

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

5th-6th grades » Week 6 Practice

### Basic Offensive 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

#### 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 Basic Offensive Tactics

##### 4 VS 4 SHAPE

- » Good offensive shape (tactics) is necessary to stretch the opposing team's defense.
- » The best 4 vs 4 formations is the diamond formation.
- » The diamond formation is setup as follows: one player toward the back (depth), two players on the outside in the middle (width), and one player in the front (height). This provides depth, width, and height.
- » The attacking team (offense) should always have depth, width, and height and the

diamond formation provides this.

- » This shape causes the defense of the other team to spread out which creates space for attacking.
- » Creating space is the key to attacking effectively!

#### ATTACKING PRINCIPLES

- » The attacking team must maintain correct shape in order to create opportunities to dribble, pass, and shoot.
- » Creating space to dribble, pass, and shoot is done through maintaining depth, width, and height while attacking.
- » Players should always have an option to pass to their teammates. This is done by moving toward the player with the ball to provide support.
- » In order to maintain correct shape players must move to support each other. (*Ex: when the top player has the ball all other players should shift forward to support so the player has an option to pass the ball.*)
- » After passing the ball, players should move to create space. This is called mobility. A good



player will pass the ball and then move to open space to receive the ball back.

- » If a team is not mobile when attacking (always moving) then it is very easy for the opposing team to defend.

## Teaching the Skill (5 minutes)

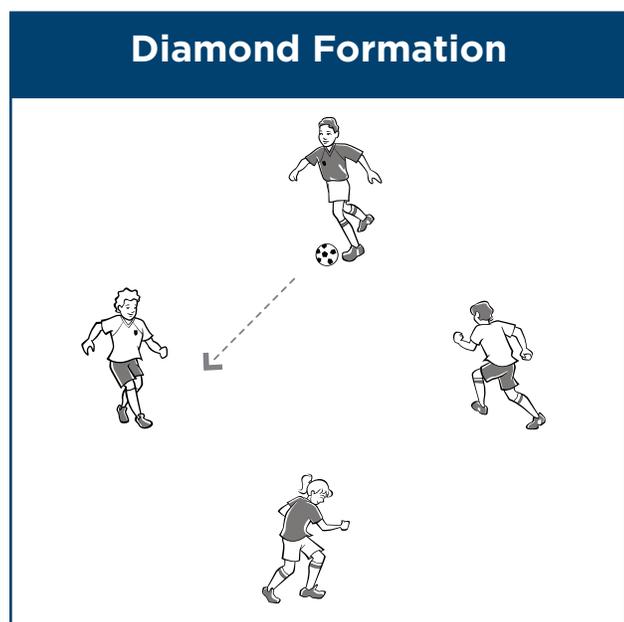
### PLAYING IN A DIAMOND FORMATION WHILE MAINTAINING SHAPE

#### Objective:

Introduce correct attacking shape

#### Equipment Needed:

Two balls



#### Setup:

Divide players in two groups of four and place one group on each side of the field. Give each team a ball.

#### Activity:

- » Each team will set up in a diamond formation and pass the ball around while jogging.
- » Teams are not playing against each other!
- » Players should be focused on maintaining the correct diamond shape while moving.
- » Ensure that the following attacking principles are being practiced:

- Support: moving toward teammate to provide a passing option
- Mobility: moving together as a team and always moving toward space
- Shape: maintain depth, width, and height while moving

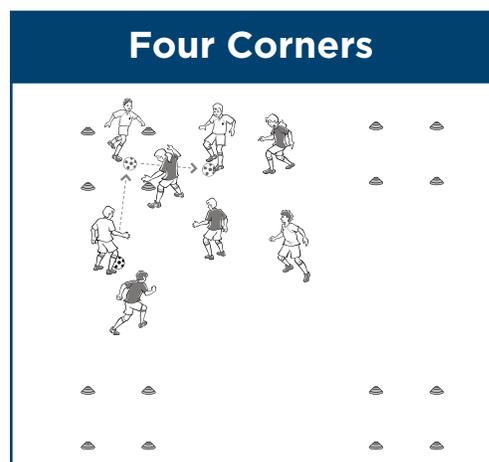
- » Require each team to always be moving!
- » Practice this for a few minutes until everyone has a basic understanding of correct attacking shape.
- » Switch players around so each player gets to practice playing in a different position on the field.

## Team Warm-Up (5 minutes)

### FOUR CORNERS

#### Objective:

Practice supporting teammates while attacking



#### Equipment Needed:

Cones or objects to set up corner squares. You will need two soccer balls for this game.

#### Setup:

In each corner of the field set up a 3 x 3 yard square. Divide players in two teams.

#### Activity:

- » Goals are scored by passing the ball to a teammate inside one of the squares and passing the ball back out of the square to a teammate.

- » Each time a ball is passed to a teammate inside a square and back out to a teammate a goal is scored.
- » Teams cannot score in the same square twice in a row. After scoring in one square they must move and try to score in a different one. Any square can be scored in by any team.
- » This requires teams to work together by moving to support their teammates.
- » Play three minute games encouraging players to score as many goals as they can.

### Variation/Progression

- » Allow players to use their hands so they can experience the game played at a quicker pace!
- » If there are at least eight players and they are doing well with one ball, toss a second ball into the grid for more excitement.

### Activity/Game One (10 Minutes)

#### SHUTTLE COMBINATION PASSING

##### Objective:

Practice mobility through combination passing

##### Equipment Needed:

Four cones and one ball

##### Setup:

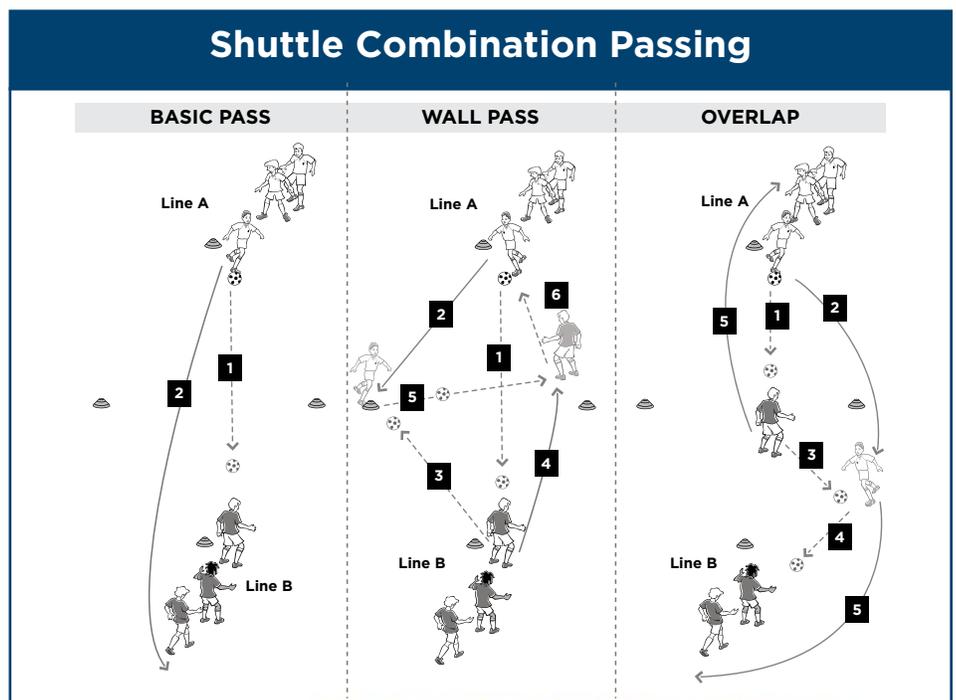
Set up two cones 15 yards away from each other. Divide players into two groups and place one group at each cone (line A and B). Set up two more cones ten yards apart in the middle of the first set of cones. The first player in line A should have a ball.

##### Activity:

- » Have each pair practice the following passing combinations:
  - **Basic Pass:** pass the ball straight across to the other line and move to the

back of that line.

- **Wall Pass:** player 1 passes across to player 2 and then runs to either outside cone and waits to receive the ball. Player 2 passes the ball back to player 1 and continues running toward the opposite line and player 1 passes the ball back to player 2 who passes the ball to the next waiting player.
- **Overlap:** player 1 passes the ball to player 2 who has jogged to the middle of the lines. Player 2 receives the ball and waits for player 1 to run around (overlap) one of the outside cones. After player 1 has run around an outside cone, player 2 turns and passes the ball back to player 1 who then passes to the next player in line. Each player then goes to the back of the next line. Always begin by having a player jog to the middle of the lines so they can receive the pass for the overlap.
- » The key is to always pass and move! Don't pass and stand still!



## MID-PRACTICE HUDDLE

### Devotion 6

**Coach:** Do NOT distribute practice cards at this practice.

#### REVIEW:

- **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:** Don't miss your chance to give.

*(Biblical example)*

We talked last practice about how generosity is making someone's day by giving something away. When Jesus was on the earth, He often told stories to help people understand something, and one day, He told a story about generosity. Or rather, it was a story about someone who missed out on being generous. This man was rich. Very rich. Then, one year later he got even richer when his land produced even more crops than usual. They produced so much food that he had more than his barns could hold.

I wish I could tell you that the man decided to give the extra food away, especially to people who didn't have enough to eat. Or even that he decided to sell it and donate the money to people who needed it. But sadly, that's not how the story goes. No, listen to what the man decided to do. *"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones. I will store my extra grain in them. I'll say to myself, 'You have plenty of grain stored away for many years. Take life easy. Eat, drink and have a good time.'"* (Luke 12:18-19, NIRV)

So I guess the man was set now, right? He had more food, more barns, and the potential for more money. What more could he need? Well, things were about to take a turn for the worse for this rich man. Listened to what happened next in Jesus' story. *"But God said to him, 'You foolish man!*

*Tonight I will take your life away from you. Then who will get what you have prepared for yourself?"* (Luke 12:20, NIRV)

Yikes. The rich man had been determined to hold onto every single crop instead of giving some away. And now . . . it would do him no good.

Jesus finished up His story by saying this: *"That is how it will be for whoever stores things away for themselves but is not rich in the sight of God."* (Luke 12:21, NIRV) Now, Jesus wasn't saying that if you're not generous, you're going to die right away. His point was that this rich man was so concerned with holding on to what he thought was HIS stuff, that he was missing out on what was really important. None of this stuff was going to save him, and he was missing out on so many great things by not being generous. Think about all the lives he could have changed and friendships he could have made if he had unclenched his hands and gave some away.

You and I have a choice every day. We can hold on to our stuff, hoard the extra, and never share with anyone. Or, we can give freely out of what God has given us, and we will experience the joy that comes with generosity! When you think about the rich man and the barns, I hope you'll remember this simple but important thing: don't miss your chance to give.

#### Discussion Questions:

3RD GRADE UP ONLY

1. What is more important than money and toys?
2. If friends and family are more important, why do you think we sometimes feel like we can't share what we have?
3. What are some fun things you've experienced from being generous towards others?

Let's pray.

#### PRAYER:

*Dear God, thank You for all the ways that You are generous toward us. We don't want to miss our chance to give! Help us to live our lives with open hands—freely giving to others from the things that You have given us. In Jesus' name we pray, amen.*



## Activity/Game Two (10 minutes)

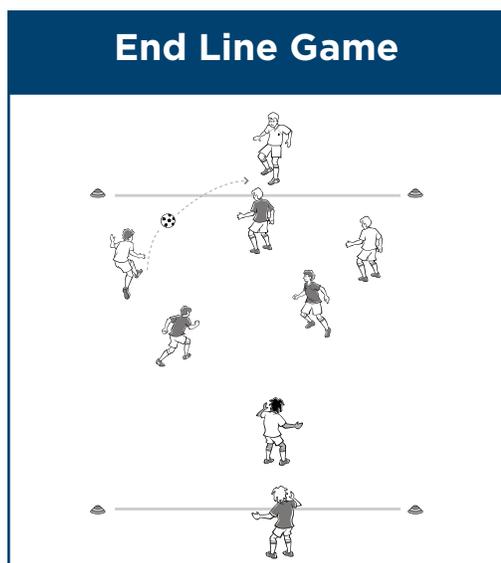
### End Line Game

#### Objective:

Practice correct attacking formation

#### Equipment Needed:

Four cones to set up a grid and one ball



#### Setup:

Set up a 15 x 20 yard grid. Divide players into two teams. One player from each team should be standing outside of the grid on the end line that they are attacking.

#### Activity:

1. A goal is scored by passing the ball across the end line to their player.
2. Each time a goal is scored the player on the end line should switch with another teammate.
3. The opposing team starts the ball after a goal is scored.
4. Teams should practice maintaining correct shape (depth, width, and height).
5. Players should try to pass the ball to their teammate on the end line as soon as they can!
6. Players should attempt to move the ball up the field by moving to support each other and using combination passes.

#### Variation/Progression:

Allow players to use their hands so they can practice the correct shape while moving more quickly.

#### 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 (10 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



## Post-Practice Huddle (5 minutes)

1. Gather players and parents for this meeting.
2. Review the learned skill from practice: Offense
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.

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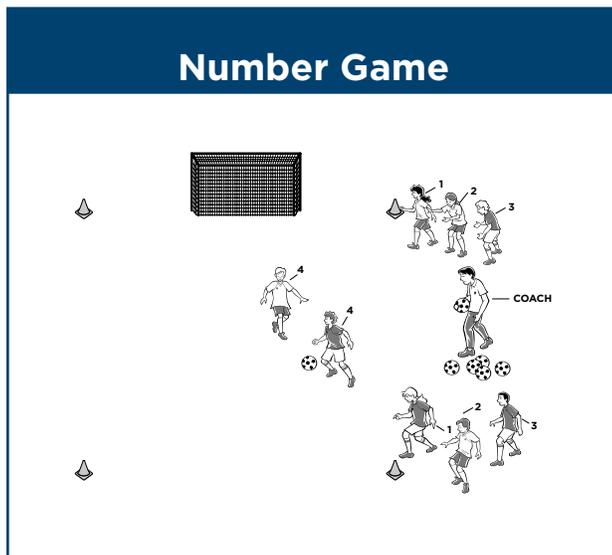
## Alternate Activity

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

# NUMBERS GAME

### Objective:

Develop shooting technique in a game-like situation



### Equipment Needed:

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

### Setup:

Set up a 15 x 15 yard grid with a goal on one end. Divide players in two teams and give each player a number.

*(Ex: Players on team 1 are numbered 1-4. Players on team 2 are numbered 1-4. Each team begins outside of the grid. The coach has all the balls outside of the grid.)*

### Activity:

- » The coach will call out a number and toss a ball into the grid.
- » The player from each team with that number will run into the grid and try to score on the goal.
- » Once a goal has been scored or the ball goes out of bounds, the play is done.

### Variation/Progression:

- » Call more than one number at a time so it becomes 2 vs 2, 3 vs 3, or 4 vs 4.
- » Toss more than one ball in the grid if more than one number is called.

### Coaching Points:

- » Allow players a maximum of forty-five seconds before the next players can go.
- » Do not have players stand and watch too long!