. We love you. In Jesus’ name we pray, amen.

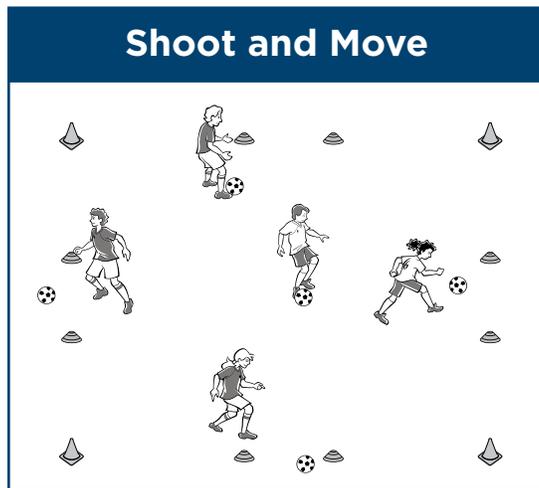


Activity/Game Two (10 minutes)

SHOOT AND MOVE

Objective:

Work together as a team to pass and shoot



Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used. Eight cones to set up goals and as many balls as possible.

Setup:

Set up a 15 x 15 yard grid. On each side of the grid set up a one yard goal using cones. Regular goals can be used as well. All players start in the grid with a ball. If there are not enough balls for everyone, rotate players on and off the field after one minute.

Activity:

- » On the coach's signal, players dribble from goal to goal and score as many goals as they can in a minute!
- » Players cannot score on the same goal twice in a row.
- » Rotate players each game if there are not enough balls for each player.

Rule of the Day

NO SLIDE TACKLE

Slide tackling is not allowed in Upward Soccer. Players must stay upright and "on their feet" and may not make contact with an opposing player. Slide tackling is not a skill covered by Upward and most players at the ages of 5-12 do not have the coordination to execute the tackle without injuring themselves or other players. This does not prevent player from sliding to stop/intercept a ball, but NO contact may be made with opposing players.

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: Shooting
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.

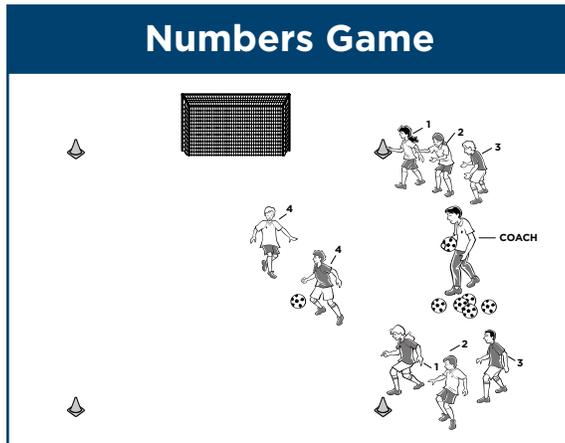
Alternate Activity

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

NUMBERS GAME

Objective:

Practice shooting 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 kids 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.)