

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

5th-6th grades » Week 2 Practice

Passing Technique with the Inside of the Foot (Push Pass)

**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 up at the middle of your practice area.

How to Teach Passing Technique with the Inside of the Foot (Push Pass)

- » The ball should be struck on the inside of the foot, right above the arch of the foot.
- » Toes should be raised slightly higher than the heel and ankle should be locked.
- » 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 pass.
- » Place eyes on the ball and strike through the middle of the ball. Make sure your leg is pointed toward the target.
- » Follow through with the passing leg after striking the ball.

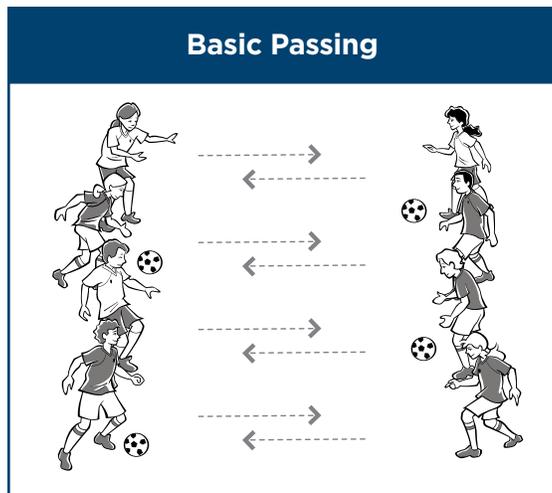


Teaching the Skill (5 minutes)

PASSING WITH THE INSIDE OF THE FOOT

Objective:

Introduce passing technique with the inside of the foot



Equipment Needed:

One ball for every pair of players

Setup:

Divide players into groups of two. Place players across from their partner with five yards of space between.

Activity:

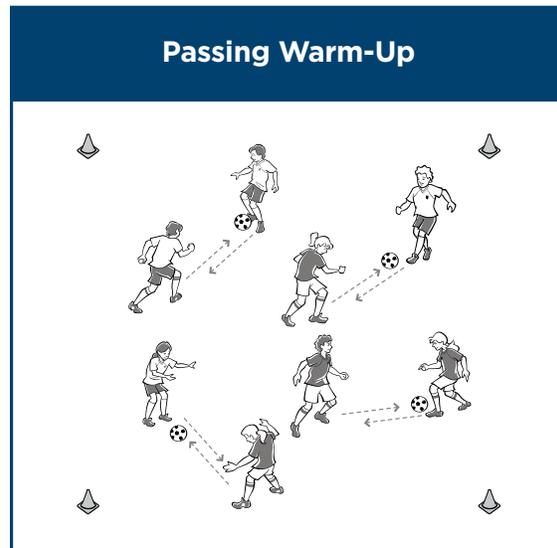
- » On the coach's signal, players pass the ball to their teammates with correct technique using the inside of their foot.
- » Allow players as many touches as necessary to receive the ball and pass it back.
- » If players are successful with the five-yard pass, increase distance to ten yards.
- » The pass should not leave the ground. Focus on proper technique and completion of the pass.

Team Warm-Up (5 minutes)

PASSING WARM-UP

Objective:

Practice proper passing 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:

Set up a 15 x 15 yard grid. Divide players into groups of two with one ball in each group. All groups should be inside the grid.

Activity:

- » Begin by having players pass the ball (5-10 yards) back and forth with their partners from a standing position.
- » Progress to having players move around the grid while passing the ball back and forth.
- » Require players to use right foot only, left foot only, and either foot.
- » Challenge players to complete five passes with no mistakes!

Coaching Points:

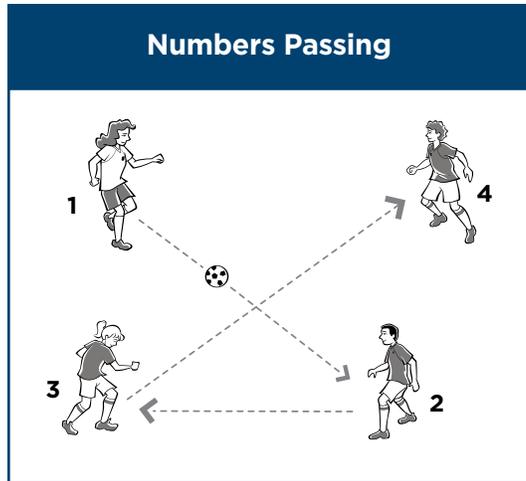
- » Switch partners so players can pass with someone different.
- » Ensure that players are correctly performing the proper technique.

Activity/Game One (10 minutes)

NUMBERS PASSING

Objective:

Practice passing with the inside of the foot while having fun.



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball for every four players.

Setup:

Use cones to set up a 15 x 15 yard grid. Divide players into teams of three or four depending on number of players. Each team will need a ball. Assign each player on each team a number 1-4. All players should be inside of the grid.

Activity:

- » On coach's signal, player 1 passes to player 2, player 2 then passes to player 3 continuing in sequence to the last player in the group.
- » As players are passing or waiting to be passes to, they must be moving to a different area of the field.
- » Each time players successfully pass the ball to each player on their team, they receive a point.
- » Each team tries to score as many goals as possible in two minutes.
- » If players are successful with this game, progress to variations!

Variation/Progression:

- » Have players pass in reverse order.
Ex: Number 4 passes to 3, who passes to 2
- » Do not allow players to talk or make any sound so they have to look up and find the player to pass to.
- » Use right foot only or left foot only.

Coaching Points:

- » Emphasize the importance of communication!
- » Players should always be moving. Players should move to a position that allows their teammates to easily see them.

MID-PRACTICE HUDDLE

Devotion 2

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 2.”

INTRODUCE:

- **Virtue:** HUMILITY - Putting others first by giving up what you think you deserve.
- **Scripture Verse:** Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves. PHILIPPIANS 2:3 (NIRV)

Bottom Line: I can put others first by serving them.

(Peer Example)

Gooooal! Isn't that the best word to hear? Only one person kicks the ball into the net, but it takes a whole team to score a goal and win a game, doesn't it? It's impossible to win alone. In order for your team to win, you've got to pass the ball and put others first, even if you'd rather be the one to score the goal.

And that's how it goes with humility too! Humility is putting others first by giving up what you think you deserve. That means you won't always be the one who scores the winning goal, but you might get to be a part of the team that gets it there. Soccer isn't about any ONE person. It's about everyone, and what each person can give up for the team, even if you don't happen to feel like it at the moment. We have to remember that we're all in it TOGETHER to win it! Imagine what would happen on a team if one person was trying to show off their skills instead of thinking of everyone else!

We have the most incredible example of humility in Jesus. Think about it: He is God's Son. If anyone deserved to show off their talent, it was Him! He deserved to be treated like a king. But instead, He spent His entire life on earth putting other people first. Listening to them and teaching them and healing them and even washing their really dirty, yucky feet. He shows us over and over again

in different ways that we can put others first by serving them. That means putting aside what we want to be doing right now to help someone out.

Like maybe you've finally finished your homework. YES! You've got a whole half hour to play your favorite video game before dinner. But your little brother wants you to build Legos® with him instead. Playing with your brother for 30 minutes is an incredible way to put him first. Or maybe your best friend sprained her wrist and can't go play mini golf with everyone. You could choose not to go, too, so you can hang out with your friend and cheer her up. Every single day you can find creative ways to show humility by serving others—whether it's in big ways or small ones. Let's pray and ask God to help us put others first by serving them.

Discussion Questions:

3RD GRADE UP ONLY

1. Do you think it would be more fun to be on a team with one person who's a superstar player but always hogs the ball, or on a team with a bunch of just-okay players who are humble? Why?
2. How have you seen someone on our team serve someone else?
3. Turn to the person next to you and tell them one way you plan on serving your family this week.

Prayer:

Dear God, thank You for the example that Jesus set in putting other first by serving them. We want to follow in His footsteps and live a life of humility. Please help us this week to put others first by serving them, even when we don't want to. In Jesus' name we pray, amen.

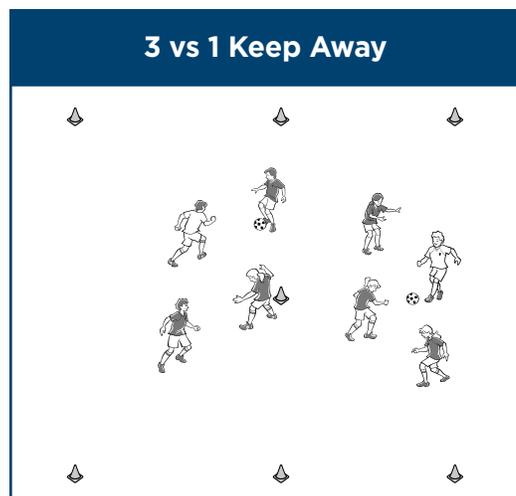


Activity/Game Two (10 minutes)

3 VS 1 KEEP AWAY

Objective:

Passing and receiving in a game-like situation



Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need one ball per group of four players.

Setup:

Divide players into two groups of four (if you have enough players). Create two 10 x 10 yard grids and place a group of four in each grid. Assign one player to be the defender.

Activity:

- » On the coach's signal, the attackers begin passing the ball to each other within the grid, while the defender attempts to get the ball.
- » Every time the defender gets the ball he/she gets a point! Every time the attackers complete two passes they get a point!
- » Play each game for one minute and then switch out the defender.

Variation/Progression:

As a reward, allow players to play the same game using their hands.

Coaching Points:

Switch players in the middle at least every minute.

Rule of the Day

KICK-OFF

A kick-off is taken from the center circle at the start of each half and after a goal is scored. Kicks must go forward, toward the defending goal. The ball must touch another attacking player or defensive player before the initial kicker touches the ball again. If the kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least four yards away). Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win 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.

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)

1. Gather players and parents for this meeting.
2. Review the learned skill from practice: Passing
3. Distribute practice cards and green practice stars (if included in coach box).
4. Remind parents of next practice/game time and answer any questions parents may have.



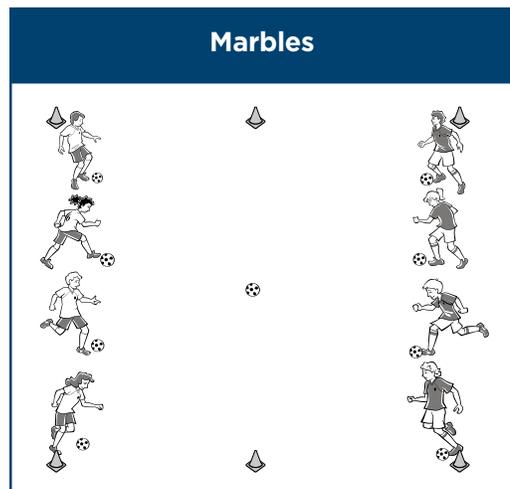
Alternate Activity

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

MARBLES

Objective:

Improve passing technique while having fun



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need as many balls as possible.

Setup:

Set up a 15 x 15 yard grid. Divide players in two teams and place one team on each side of the grid. Place one ball (marble) in the middle of the grid.

Activity:

- » On the coach's signal, players try to move the ball (marble) to the other team's starting line by hitting it with a pass from their ball.
- » Once the game begins, allow players to use any ball that is available.
- » Players may not kick the marble in the middle to try to move it.

Variation/Progression:

- » Allow players to roll the ball with their hands.

Coaching Points:

- » Players can use any ball to try to pass and hit the marble.
- » Ensure that each player is getting a turn. Do not allow the same few players to always kick the ball!
- » Adjust the size of the grid depending on the skill level of the players.