

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

3rd-4th grades » Week 9 Practice

Ball Skills

**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	Scrimmage	Post-Practice Huddle
3-5 minutes	10 minutes	10 minutes	15 minutes	8 minutes	10 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.

Review Skill (5 minutes)

Please see practice seven to review correct juggling technique.

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.

- » 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.
- » Bounce ball off of right thigh and catch it. Repeat with left thigh. Sequence: drop-thigh-catch.
- » 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.
- » Bounce the ball off of right thigh, then left thigh and then catch. Sequence: drop-thigh-high-catch.
- » Drop ball and juggle as many times as possible using either foot or thigh before the ball hits the ground. Challenge players to beat their record!

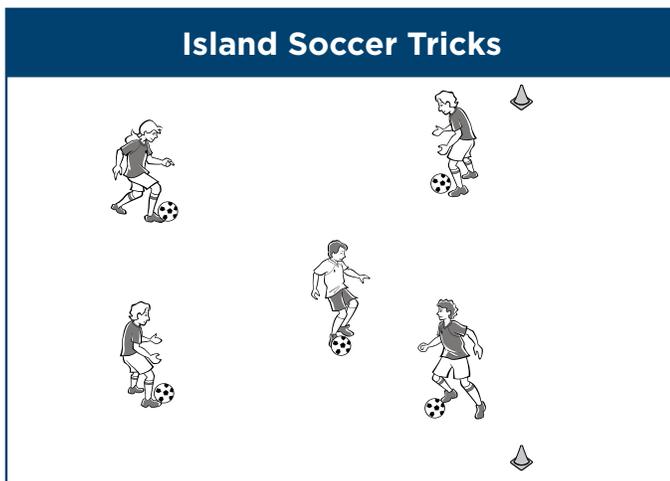


Team Warm-up (5 minutes)

ISLAND SOCCER TRICKS

Objective:

Develop new ball skills



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball for every two players. If there are enough soccer balls available, give every player their own ball.

Setup:

Set up a 15 x 15 yard grid and place all players inside of the grid. If there are only enough balls for every two players then have one player jog with partner and take turns performing each trick.

Activity:

1. Begin simple by having players dribble around the island however they want. Remind them they have to stay within the island (grid) or they will fall in the water!
2. Designate the following tricks for everyone to perform on the coach's signal:
 - » **Stop and Go:** Stop the ball with the bottom of the foot, then quickly resume dribbling.
 - » **Sole Roll:** Place the bottom (sole) of the foot on the ball and roll the ball from one side to the other. (Ex: if using right foot, roll the ball from your right foot, across your body toward your left foot.)
 - » **Scissors:** Stop the ball and then move one foot completely around the ball. Start from

the inside of the ball and move the foot completely around the ball and then resume dribbling with the outside of the opposite foot.

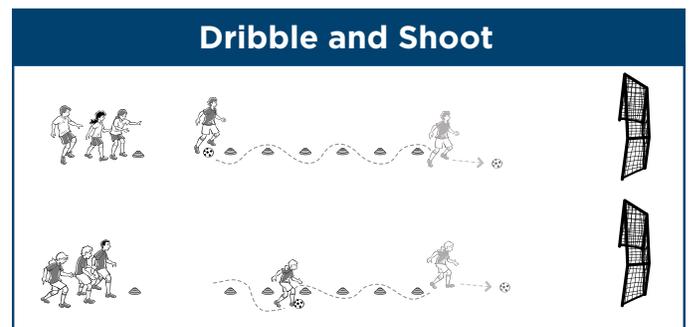
- » **Juggle:** Pick up the ball with hands and perform a juggle: bounce-foot-catch and then resume dribbling with feet.

Activity/Game One (10 Minutes)

DRIBBLE AND SHOOT

Objective:

Practice dribbling and shooting



Equipment Needed:

Twelve cones (or objects), two goals, and one ball for every two players

Setup:

In front of each goal use six cones to set up a single file line at least ten yards from the goal. Divide players in two groups (unless you have less than six players) and place one group at each line of cones. Each group should have two balls to use.

Activity:

1. On the coach's signal, players dribble toward the goal by going in and out of the cones using the inside, outside, and sole of their foot.
2. Once a player reaches the end of the cones, he/she shoots the ball and tries to score!
3. Once the first player has reached the last cone, the next player in line can begin.
4. First player to three goals wins!

Coaching Points:

- » Require players to use right foot only or left foot only.
- » Require players to shoot only with the inside of the foot and then only with the top of the foot.

MID-PRACTICE HUDDLE

Devotion 9

Coach: Do NOT distribute practice cards at this practice.

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.*

Review:

- **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: God forgives you.

(Biblical example)

I want you to imagine that one of you didn't show up to practice tonight. Let's say it was [name of a kid on the team]. It would be a bummer, right? But we'd still keep practicing, right? Because we would assume that you're okay at home with your family, you're probably just not feeling well. But what if you didn't show up again the next practice? Well, I'd start to get worried and I'd definitely call your mom or dad and check up on you. Because you're a part of this team, and I want to know that you're okay!

Jesus told a similar story once about a farmer who didn't know where one of his sheep was, and what the farmer's response was. Let me read to you what Jesus said. "Suppose one of you has 100 sheep and loses one of them. Won't he leave the 99 in the open country? Won't he go and look for the one lost sheep until he finds it? When he finds

it, he will joyfully put it on his shoulders and go home. Then he will call his friends and neighbors together. He will say, 'Be joyful with me. I have found my lost sheep.'" (Luke 15:4-6, NIRV)

You might be thinking, that's a pretty sweet story, but what does it mean? Well, I'm not sure if you caught on to this, but the shepherd in the story Jesus told is God. And God wants us to know that like that lost sheep, there is nothing that we've ever done or ever will do that is so terrible He can't forgive us. Nothing is too big for God's forgiveness. And He loves you so much that He will always come and find you.

The fact is, we've all messed up. We've made mistakes. We hurt other people. But God wants to forgive us for everything. Maybe you've never asked God for His forgiveness before. Maybe you never even knew you needed it! That makes this a great time to ask God to forgive you for the wrong things you've done. If you aren't sure where to start, talk with someone who's following God already, like one of your coaches or a family member.

Or maybe you've already asked God for His forgiveness. That's awesome! But it doesn't mean you don't still make mistakes. Don't forget to ask God for His forgiveness each day.

Discussion Questions

3RD GRADE UP ONLY

1. How does it make you feel to know that God forgives you?
2. Does the fact that God will always forgive you mean that you can do whatever you want? Why or why not? (*No; there will always be consequences for sin.*)
3. Don't answer this out loud, but do you need to ask God for forgiveness for anything? If so, take some time after practice to do so.

Prayer:

Dear God, thank You for loving us so much that You would have sent Jesus to save even just one of us! We know that we all mess up, and that we need your forgiveness. Help us to remember that You love us no matter what, and that means we can be honest with you. We don't need to hide or runaway when we do things wrong, because You will forgive us, we only need to ask. We love You. In Jesus' name we pray, amen.

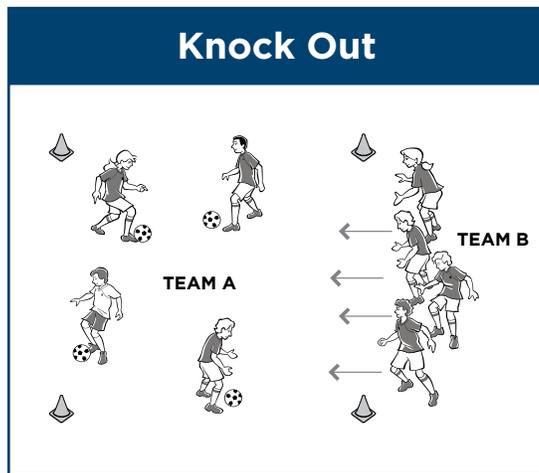


Activity/Game Two (10 minutes)

KNOCK OUT

Objective:

Practice 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 in 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 or passing to a teammate who has lost their ball.
- » If an attacking player (Team A) loses a ball, they immediately try to steal it back 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.

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: Ball Handling
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.

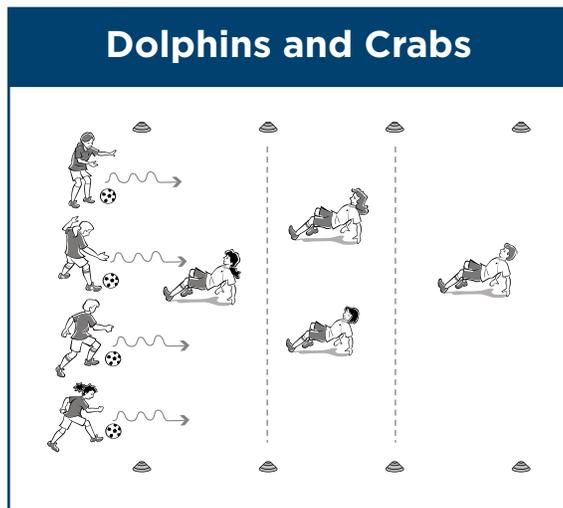
Alternate Activity

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

DOLPHINS AND CRABS

Objective:

Practice correct dribbling technique



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.

Equipment Needed:

Eight cones and one soccer ball for every two players

Setup:

Create a 15 x 15 yard grid. Divide players into 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.