

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

5th-6th grades » Week 7 Practice Turning with the Ball

**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 Juggling Technique with a Soccer Ball

TURNING WHILE DRIBBLING

Outside Turn

- » Place right sole (bottom) of foot on the ball and roll the ball with your foot while rotating your body to the right. Then dribble the ball away in the opposite direction. To turn to the left complete the same motion but start with the left foot on the ball and rotate your body to the left.

Inside Turn

- » While facing forward, place the sole of the foot on the ball and roll it directly under/behind you and turn your body and dribble in the opposite direction.

TURNING WHILE RECEIVING

Inside of Foot Turn

- » As the ball nears you, begin to rotate your body to the right and lightly redirect the ball with the inside of the right foot so it goes behind you. Dribble the other way. To turn to the left complete the same motion but redirect the ball with the left foot and turn to the left.
- » Do not stop the ball; simply redirect it with a light touch as you rotate your body.

Inside Turn

- » As the ball nears you, begin to rotate your body to the right and turn your right foot to lightly redirect the ball with the outside of your foot so it goes behind you. Dribble the other way. To turn left complete the same motion but redirect the ball with the left foot and turn left.
- » Do not stop the ball; simply redirect it with a light touch as you rotate your body.

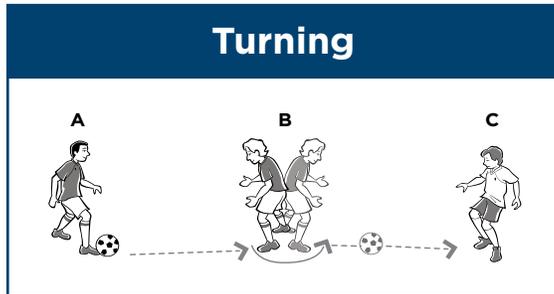


Teaching the Skill (5 minutes)

TURNING

Objective:

Introduce turning technique



Equipment Needed:

One ball for every three players

Setup:

Divide players into groups of three. Place each team in a single file line with five yards between each person in line. Give the first person in line a ball.

Activity:

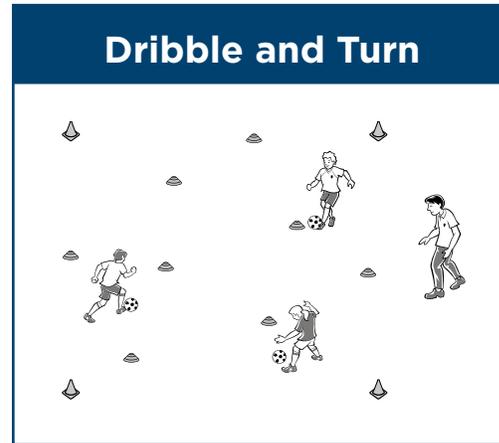
- » Player A in line passes the ball to player B.
- » Player B receives the ball and performs one of the turns from above.
- » After the turn is completed, player B passes the ball to player C.
- » After one minute, switch the player in the middle with one on the outside so each player gets a turn.

Team Warm-up (5 minutes)

DRIBBLE AND TURN

Objective:

Practice turning while dribbling



Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used. Eight cones or objects and one ball for every two players (best if everyone has a ball).

Setup:

Set up a 15 x 15 yard grid. Place eight cones or objects spread throughout the grid. If there are not enough balls, players should take turns.

Activity:

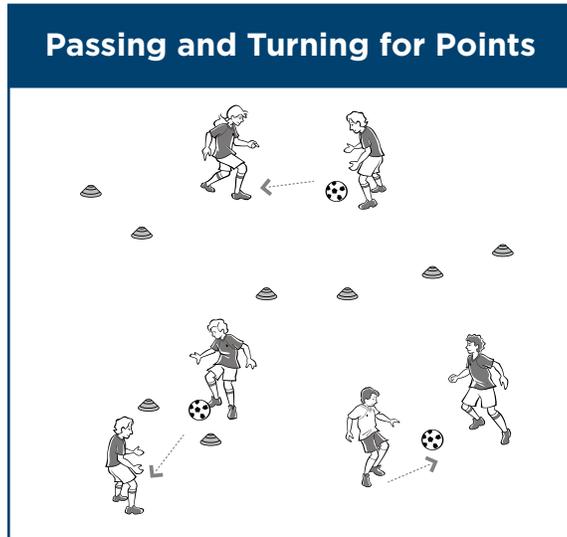
- » On the coach's signal, players dribble around the grid using the inside, outside, and sole of the foot.
- » Players must perform a turn from above at each cone. Every time a correct turn is performed at a cone, the player is awarded a point.
- » Players must go to a different cone each time.
- » Play each game for one minute! Players try to score as many points as they can in one minute.
- » If there are not enough balls for each player, switch players without a ball after each game.

Activity/Game One (10 Minutes)

PASSING AND TURNING FOR POINTS

Objective:

Practice passing and turning technique



Equipment Needed:

One ball for every two players and eight cones.

Setup:

Use two cones to set up a gate that is one yard wide. Set up four gates throughout grid. Divide teams in groups of two with a ball for each group. Have each group start by a gate with their ball.

Activity:

1. Players move from gate to gate by passing and turning.
2. Each time a ball is passed through a gate successfully a point is awarded.
3. Teams must always turn and go to a different gate after they have scored. There is no out-of-bounds.
4. Each team is awarded five points for every turn that is made!
5. Play each game for one minute with teams trying to score as many points as possible.

Variation/Progression:

- » Allow players to use their hands to carry and pass the ball. Points are scored when the ball is rolled on the ground from one player to the other through the gate.

MID-PRACTICE HUDDLE

Devotion 7

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: Look for creative ways to give.

(My world example)

Generosity is making someone's day by giving something away. God has a lot to say to us in the Bible about being generous. I want to share one of those verses today. It also happens to be our memory verse this month. 1 Timothy 6:18 says, *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*" (NIRV).

Now, I think I might have an idea of what you're thinking. The verse says, 'command the RICH to do what is good.' And I imagine that most of you are thinking, well, that doesn't apply to me. I'm just a kid. I'm not rich. But I'm here to tell you today that you ARE rich. Just maybe not in the way that you think of being rich. This isn't about money. It's about much more than that.

Name a toy that you used to play with, but you outgrew? *(Let the kids respond.)* Okay, if I held up that toy and asked you how you could be generous with it, you'd probably think that you could give it away. After all, you don't use it anymore, right? And that would be a great thing to do with it for sure. But let's take this a step further. What if you were to do something really creative with it instead?

Like . . . play with your little brother or sister. Or maybe there's a mom in your neighborhood who has a lot of little kids, and they could use a big kid like you to come play (*toy name*) with them sometimes.

Or what if I had a box of macaroni and cheese or a box of brownie mix. How could you use those to be generous? *(Let them respond for a minute or so.)* Yes, you could use these to make a meal for someone. Maybe you could offer to help your mom or dad make dinner to give them a break. Or you could ask your parent if you could look in your pantry at home to see if you have any extra food you don't need that you could donate to a local food pantry where they help people who don't have enough food.

You can be generous in good deeds without spending a dime! And those good deeds often mean more to someone than an expensive gift ever would. It just takes a little bit of creativity to be generous.

So this week, look for creative ways to give. Let's ask God to help us.

Discussion Questions:

3RD GRADE UP ONLY

1. What are some things that we have that aren't money or physical objects that we can use to make a difference in someone's day?
2. What is the most creative way someone has made your day special?
3. Turn to your neighbor and share one way you plan to be generous this week.

Prayer:

Dear God, thank You for all that You have given us. Sometimes we may feel we don't have a lot extra to be generous with, but the truth is, we all have SOMETHING we can share with others to make their day. Help each of us look for creative ways to give. In Jesus' name we pray, amen.



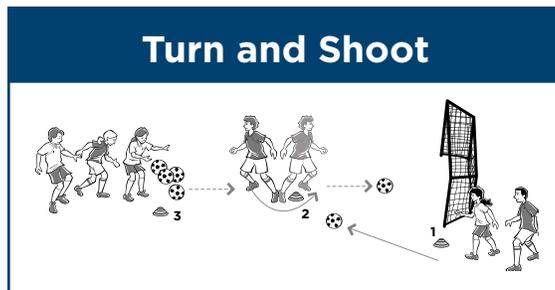
Activity/Game Two (10 minutes)

TURN AND SHOOT

Objective:

Practice turning and shooting

Equipment Needed:



Three cones, one goal, and a minimum of two balls

Setup:

Place cone 1 next to the goal post on either side. Place cone 2 five yards in front of the goal. Cone 3 should be placed five yards in front of cone 2. Divide players in two groups and place a group at cone 1 and cone 3. All balls should be placed with the players at cone 3.

Activity:

- » The first player at cone 1 runs to cone 2 in the middle (back will be towards goal).
- » The first player at cone 3 will pass the ball to the player at cone 2, who will complete a turn and shoot the ball.
- » Players switch lines each time.

Variation/Progression:

- » Require players to use a specific turn as taught earlier in the practice.
- » Have players use their right or left foot only.

Rule of the Day

PENALTY KICK

A penalty kick is awarded for deliberate handling/kicking of the ball inside the goal arc that denies the opposing team a goal or an obvious goal-scoring opportunity. The penalty kick will be taken five yards from the top of the shooting arc and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of 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.

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: Turning the Ball
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.

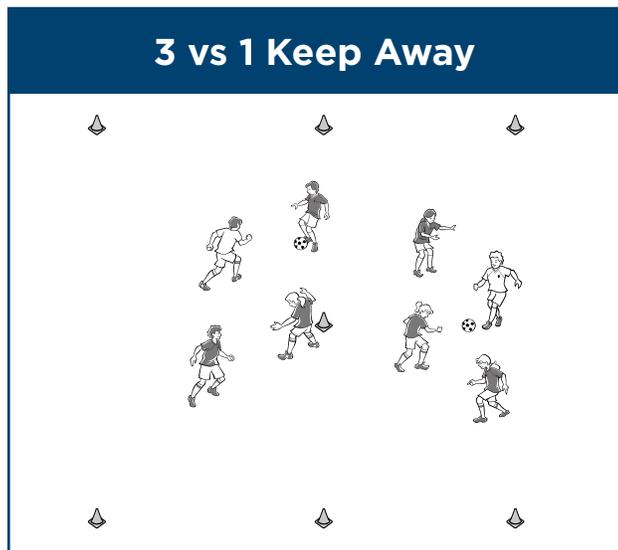
Alternate Activity

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

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.