

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

K5 » Week 2 Practice

Coordination & Passing

**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 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.

Team Warm-Up (7 minutes)

TAG!

Objective:

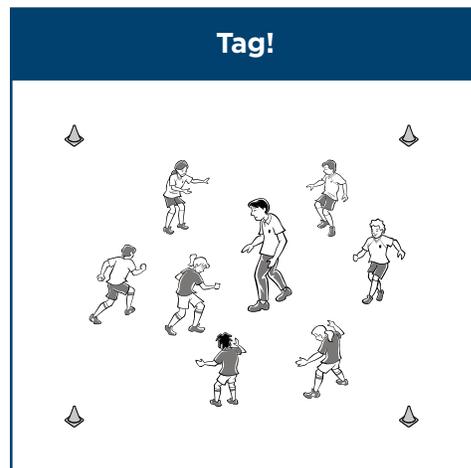
Teach players basic coordination while having fun

Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used

Setup:

Set up a 15 x 15 yard grid with all players inside the grid. The coach starts off as "it."



Activity:

1. The coach chases everyone around the grid and tries to tag them.
2. Once someone is tagged, that player becomes "it."
3. Progress to variations to add coordination and fun.

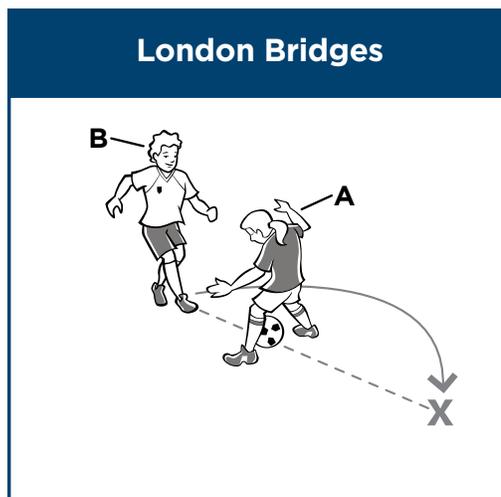
Variation/Progression:

- » Everyone must perform different motions. (Ex: *crawl on all fours, hop on one foot, run backward, crab walk, etc.*)
- » For the final round, have everyone be "it" and see if they can catch the coach.



Activity/Game One (10 minutes)

LONDON BRIDGES



Objective:

Develop coordination with a ball

Equipment Needed:

One ball for each pair of players

Setup:

Divide players into groups of two (preferably) but groups of three or four can work if there are not enough balls.

Activity:

- » Player A stands with legs apart.
- » Player B (using hands) rolls the ball through the legs (bridge) of player A and runs around the other side to pick it up.
- » Every time the ball is rolled through and picked up the team scores a goal.
- » Play for approximately thirty seconds and then switch roles of players A and B.
- » Always start with allowing them to use their hands and then progress to using their feet.

Variation/Progression:

- » Player B places the ball on the ground and passes the ball (using feet) under the bridge and then runs to the other side.
- » Player B holds the ball and crawls under player A to the other side and back.

MID-PRACTICE HUDDLE

Devotion 2

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 2.”

INTRODUCE:

- **Virtue:** HUMILITY - Putting others first by giving up what you think you deserve.
- **Scripture Verse:** Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves. PHILIPPIANS 2:3 (NIRV)

Bottom Line: I can put others first by serving them.

(Peer Example)

Gooooal! Isn't that the best word to hear? Only one person kicks the ball into the net, but it takes a whole team to score a goal and win a game, doesn't it? It's impossible to win alone. In order for your team to win, you've got to pass the ball and put others first, even if you'd rather be the one to score the goal.

And that's how it goes with humility too! Humility is putting others first by giving up what you think you deserve. That means you won't always be the one who scores the winning goal, but you might get to be a part of the team that gets it there. Soccer isn't about any ONE person. It's about everyone, and what each person can give up for the team, even if you don't happen to feel like it at the moment. We have to remember that we're all in it TOGETHER to win it! Imagine what would happen on a team if one person was trying to show off their skills instead of thinking of everyone else!

We have the most incredible example of humility in Jesus. Think about it: He is God's Son. If anyone deserved to show off their talent, it was Him! He deserved to be treated like a king. But instead, He spent His entire life on earth putting other people first. Listening to them and teaching them and healing them and even washing their really dirty, yucky feet. He shows us over and over again in different ways that we can put others first by serving them. That means putting aside what we want to be doing right now to help someone out.

Like maybe you've finally finished your homework. YES! You've got a whole half hour to play your favorite video game before dinner. But your little brother wants you to build Legos® with him instead. Playing with your brother for 30 minutes is an incredible way to put him first. Or maybe your best friend sprained her wrist and can't go play mini golf with everyone. You could choose not to go, too, so you can hang out with your friend and cheer her up. Every single day you can find creative ways to show humility by serving others—whether it's in big ways or small ones. Let's pray and ask God to help us put others first by serving them.

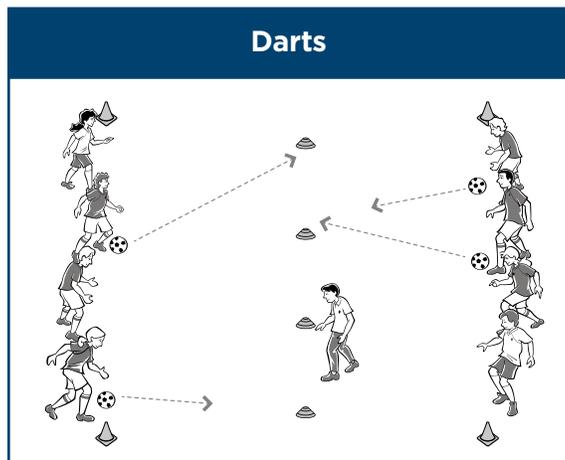
PRAYER:

Dear God, thank You for the example that Jesus set in putting other first by serving them. We want to follow in His footsteps and live a life of humility. Please help us this week to put others first by serving them, even when we don't want to. In Jesus' name we pray, amen.



Activity/Game Two (10 minutes)

DARTS



Objective:

Develop coordination with a ball at feet

Equipment Needed:

Four cones, four objects (for targets), and as many balls as possible

Setup:

Set up a 10 x 10 yard grid using the four cones. Place a row of any four objects (cones, vests, balls, shoes) through the middle of the grid to be used as targets. Divide the players in two teams with an equal amount of balls (darts) on each team. Teams will be on opposite sides of the grid and must remain behind their line.

Activity:

- » Team 1 and 2 (at the same time) attempt to pass or shoot the ball at the targets.
- » A goal is scored every time a target is hit.
- » The coach will stand in the middle to retrieve balls that get stuck in the middle.

Variation/Progression:

- » Have players pick the ball up and kick (punt) it in the air toward the targets.
- » At the end of the game play a bonus round with the coach as the target. Kids will love this!

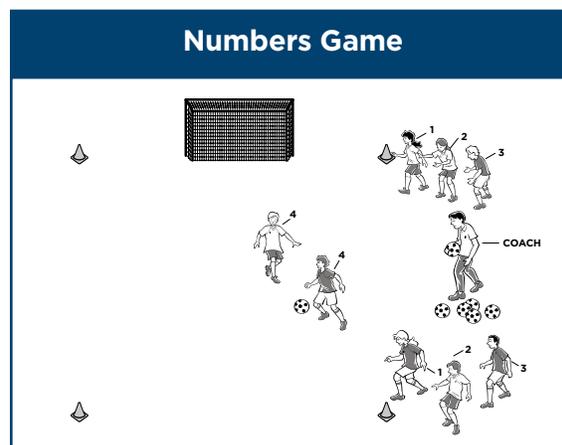
Rule of the Day

KICK-OFF

A kick-off is taken from the center circle at the start of each half and after a goal is scored. Kicks must go forward, toward the defending goal. The ball must touch another attacking player or defensive player before the initial kicker touches the ball again. If the kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least four yards away). Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.

Activity/Game Three (12 minutes)

NUMBERS GAME



Objective:

Develop soccer-oriented coordination 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 into 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:

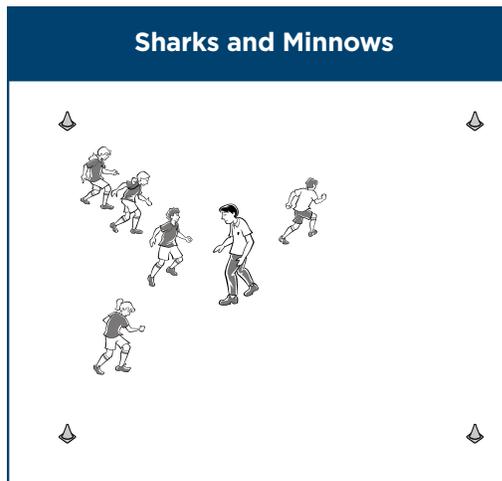
- » Allow players a maximum of forty-five seconds before the next players can go.
- » Do not have players stand and watch too long.

Post-Practice Huddle (5 minutes)

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



SHARKS AND MINNOWS

Objective:

Develop basic coordination

Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Balls can be used if you have enough for every player.

Setup:

Set up a 15 x 15 yard grid with all players on one side behind a line and the coach in the middle acting as the shark.

Activity:

1. On coach's signal, all players begin sprinting across the grid trying to get to the other side.
2. The shark (coach) tries to tag the "minnows" as they pass by.
3. Each time a "minnow" is tagged, he/she becomes a shark helper and attempts to tag other "minnows."
4. Play until there is one "minnow" left.

Variation/Progression:

- » If there are enough balls for each player, have them all play a game while dribbling the ball across the grid.
- » Have "minnows" perform different actions to get to other side. (Ex: hop with both feet together, skip, crawl, run backward, crab walk etc.)

