

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

K5 » Week 1 Practice

Coordination & Dribbling

**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	Warm Up	Activity/ Game One	Mid-Practice Huddle	Activity/ Game Two	Rule of the Day and Scrimmage	Post-Practice Huddle
3-5 minutes	7 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 allows 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.

- » **Elf:** skip/dance lightly on the balls of your feet
- » **Kangaroo:** jump with both feet together like a kangaroo
- » **Crab:** sit down and walk using hands and feet at the same time
- » **Spy:** crouch down and walk on tiptoes so no one can see you
- » **Mouse:** take short quick steps while lifting your knees high off the ground

3. Participate with players and demonstrate each character/animal. Let them see you having fun!

Team Warm-up (7 minutes)

DYNAMIC WARM-UP

Objective:

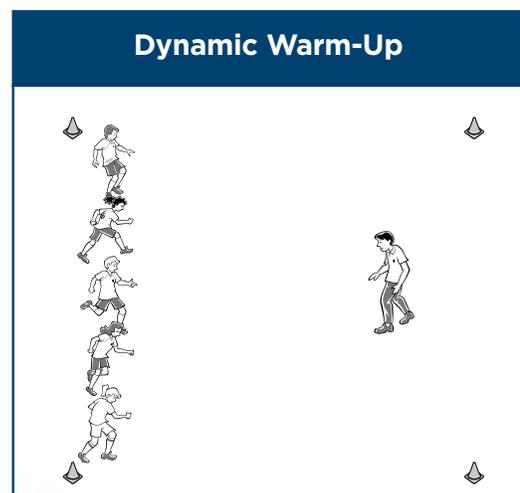
Teach players basic coordination

Equipment Needed:

Four cones

Activity:

1. Set up a 10 x 10 yard grid and have all players begin on one side of the grid.
2. Players move from one side of the grid to the other using the following variations:
 - » **Elephant:** stomp heavily with big steps like an elephant



Activity/Game One (10 minutes)

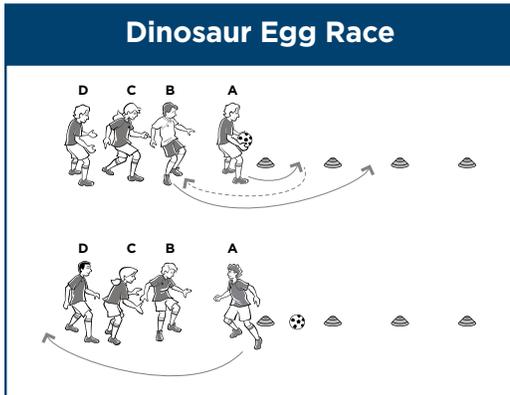
DINOSAUR EGG RACE

Objective:

Improve coordination and change of direction

Equipment Needed:

Eight cones and two soccer balls



Setup:

Divide players in two teams (if you have five or more players). Create a row with four cones allowing one yard between each. Set up two rows and place a team with a ball at each row.

Activity:

- » Player A uses hands to carry the dinosaur egg (ball) and place it between any two cones in the row, then runs back and tags player B.
- » Player B runs to the egg, picks it up, and places it between two different cones, then runs back and tags player C, etc.
- » Each player should try to protect the dinosaur egg by not dropping it.
- » The first team to have everyone take a turn wins.

Variation/Progression:

- » Act out different dinosaurs: players move in different ways over/between each cone (similar to the warm-up): hop over cone, skip over cone, run backward, etc.
- » Players become a T-Rex with small arms and powerful legs and must use their feet to move the egg! Remind players that they must tap the ball gently in order to protect the egg!

MID-PRACTICE HUDDLE

Devotion 1

Coach: *Gather the players together and get them to sit in a circle.*

Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (which is not the Bible) and one other item you can carry with you (not a boat to leave the island!) What would you take and why?' Allow a few minutes for the players to think of their list of three items, and then share their choices with the rest of the team. As coach, feel free to join in too!

That was fun! Getting to know each other better is something that we'll do a lot of this season. As a team, we'll work hard to encourage one another to do our best at practices and games!

At the end of each game, we will focus on five important attributes. You will be recognized for one of these attributes through your actions, attitude, and words during the game.

- The first attribute is **EFFORT**: What does it mean to show effort? It means working hard to try your best at all times.
- Next is **SPORTSMANSHIP**: What does it mean to show sportsmanship? It means treating the people you play with and against the same way you want to be treated. You show respect for yourself, your teammates, opponents, the referees and the coach. You play fair and follow the rules.

- The third attribute is **OFFENSE**: What should you do when you play offense? The offense is responsible for scoring goals. This means working together as a team to move the ball towards the goal.
- There's also **DEFENSE**: What should you do when you play defense? The defense is responsible for preventing goals from being scored. This requires coordination, agility, speed and awareness along with moving together as a team.
- And finally, one of the most important attributes is **CHRISTLIKENESS**: What does it mean to be Christlike? Being Christlike means to do your best to imitate Jesus in every way – through words, attitude and actions. It means loving others and following God's Word in the Bible; choosing God over the temptations in the world around you.

At each practice, we will stop to have a Mid-Practice Huddle. We will learn about God and learn virtues and Scripture verses together throughout the season.

Our team is going to have a great season! Let's pray and then get back to practice. *(Lead the team in short prayer as you thank God for all the players and a great season ahead.)*

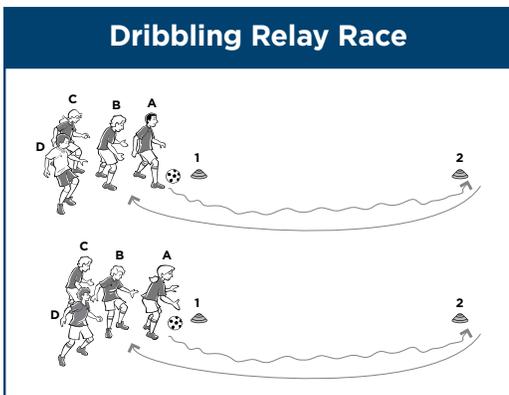


Activity/Game Two (10 minutes)

DRIBBLING RELAY RACE

Objective:

Develop coordination with a ball at feet



Equipment Needed:

Four cones and two balls

Setup:

- » Place two cones approximately ten yards apart (create two lines). Each ball should be placed at the two starting cones.
- » Divide players in two groups.

Activity:

- » Player A dribbles the ball with his/her feet and races to cone 2, then picks the ball up with his/her hands and races back to player B who completes the same task.
- » Each player must go twice and then sit down as fast as possible.
- » The first team with all players sitting wins the game.
- » Completion is the most important part. Do not worry about teaching technique at this practice.

Variation/Progression:

- » Dribble to cone 2 running forward and then pick the ball up and run backward to cone 1.
- » If players are successful with the above activities, allow them to dribble all the way to cone 2 and back using their feet the entire time.

Rule of the Day

FIELD LAYOUT

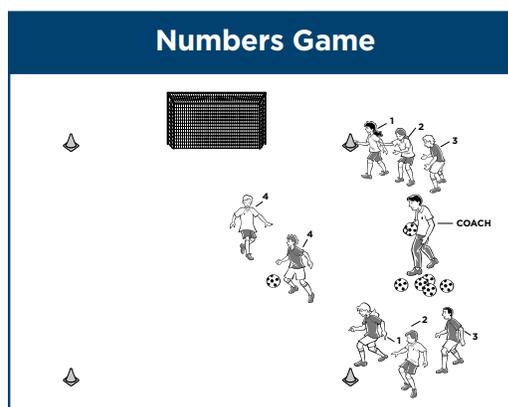
Walk or jog with players around the field and show them the markings for the goal lines, touch lines, center circle, corner arcs and goal arcs. Explain that the goal arcs are off limits and players may not enter the area to play a ball.

Activity/Game Three (12 minutes)

NUMBERS GAME

Objective:

Develop soccer-oriented coordination in a game-like situation



Equipment Needed:

Cones to set up a grid (optional) or field lines can be used. Use 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.

Post-Practice Huddle (5 minutes)

- » Use this time to thank parents for bringing their children to practice and communicate with them regarding practices and games.
- » It would be beneficial to ask parents to have their child bring their own soccer ball to practice each week. This helps players improve as they have more time with a ball at practice.

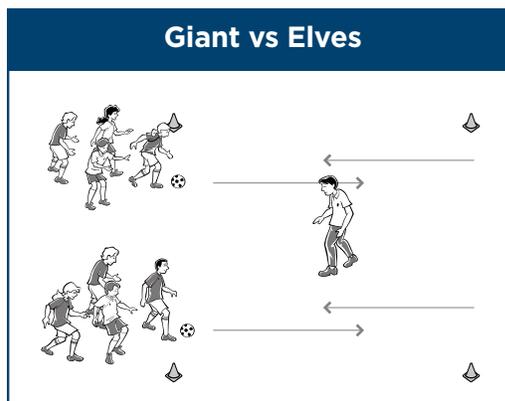
Alternate Activity

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

GIANT VS ELVES

Objective:

Develop coordination with a ball



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Use at least two balls.

Setup:

Set up a 15 x 15 yard grid. The coach will be the "giant." The rest of the players are "elves." Place all the "elves" in two lines (with a ball) behind one end of the grid. The "giant" (coach) will be in the middle of the grid.

Activity:

- » On the coach's signal, the first two players in each line pick the ball up and attempt to run to the opposite side of the grid and back without being tagged by the giant.
- » If an elf is tagged by the giant they must sit down and stand back up as quickly as possible before they can continue running.
- » Once an elf has made it to one end and back they will give the ball to the next elf in line.
- » Always allow players to use their hands for the first few games.
- » Purposefully miss tagging players at first to allow them to experience success.

Variation/Progression:

- » Players dribble the ball with their feet across the grid.
- » Allow everyone to go at one time.