

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### 5th-6th grades » Week 5 Practice Receiving with the Inside 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 Receiving Technique with the Inside of the Foot

- » Move entire body to the ball and receive it by “absorbing” the ball with the inside of the foot.
- » The foot should have the heel down and toe pointed slightly up.
- » When receiving the ball the leg should “give” to absorb the contact.
- » Receive the ball in front of your body so it does not get stuck underneath your foot.
- » Always move your entire body to the ball first.
- » Pretend your foot is a pillow or cotton candy to gently receive the ball.

#### Teaching the Skill (5 minutes)

### RECEIVING WITH THE INSIDE OF THE FOOT

#### Objective:

Teach receiving technique with inside of foot

#### Equipment Needed:

One ball

#### Setup:

Divide players in two groups and position the groups five yards apart in a single file line. The groups should be facing each other.

#### Activity:

- » The first player in line A passes the ball across to the first player in line B.
- » After passing the ball, the player runs to the end of the line that they passed to. Players should always follow their passes!
- » Players must take at least two touches, concentrating on receiving the ball with correct technique.

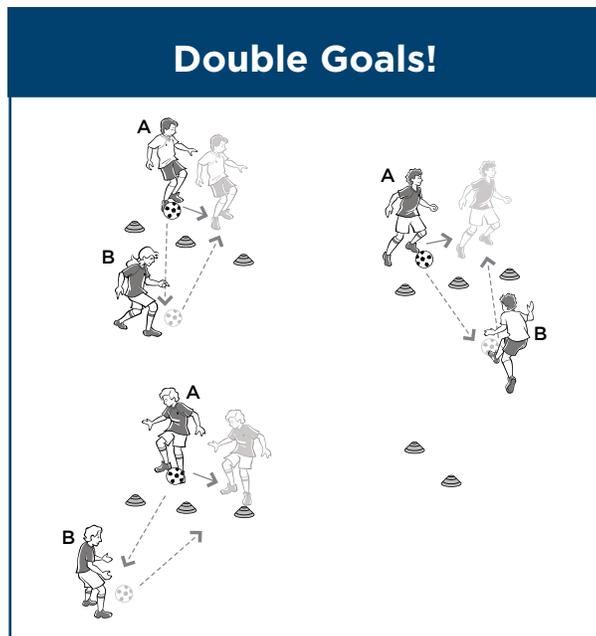


## Team Warm-up (5 minutes)

### DOUBLE GOALS!

#### Objective:

Develop correct passing and receiving technique.



#### Equipment Needed:

Twelve cones (any objects can be used) to set up goals. You will need one ball for every two players.

#### Setup:

Divide players into groups of two. Set up four double goals by placing three cones (or objects) on the ground with one yard of space in between each.

#### Activity:

- » Each pair jogs around passing the ball through the double goals.
- » Player A passes the ball through one side of the double goal to player B who receives the ball and plays the ball through the other side of the goal back to player A.
- » After a goal is scored by passing through each side of a goal, partners move by dribbling or passing toward another goal.
- » When the ball is successfully passed through each side of the goal, the team is awarded a point.
- » Score as many goals as possible in two minutes.

## Variation/Progression

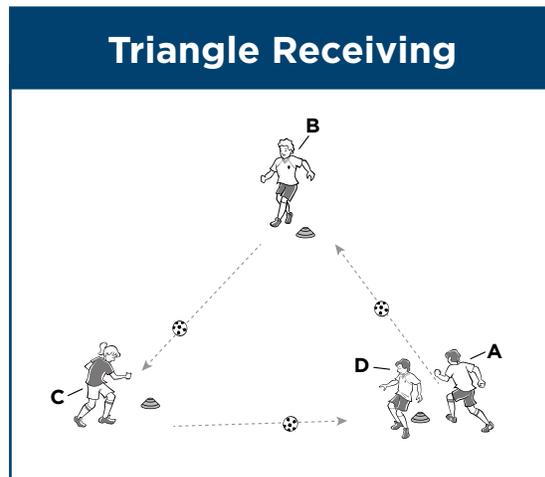
- » Require players to use right foot only or left foot only to pass and receive.

## Activity/Game One (10 minutes)

### TRIANGLE RECEIVING

#### Objective:

Practicing proper receiving technique



#### Equipment Needed:

Six cones and two balls

#### Setup:

Use three cones set up in a triangle with 10 yards between each cone. Set up two triangles if you have eight players. Divide players into groups of four. Players A and D should be at cone one with a ball, player B at the second cone, and player C at the third cone.

#### Activity:

- » Player A passes the ball to player B and runs to that cone (following pass).
- » Player B receives the ball and passes to player C and runs to that cone.
- » Player C receives the ball and passes to player D and runs to that cone.
- » Each player will always follow their pass!
- » The ball must be received and controlled on the outside of the cone.
- » Pass the ball completely around the triangle three times and then sit down! First team sitting wins!

## Variation/Progression:

- » Use right foot only or left foot only
- » Pass the ball around the triangle in the opposite direction.

## Coaching Points:

- » It is important to have a minimum of four people (two at one of the cones) or the last person will have no one to pass to.

## MID-PRACTICE HUDDLE Devotion 5

**Practice Card Reminder:** If included in your coach box, remember to distribute the practice cards entitled “Practice 5.”

## INTRODUCE:

- **Virtue:** GENEROSITY - Making someone’s day by giving something away.
- **Scripture Verse:** Command the rich to do what is good. Tell them to be rich in doing good things. They must give freely. They must be willing to share. 1 TIMOTHY 6:18 (NIRV)

**Bottom Line:** Give like you’re giving to God.

*(Peer example)*

I’m excited that we’re going to spend the next few practices talking about generosity. Why am I excited? Because generosity is FUN! Generosity is making someone’s day by giving something away, and making someone’s day is all kinds of awesome.

As soccer players, we know a lot about giving things away, because we have to give—or pass—the ball to each other all the time, don’t we? But that’s just the beginning when it comes to how we can be generous with each other. Yes, there’s the obvious, like giving money to someone who needs it, sharing food with someone who’s hungry, donating our toys and clothes when we’ve outgrown them. Those are all amazing and important ways to be generous.

But we can also be generous with things beyond money and physical gifts. We can be generous with our time, like spending time with someone who is lonely. We can be generous by helping others, like doing extra chores to help around the house without expectation of getting paid or recognition. You can even choose to be generous with your reputation by sticking up for someone who other people pick on.

And when you choose to be generous, you’re not only making someone’s day, you’re also honoring Jesus. When we give to others with all that we have—like our time, our energy, our love, and our help—it’s like we’re giving to God. And after all that God has given us—our lives, our families, this earth, and the promise of heaven—it feels pretty awesome to give something to God, doesn’t it?

One way you can give to God is by giving to the people He’s created. And wouldn’t it be great if you gave, not to bring honor to yourself, but to bring honor to God. When you give like that, your gifts will take time and planning. They’ll take sacrifice. Your gifts will cost you something. But it’s totally worth the cost, because God is totally worth whatever gifts you can give Him. Show God you appreciate all He’s done for you by loving and giving to other people. We can give like we’re giving to God!

## Discussion Questions:

3RD GRADE UP ONLY

1. Who are some people who have been generous to you, and in what way have they been generous?
2. Why do you think it’s so fun to be generous?
3. What are some things you might have to sacrifice if you’re generous?

Let’s pray and ask God to help us have generous hearts.

## Prayer:

*Heavenly Father, we are thankful for all the ways that You are generous toward us. We want to give to You too, so help us be generous toward others in a way that brings YOU honor. Help us not to give so that we get the glory, but to give humbly so that we can truly make someone else’s day, and also show them how great You are. In Jesus’ name we pray, amen.*

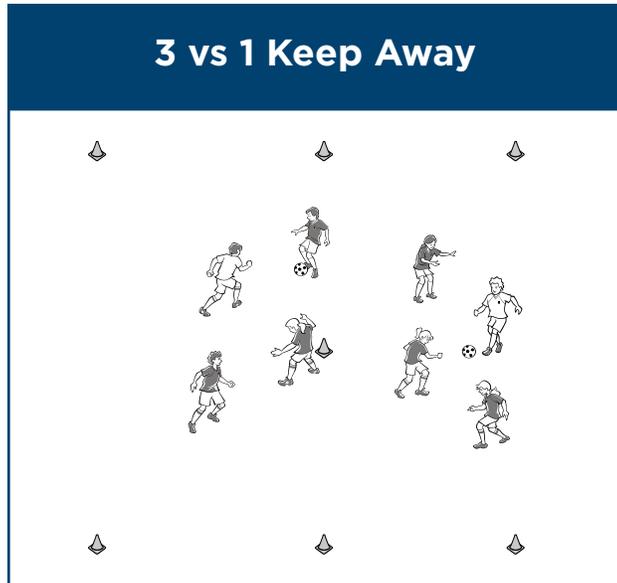


## Activity/Game Two (10 minutes)

### 3 VS 1 KEEP AWAY

#### Objective:

Practice 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 passers 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:

- » Allow players to play the same game using their hands.

#### Rule of the Day

##### CORNER KICK

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away. 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.

#### 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: Receiving
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.

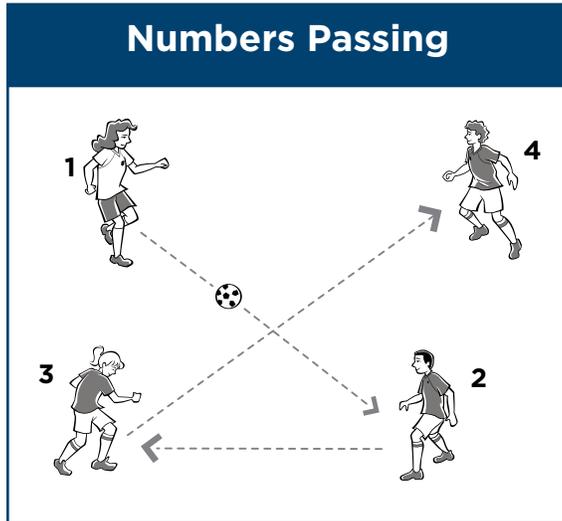
## Alternate Activity

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

## NUMBERS PASSING

### Objective:

Practice passing and receiving with the inside of the foot.



### 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 passed 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 teammate to easily see them.