

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

5th-6th grades » Week 9 Practice

### Pressure/Cover Defending and Proper Defensive Shape

*\*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	Scrimmage	Post-Practice Huddle
3-5 minutes	10 minutes	10 minutes	15 minutes	8 minutes	10 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.

#### Teaching the Skill (5 minutes)

##### How to Teach Pressure/Cover Defending:

- » Pressure/cover defending refers to the two defenders who are closest to the attacking player with the ball.
- » The closest defender (known as the first defender) applies pressure on the attacker with the ball by using the correct defensive stance (see practice five).
- » The defender who is second closest (known

as the second defender) to the attacker with the ball will provide help or cover for the first defender.

- » The second defender should typically be one or two yards behind the first defender. However the second defender should not be directly behind the first defender. The second defender should be angled to one side or the other behind the first defender.
- » The positioning of the first and second defender is known as pressure/cover. The first defender pressures the ball and the second defender provides cover in case the attacker gets past the first defender.
- » Remember this: first defender = pressure, second defender = cover.



## How to teach Correct Defensive Shape:

- » Pressure/cover is important; however, it is also important that the rest of the team maintain correct defensive shape. Everyone on the team should always help defend!
- » When defending, everyone on the team should be compact so there are not big spaces or gaps for the attacking team to get through.
- » If the first and second defenders provide correct pressure/cover, the other two defenders should provide balance away from the ball. Balance refers to defending the space that is away from the ball so the attacker with the ball cannot easily pass to a teammate!

## Keys to Correct Defending:

- » Pressure the ball to win it back as soon as possible.
- » Have patience when defending by slowing down the attacking team using the correct defensive stance and shape.
- » Always have pressure and cover when defending!
- » Do not forget to have the other two defenders provide balance by defending the space away from the ball.
- » Always stay as compact (tight) as possible.

## How to Teach Pressure/Cover and Defensive Shape:

### Objective:

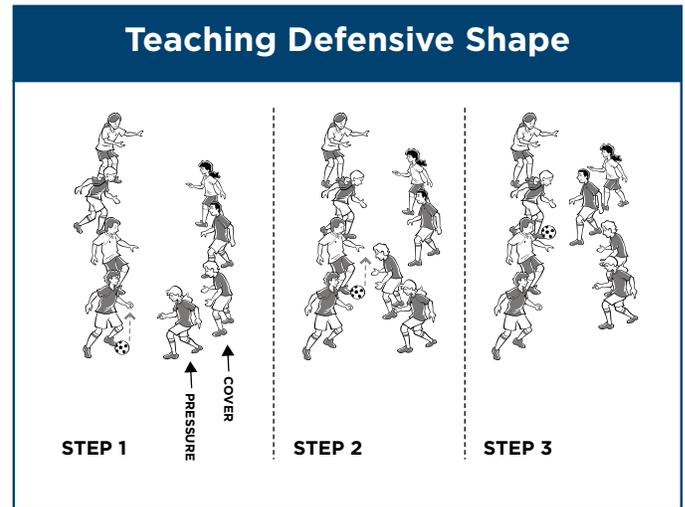
Teach players how to pressure/cover and maintain correct defensive shape

### Equipment Needed:

One ball

### Setup:

Divide players into two teams. It will be best to have four players on each team but it will work with less players. Place each team shoulder to shoulder with at least a yard of space in between each player. Team 1 and Team 2 line up across from each other facing each other.



## Activity:

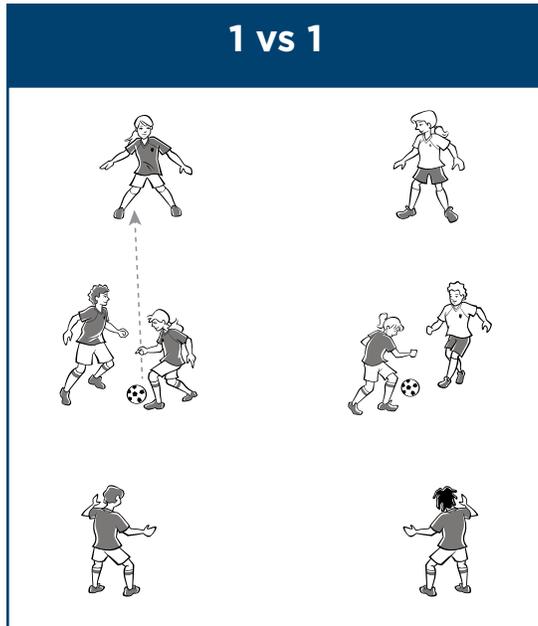
- » Each team is only practicing defensive shape! They are not trying to advance down the field or beat the other team.
- » The coach will assign one team to pass the ball back and forth between them. The ball should always be moving but they should pass slowly to allow the defending team a chance to adjust.
- » The team without the ball should practice shifting to maintain correct defensive shape by pressuring/covering and staying compact.
- » After a minute give the ball to the other team so both teams get to practice defending.
- » Practice this until all players understand correct defensive shape.

## Team Warm-up (5 minutes)

### 1 VS 1

#### Objective:

Develop 1 vs 1 defending skills by pressuring the ball using the correct defensive stance (see practice five)



#### Equipment Needed:

One ball for every four players

#### Setup:

Divide players into groups of four. Two players will stand 15 yards apart with their legs apart to be used as a goal. The other two players will play 1 vs 1.

#### Activity:

- » Players begin next to their goal (player with legs apart); the coach places the ball in the center of the grid then gives the signal to begin.
- » Both players race to the ball to win it and gain possession.
- » The player that does not get the ball becomes the defender and works on correct defensive pressure.

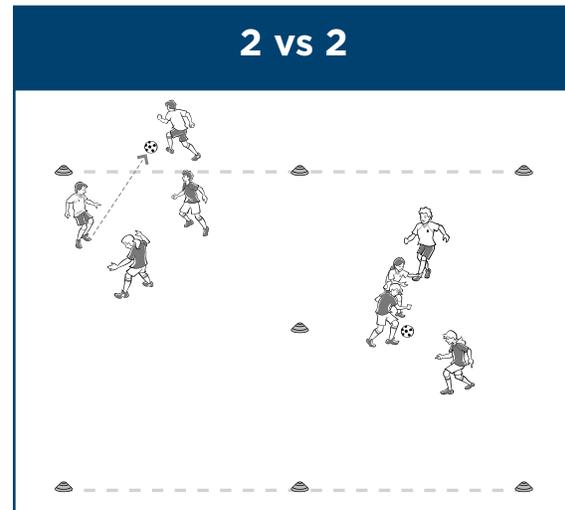
- » The attacker attempts to score a goal by passing the ball through the legs of the player at the end.
- » Play each game for one minute and switch players on the end with players in the middle.

## Activity/Game One (10 Minutes)

### 2 VS 2

#### Objective:

Practice correct pressure/cover defending.



#### Equipment Needed:

Eight cones and two balls.

#### Setup:

Divide players into groups of two. Create two grids that are 15 x 10 yards. Two groups should be in each grid.

#### Activity:

- » On coach's signal, players will play 2 vs 2 inside of the grid.
- » A goal is scored by passing the ball across the end line to a teammate.
- » Each team should focus on providing correct pressure while defending!
- » Play each game for three minutes and then switch teams to play against a different team.

## MID-PRACTICE HUDDLE

### Devotion 9

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

*\*If this is your **next to last practice**, be sure distribute a copy of "The Second Chance" DVD (if included in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the video will be reviewed at the last practice as you present the gospel to your team. It's also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on "The Second Chance" tab. Also, at your **last practice**, be sure to use the last practice devotion guide found on MyUpward.org.*

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### Review:

- **Virtue:** FORGIVENESS - Deciding that someone who has wronged you doesn't have to pay.
- **Scripture Verse:** Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you. COLOSSIANS 3:13 (NIRV)

**Bottom Line:** God forgives you.

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*(Biblical example)*

I want you to imagine that one of you didn't show up to practice tonight. Let's say it was [name of a kid on the team]. It would be a bummer, right? But we'd still keep practicing, right? Because we would assume that you're okay at home with your family, you're probably just not feeling well. But what if you didn't show up again the next practice? Well, I'd start to get worried and I'd definitely call your mom or dad and check up on you. Because you're a part of this team, and I want to know that you're okay!

Jesus told a similar story once about a farmer who didn't know where one of his sheep was, and what the farmer's response was. Let me read to you what Jesus said. "Suppose one of you has 100 sheep and loses one of them. Won't he leave the 99 in the open country? Won't he go and look for the one lost sheep until he finds it? When he finds

*it, he will joyfully put it on his shoulders and go home. Then he will call his friends and neighbors together. He will say, 'Be joyful with me. I have found my lost sheep.'*" (Luke 15:4-6, NIRV)

You might be thinking, that's a pretty sweet story, but what does it mean? Well, I'm not sure if you caught on to this, but the shepherd in the story Jesus told is God. And God wants us to know that like that lost sheep, there is nothing that we've ever done or ever will do that is so terrible He can't forgive us. Nothing is too big for God's forgiveness. And He loves you so much that He will always come and find you.

The fact is, we've all messed up. We've made mistakes. We hurt other people. But God wants to forgive us for everything. Maybe you've never asked God for His forgiveness before. Maybe you never even knew you needed it! That makes this a great time to ask God to forgive you for the wrong things you've done. If you aren't sure where to start, talk with someone who's following God already, like one of your coaches or a family member.

Or maybe you've already asked God for His forgiveness. That's awesome! But it doesn't mean you don't still make mistakes. Don't forget to ask God for His forgiveness each day.

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### Discussion Questions

3RD GRADE UP ONLY

1. How does it make you feel to know that God forgives you?
2. Does the fact that God will always forgive you mean that you can do whatever you want? Why or why not? (*No; there will always be consequences for sin.*)
3. Don't answer this out loud, but do you need to ask God for forgiveness for anything? If so, take some time after practice to do so.

### Prayer:

*Dear God, thank You for loving us so much that You would have sent Jesus to save even just one of us! We know that we all mess up, and that we need your forgiveness. Help us to remember that You love us no matter what, and that means we can be honest with you. We don't need to hide or runaway when we do things wrong, because You will forgive us, we only need to ask. We love You. In Jesus' name we pray, amen.*

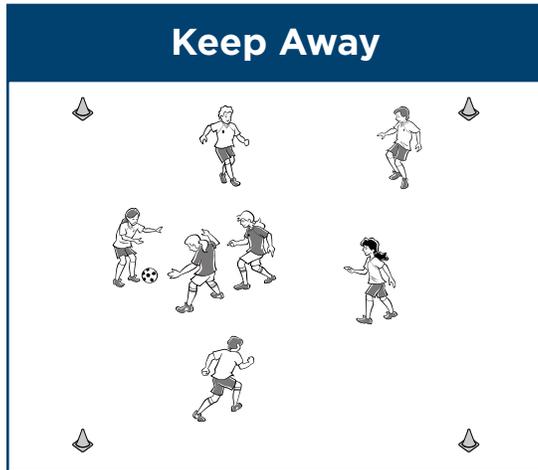


## Activity/Game Two (10 minutes)

### KEEP AWAY

#### Objective:

Practice correct defensive shape



#### Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used. You will need two vests and one ball.

#### Setup:

Set up a 15 x 15 yard grid. Assign two players to begin as defenders. The defenders wear the vests.

#### Activity:

- » On coach's signal, players play keep away in the grid trying to keep the ball away from the defenders.
- » The two defenders must defend using pressure and cover.
- » Each time the defenders win possession of the ball and complete one pass between the two of them, they receive a point.
- » Play each game for two minutes and then switch defenders. Defenders try to score as many points as possible!

#### Coaching Points:

- » Require players to defend by providing pressure and cover while defending.

## 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 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.

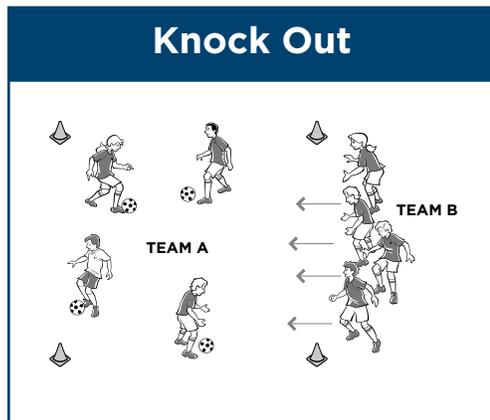
## Alternate Activity

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

### KNOCK OUT

#### Objective:

Practice applying pressure through defending



#### Activity:

- » Team A (inside the grid) begins dribbling around the grid using the inside, outside, and sole (bottom) of their foot.
- » When coach yells "knock out," Team B (outside grid) runs into the grid and attempts to steal any ball they can and dribble (not kick) it back to the outside.
- » Players with a ball in the grid attempt to keep the ball away from defenders by dribbling or passing to a teammate who has lost their ball.
- » If an attacking player (Team A) loses a ball, they immediately try to steal it back before Team B can dribble it outside of the grid.
- » Play until all the balls have been dribbled outside of the grid, and then switch teams with Team B inside and Team A outside.

#### Equipment Needed:

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

#### Setup:

Divide players in two teams. Place one team inside the grid with a ball and the other team outside of the grid without a ball.