

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### K5 » Week 3 Practice

#### Coordination and 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 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)

#### RED LIGHT-GREEN LIGHT

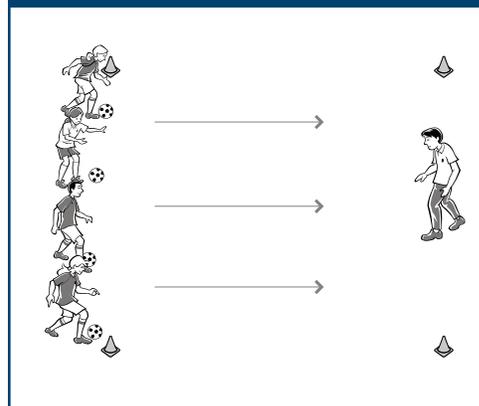
##### Objective:

Teach players basic coordination

##### Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Balls can be used only if there are enough for every player on the field.

#### Red Light-Green Light



##### Setup:

Set up a 15 x 15 yard grid with all players on one side behind a line and the coach on the opposite side.

##### Activity:

1. When you say “green light,” all players begin moving towards the opposite side of the grid.
2. When you say “red light,” they all must stop.
3. If any player keeps moving when you say “red light,” they must start back at the beginning.
4. Progress to important variations to develop player coordination.



### Variation/Progression:

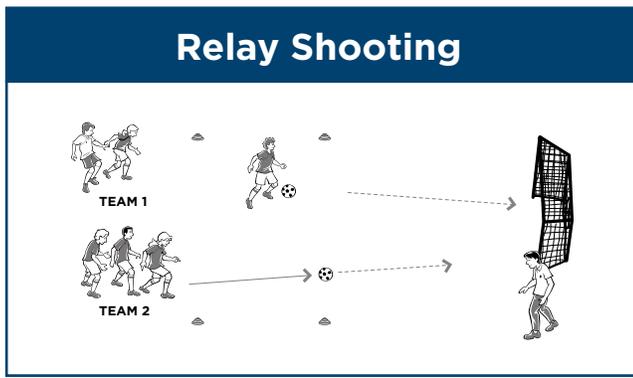
- » If there are enough balls for each player, have them all play the game with a ball at their feet.
- » Have players perform different actions to get to the other side. (Ex: hop with both feet together, skip, crawl, run backward or crab walk).

### Activity/Game One (10 minutes)

#### RELAY SHOOTING

#### Objective:

Develop coordination and experience shooting while having fun



### Activity:

- » First player in line for Team 1 and 2 will each race to the shooting line and shoot their ball toward the goal and then go to the end of the line.
- » The coach will collect the balls and place them back on the starting line. Next player in line will then race to the shooting line, shoot, and then go to the end of the line.
- » Play each game for one minute and then add a variation to implement fun and coordination.
- » Encourage the players to score a lot of goals and have fun! Do not worry about their technique.

### Variation/Progression:

- » Have players move in different ways from the starting line to the shooting line (similar to the warm-up): hop with both feet together, skip, crawl, run backward, crab walk, etc.
- » Have players collect their own ball and bring it back to the starting line as quick as they can.

### Equipment Needed:

Four cones, two balls, and one goal

### Setup:

Place two cones (shooting line) ten yards away from the goal. Place the other two cones (starting line) five yards behind the shooting line and place a line of players at each starting cone. Adjust distance based on skill level of players. Divide players in two teams. Place two balls on the shooting line.

## MID-PRACTICE HUDDLE

### Devotion 3

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

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#### REVIEW:

- **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 because Jesus put me first.

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*(Biblical example)*

Humility is putting others first by giving up what you think you deserve. This is how the Bible puts it. *"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)

Putting others first . . . it sounds nice, but it's not always easy, is it? Thankfully, Jesus not only TOLD us how we can do it, but he SHOWED us how we can do it.

Jesus, God's Son, came to earth. He humbled Himself to be born in a manger and then He lived among people. He lived a perfect life, never doing anything wrong. But He allowed Himself to be arrested, beaten, and killed for US. He took our punishment for the wrong things we do. What Jesus did for us on the cross was the ultimate act of humility. Jesus put everyone else's needs ahead of His own. He could have called down angels to save Him when He was arrested or during His trial.

When He was hung up on the cross, He could have called the whole plan off. But He didn't. He chose to put US first when He gave up His own life. He knew that's what it would take to give us the chance for life forever with Him.

Because of what Jesus did, you don't have to live life just focused on yourself and what you want. Because Jesus put others first, He made a way for you to follow His example. Thankfully, none of us will face a choice to give up our lives for the sake of the whole world! But we DO face decisions every single day about letting go of things that are important to us for the sake of someone else. And because of what He did for us, we can do the same thing—put others first.

You know, this wasn't easy for Jesus, but He prayed and asked God for the strength to do it. And we can do the same thing. Let's talk to God right now.

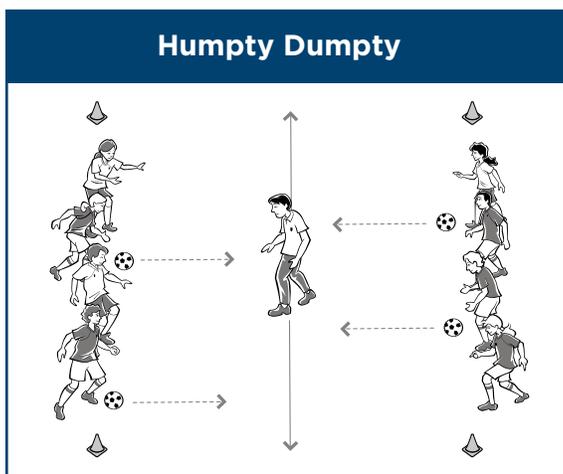
#### Prayer:

*Dear God, thank You for sending Jesus, and thank You for giving Him all that He needed to humble Himself, even to death on a cross. We know if Jesus needed Your help, we certainly do! So please give us the strength, this week, to put others first. Because of all that You have done for us, we know that we can put others first. In Jesus' name, we pray, amen.*



## Activity/Game Two (10 minutes)

### HUMPTY DUMPTY



#### Objective:

Develop coordination and experience shooting while having fun

#### Equipment Needed:

Four cones and one ball for every two players

#### Setup:

Use cones to set up a 10 x 10 yard grid depending on the skill level of players. Divide players into groups of two and place them across from each other on opposite sides of the grid. Each pair needs one ball.

#### Activity:

- » The coach plays the part of “Humpty Dumpty” by running back and forth through the middle of the grid.
- » Players shoot the ball back and forth, trying to hit “Humpty Dumpty” off the wall.
- » Every time a player hits the coach they are awarded a goal.

#### Variation/Progression:

- » Allow players to pick the ball up and throw it.

## Rule of the Day

### OUT-OF-BOUNDS AND THROW-INS

When the ball passes over the sidelines, the team to touch it last loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must throw the ball over his or her head with both hands. Both feet must be touching the ground and the player must stay behind the sideline while throwing. The defensive team must be at least two yards away from the thrower. It is recommended that the K5 players place the ball on the touchline and kick it back into play. A throw-in is used to restart play at the beginning of the 2nd, 3rd, 5th, and 6th six-minute segment of play. The throw-in is taken by the team in possession of the ball at the end of the 1st, 2nd, 4th, and 5th six-minute segment of play.

### 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)

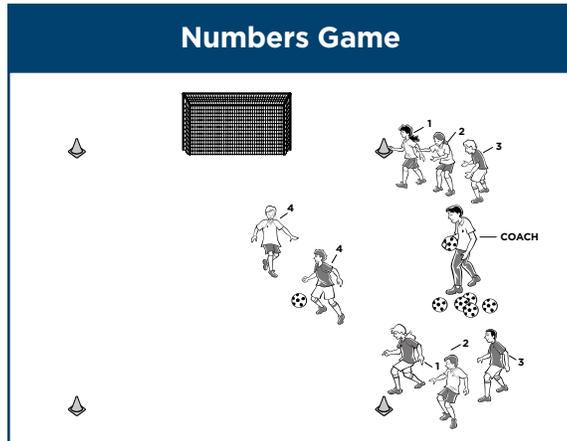
1. Gather players and parents for this meeting.
2. Review the learned skill from practice:  
Dribbling
3. Distribute practice stars (if included in coach box).
4. Do NOT distribute practice cards (if included in your coach box).
5. Remind parents of next practice/game time and answer any questions parents may have.

## Alternate Activity

### NUMBERS GAME

#### Objective:

Develop soccer-oriented coordination in a game-like situation



#### 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.

#### Equipment Needed:

Cones to set up grid (optional). 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.*)