

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### 5th-6th grade » Week 1 Practice

#### Dribbling Technique

*\*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	7 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.

- » Keep the ball close to your foot and body so you have it under control.
- » Try to look up every few steps so you are aware of your surroundings.
- » Begin as slowly as necessary- even walking! Only increase speed as you are more comfortable with the ball.
- » Begin with using right foot only, then left foot only, and then progress to using both feet (switching from left to right every few steps).

#### How to Teach Dribbling Technique

- » With knees slightly bent, use the inside, outside, or sole of the foot to move the ball in the direction you want.
  - **Inside:** use the inside of the foot to direct the ball
  - **Outside:** turn foot and “wrap” it around the ball to use the outside of the foot (*good for changing direction*)
  - **Sole:** use the bottom of the foot to roll the ball (*great for tight spaces where close control is needed*)



## Teaching the Skill (5 minutes)

### DRIBBLING WITH ALL SURFACES OF THE FOOT

#### Objective:

Introduce dribbling technique

#### Equipment Needed:

Cones to set up grid or field lines can be used. You will need one ball for every pair of players (*preferably one ball for each player*).

#### Setup:

Setup a grid 15 x 15 yards. If you do not have enough balls for everyone to have their own, divide players in groups of two with one ball between them. All players should be in the grid.

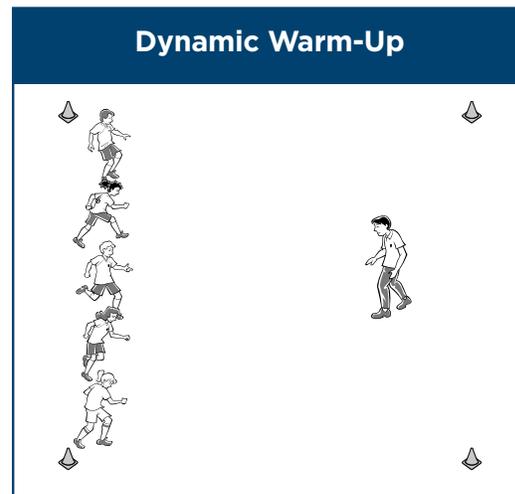
- » On coach's signal players begin dribbling around the grid on a very slow jog practicing correct dribbling technique.
- » Have players without a ball take turns with players with a ball. Switch often!
- » Encourage players to look up every few steps to check surroundings.

#### Variation/Progression:

- » Require players to perform the following variations:
  - Inside of foot only
  - Outside of foot only
  - Sole of foot only
  - Right foot only, left foot only, and both feet
- » On coach's signal, have players dribble faster, slower, or change their direction.

## Team Warm-Up (5 minutes)

### DYNAMIC WARM-UP



#### Objective:

Develop soccer-oriented coordination and flexibility

#### Equipment Needed:

Cones to set up grid (optional) or field lines can be used.

#### Setup:

All players line up shoulder to shoulder across one side of the grid. Coach stands on other side of the grid.

#### Activity:

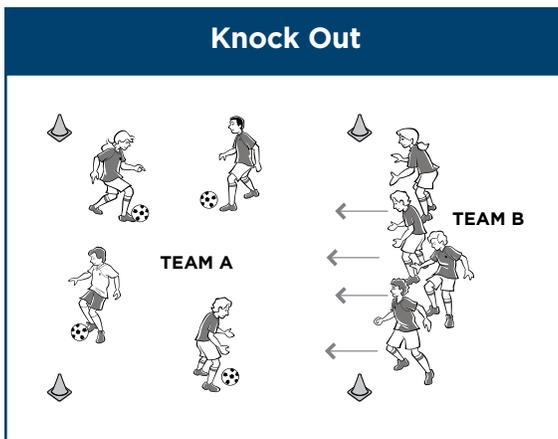
- » Have players move together from one side of the grid to the other using the following variations:
  - **Slow Jog:** jog slowly while staying together as a team.
  - **Skip:** lightly skip focusing on being light on your feet.
  - **Backward Jog:** jog backward glancing over your shoulder to see what is behind you.
  - **Jog and Hop:** take two steps and then hop as high as possible with both feet together, take two more steps and repeat. Steps should be taken between each hop. Try to get in a rhythm.

- **High Knees:** take short quick steps while lifting your knees toward your chest as high as possible.
- **Heel Kicks:** jog while kicking your heels backward and trying to touch your heels to your backside.
- **Sprint:** run as fast as you can to the opposite side and back.

» Ensure that each movement is done properly to develop coordination.

## Activity/Game One (10 minutes)

### KNOCK OUT



### 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 the 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.

### Objective:

Practice dribbling technique while having fun

### 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.

## MID-PRACTICE HUDDLE

### Devotion 1

**Coach:** *Gather the players together and get them to sit in a circle.*

*Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (which is not the Bible) and one other item you can carry with you (not a boat to leave the island!) What would you take and why?' Allow a few minutes for the players to think of their list of three items, and then share their choices with the rest of the team. As coach, feel free to join in too!*

That was fun! Getting to know each other better is something that we'll do a lot of this season. As a team, we'll work hard to encourage one another to do our best at practices and games!

At the end of each game, we will focus on five important attributes. You will be recognized for one of these attributes through your actions, attitude, and words during the game.

- The first attribute is **EFFORT**: What does it mean to show effort? It means working hard to try your best at all times.
- Next is **SPORTSMANSHIP**: What does it mean to show sportsmanship? It means treating the people you play with and against the same way you want to be treated. You show respect for yourself, your teammates, opponents, the referees and the coach. You play fair and follow the rules.

- The third attribute is **OFFENSE**: What should you do when you play offense? The offense is responsible for scoring goals. This means working together as a team to move the ball towards the goal.
- There's also **DEFENSE**: What should you do when you play defense? The defense is responsible for preventing goals from being scored. This requires coordination, agility, speed and awareness along with moving together as a team.
- And finally, one of the most important attributes is **CHRISTLIKENESS**: What does it mean to be Christlike? Being Christlike means to do your best to imitate Jesus in every way – through words, attitude and actions. It means loving others and following God's Word in the Bible; choosing God over the temptations in the world around you.

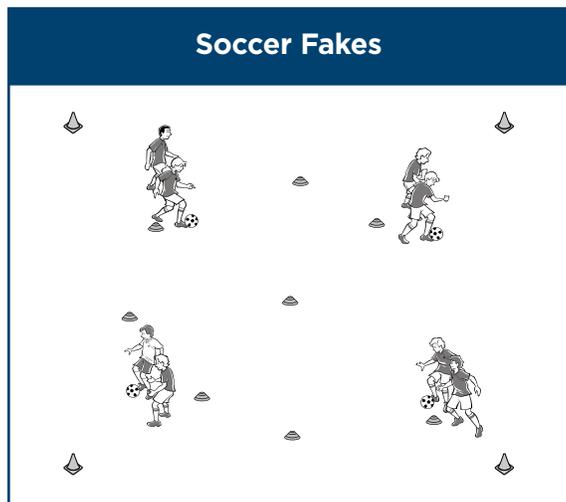
At each practice, we will stop to have a Mid-Practice Huddle. We will learn about God and learn virtues and Scripture verses together throughout the season.

Our team is going to have a great season! Let's pray and then get back to practice. *(Lead the team in short prayer as you thank God for all the players and a great season ahead.)*



## Activity/Game Two (10 minutes)

### SOCCER FAKES



#### Objective:

Learn new soccer magic moves

#### Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Eight cones (any object can be used) spread out in the grid. You need at least 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 with players spread out in the grid. Place extra cones or objects inside of the grid. If there are only enough balls for every two players then have one player jog with a partner and take turns performing each trick.

#### Activity:

1. Players dribble inside of the grid and perform a soccer trick at each cone (or object).
  - **Stop and Go:** Approach a cone and quickly stop the ball with the sole of the foot and then immediately dribble away as fast as

possible (to lose a defender). Should be short and abrupt.

- **Sole Roll:** Approach a cone and use the sole (bottom) of the foot to roll the ball past the cone and resume dribbling.
- **Lunge:** Approach a cone and take a big step in one direction and then push the ball in the opposite direction using the opposite foot. Lunge one way to fake out a defender, and push the ball the opposite direction.

2. Each time a trick is performed at a cone, the player is awarded a point. Players must move to a different cone or vest each time.
3. Play each game for a minute and encourage players to score as many points as possible.
4. Completion is more important than speed!

### Rule of the Day

#### Field Layout

Walk or jog with players around the field and show them the markings for the goal lines, touch lines, center circle, corner arcs, and goal arcs. Explain that the goal arcs are off limits and players may not enter the area to play a ball. Enforce and teach the rules 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.

### SOCCER GAME

#### Objective:

Develop soccer technique while having fun

#### Equipment Needed:

Two goals and one ball

#### Setup:

- » 4 vs 4 (or 3 vs 3) format with two goals



## Post-Practice Huddle (5 minutes)

- » Use this time to thank parents for bringing their children to practice and communicate with them regarding practices and games.
- » It would be beneficial to ask parents to have their child bring their own soccer ball to practice each week. This will help players improve more as they will have more time with a ball at practice.

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## 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

### Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You 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 five 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.

### 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 defending players try to stop their teammate from dribbling through the gates. If a defender wins the ball, he/she must return it immediately to the attacking player and play resumes.
- » See who can score the most goals in two minutes! After each game, switch the players with the ball so everyone has a chance to dribble and defend.
- » Require players to use fakes and tricks when dribbling!