

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

5th-6th grades » Week 4 Practice Basic Defensive Stance and Tactics

**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

Free 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 Defensive Stance and Basic Tactics

DEFENSIVE STANCE

- » Defenders should always defend “side-ways on” which means the defender should defend toward one side of the attacker with one foot slightly in front of the other and knees slightly bent.
- » Defending “side-ways on” allows the defender to force the attacker in one direction or the other. If you defend straight on the attacker can go past you on either side.
- » Players should be on the balls of their feet while bending the knees for balance. Always be light on your feet!

- » When defending an attacker with the ball, the defender should drop back by quickly moving (shuffling) their feet while staying close to the attacker. This movement is called “jockeying”.
- » Have patience and do not jump in and try to win the ball until the attacker makes a mistake. Jumping in will allow the attacker to get past you.

TRACKING BACK

- » When the attacking team loses the ball they must “track back” and win the ball back to prevent the other team from scoring.
- » When a team loses the ball, every player on the team must sprint back towards their goal in order to prevent the attacking team from advancing down the field.
- » This is called getting “goal side” of the ball.
- » “Goal side” of the ball means being in between the ball and the goal you are defending. This does not mean standing in front of the goal! “goal side” refers to any of the space that is between the ball and the goal.
- » When tracking back, the defender closest to the attacker with the ball should challenge that attacker using the correct defensive stance.
- » All other players should sprint back into the space between the ball and the goal (goal side).

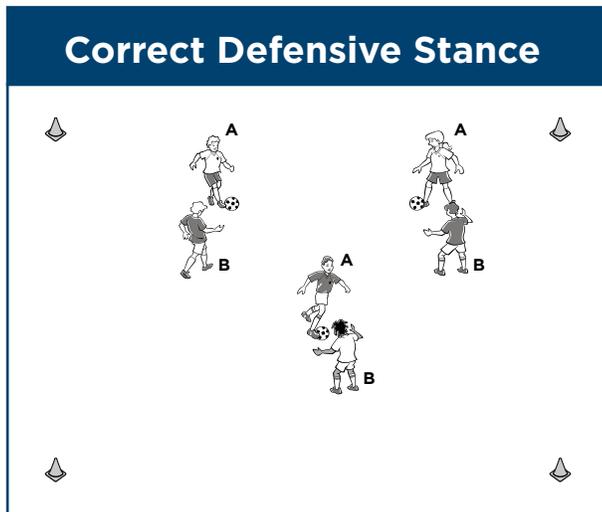


Teaching the Skill (5 minutes)

CORRECT DEFENSIVE STANCE

Objective:

Introduce correct defensive stance



Equipment Needed:

Four cones to set up a grid and one ball for every two players.

Set Up:

Set up a grid 15 x 15 yards. Divide players into groups of two and give each group a ball. Player A should have a ball and start on the end line of the grid. Player B should be in a defensive stance directly in front of player A.

Activity:

- » The player with the ball will slowly dribble toward the other side of the grid but will not try to get past the defender.
- » The defender should practice jockeying/moving backward while maintaining a correct “side-ways on” stance.
- » When the player with the ball reaches the other side of the grid, the players switch roles.
- » The defender should not try to win the ball and the attacker should not try to get past the defender.

» The defending player should focus on the following:

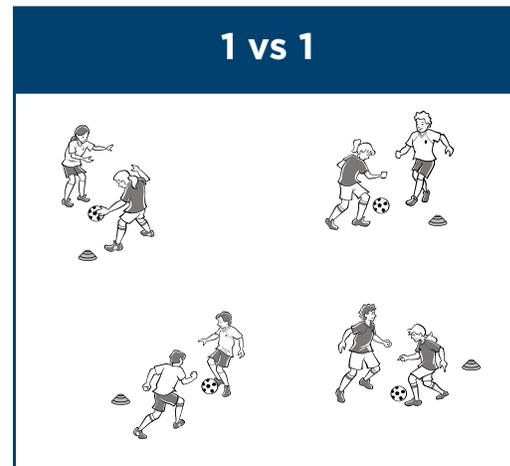
- Defend “sideways on” and force the attacker to dribble toward one direction.
- Stay light on your feet and bend knees to maintain good balance.
- Jockey by shuffling feet backward.

Team Warm-up (5 minutes)

1 VS 1

Objective:

Practice correct defensive stance in 1 vs 1 defending



Equipment Needed:

One cone and one ball for every two players

Setup:

Divide players into groups of two. Each pair sets up a cone with at least five yards of space around it.

Activity:

- » Each pair will play 1 vs 1 against each other.
- » Place the ball on the ground one yard away from the cone. The cone will be the goal that each player is trying to score on.
- » Every player begins by placing their right foot on the ball and waiting for the coach's signal.
- » On the coach's signal, players try to score by hitting the cone.
- » Each time the cone is hit, a goal is awarded and the other player gets to start with the ball.
- » Games will be played for one minute. The person with the most goals in a minute wins!

Activity/Game One (10 minutes)

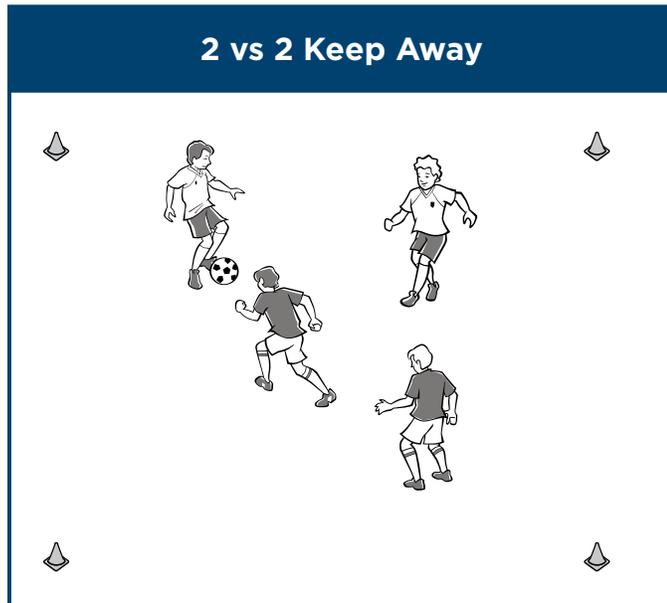
2 VS 2 KEEP AWAY

Objective:

Practice correct defensive stance while working with a teammate

Equipment Needed:

Cones to set up a grid and two balls



Setup:

Create two 15 x 15 yard grids (if you have 8 players). Divide players into four teams of two. Place two teams in each grid to play against each other.

Activity:

- » 2 vs 2 *Keep Away* will be played in each grid.
- » Each time the team with the ball completes three passes they are awarded a goal.
- » Each time the defending team wins the ball, they are awarded a goal.
- » Players should use the proper defensive stance and work together as a team to win the ball.
- » Play each game for three minutes and then switch teams.

MID-PRACTICE HUDDLE

Devotion 4

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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 letting go of what I want.

(My world example)

We've been talking lately about how humility is putting others first by giving up what you think you deserve. Put another way, you can put others first by letting go of what you want. So, what DO you want?

Maybe it's your turn to choose the kind of pizza your family gets for dinner. You REALLY want to order a supreme with everything, but your little brother REALLY just wants pepperoni. So this time, you choose just pepperoni.

Or your best friend is sleeping over at your house for the first time. You like the room super dark to help you sleep better, but you know that your friend is sorta, kinda, just-a-little-bit afraid of the dark. So you find a nightlight to plug in so she'll sleep better, even though it takes you longer to get to sleep.

Or maybe you really want to score the winning goal in the game, but you see that your friend is wide open and has a better shot at making the goal. You have to let go of what you want to put the needs of the team first.

When you keep your eyes open, you'll find new ways every day to set aside what you really want in order to put others first—to treat others the way you want to be treated.

Here's something to remember today: I can put others first by letting go of what I want.

It's not going to be easy. Putting others first is not our natural inclination. We live in a world that's all about putting ourselves first. Just like Jesus had to give up His life because we needed forgiveness for our sins, you are going to have to give up something to put others first as well.

Now, putting others first isn't going to cost you your life, but it will cost you something: maybe your time or money. Maybe it will cost you some pride. But when we choose to follow Jesus with our lives, the least we can do is put others first even if it's a bit uncomfortable and costs us something. Humility isn't something that comes easily, but God can give you the strength and creativity to put others first when you ask.

Discussion Questions:

3RD GRADE UP ONLY

1. Who is someone who has given up something for you? What did they give up?
2. I gave you guys some ideas of how you can put others first, but what are some others? Think about school, home, or here at soccer.
3. What does humility show others?

Let's ask God to help us let go of what we want to show others how much we care.

Prayer:

Dear God, thank You that there's no doubt of Your great love for us because You gave up the most important thing You had to save us: Your only Son. The least we can do is give up what we want—maybe some time, or money, or plans that we had. Help us to show others how much we love them by putting them first. In Jesus' name we pray, amen.



Activity/Game Two (10 minutes)

RECOVER!

Objective:

Practice tracking back to defend goal side.



Equipment Needed:

Cones to set up grid (optional). One ball, and two goals (cones can be used to set up goals if needed).

Setup:

Set up a 15 x 20 yard grid with a goal at each end. Divide players into two teams.

Activity:

1. Players play 4 vs 4 inside the grid and attempt to score on their goal.
2. Each time a team loses the ball (bad pass, out of bounds, taken away etc.) the entire team that lost the ball must sprint all the way back and touch their goal before they can defend. Once they have all touched the goal they should step up and defend.
3. The attacking team attempts to advance as quickly as possible before all of the defenders recover.

4. This happens every time a team turns the ball over!
5. Emphasize the importance on tracking back to defend in a game.

Rule of the Day

DIRECT AND INDIRECT FREE KICKS

Direct Kick

Direct kicks are awarded to the opposing team if one of these fouls is committed: Handling the ball, Kicking an opponent, Hitting an opponent, Pushing an opponent, Tripping an opponent, Holding an opponent, Any unsportsmanlike conduct, Slide tackling or any contact with the ball while the player is on the ground. The opposing players must be five yards away from the ball and the kicker may score directly without another player touching the ball.

Indirect Kick

Indirect kicks are awarded to the opposing team if one of these fouls is committed: Dangerous Play, Obstructing an opponent, Delay of game. Opposing players must be five yards away from the ball. On the indirect kick, a player other than the kicker must touch the ball before a goal can be scored.

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: Defense
3. Distribute practice stars (if included in 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 defensive stance



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 15 x 15 yard grid. Set up four 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 defender tries to stop their teammate 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!
- » Divide teams evenly so the more skilled players are paired together.
- » Require players to use the correct defensive stance!