

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### K5 » Week 4 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)

##### QUICK SAND

##### Objective:

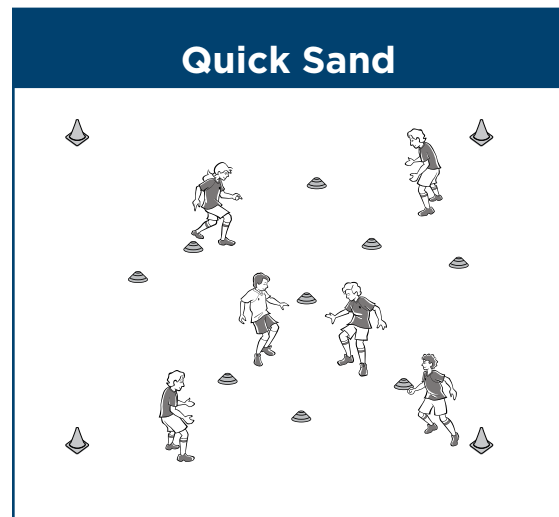
Develop basic coordination

##### Equipment Needed:

Four cones and eight objects  
(Ex: practice vests, shoes, cones)

##### Setup:

Set up a 15 x 15 yard grid with all players spread out inside of the grid. Place objects (quick sand) randomly throughout the grid.



##### Activity:

1. Have players run through the grid as fast as they can while avoiding stepping in the quick sand (objects).
2. If a player steps in the quicksand then he/she must do three jumping jacks before running again.
3. Play one minute games encouraging players to go as fast as they can in a minute.



## Variation/Progression:

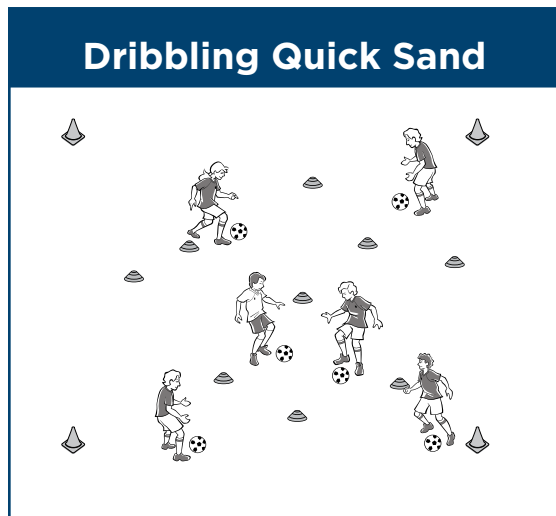
- » Have players perform the following moves in the obstacle course:
  1. Jump over quick sand with both feet together.
  2. Hop on one foot through course.
  3. Skip through course.
  4. Run backward through course.
- » Emphasize the different variations to develop player coordination.

## Activity/Game One (10 minutes)

### DRIBBLING QUICK SAND

#### Objective:

Experience dribbling and develop coordination while having fun



#### Equipment Needed:

Four cones, eight objects (*Ex: Practice vests, shoes, cones*) and one ball for every two players

## Setup:

Set up a 15 x 15 yard grid with all players spread out inside of the grid. Place objects (quick sand) randomly throughout the grid. Divide players into pairs. One player will dribble through the grid while the other player will run without a ball. After each game, have the players with a ball switch with their teammate who did not have a ball.

## Activity:

- » Players dribble the ball with their feet through the obstacle course avoiding stepping in the quick sand (objects).
- » If a player steps in the quicksand then he/she must jump over the vest three times before running again.
- » Play each game for thirty seconds and progress to variations after the players understand the game.

## Variation/Progression:

- » Have the coach become a giant in the quicksand pit chasing all the players around.
- » If a player is tagged by the giant then they have to jump over a vest three times before they can resume dribbling.

## MID-PRACTICE HUDDLE

### Devotion 4

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

---

#### 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 by letting go of what I want.

---

*(My world example)*

We've been talking lately about how humility is putting others first by giving up what you think you deserve. Put another way, you can put others first by letting go of what you want. So, what DO you want?

Maybe it's your turn to choose the kind of pizza your family gets for dinner. You REALLY want to order a supreme with everything, but your little brother REALLY just wants pepperoni. So this time, you choose just pepperoni.

Or your best friend is sleeping over at your house for the first time. You like the room super dark to help you sleep better, but you know that your friend is sorta, kinda, just-a-little-bit afraid of the dark. So you find a nightlight to plug in so she'll sleep better, even though it takes you longer to get to sleep.

Or maybe you really want to score the winning goal in the game, but you see that your friend is wide open and has a better shot at making the goal. You have to let go of what you want to put the needs of the team first.

When you keep your eyes open, you'll find new ways every day to set aside what you really want in order to put others first—to treat others the way you want to be treated.

Here's something to remember today: I can put others first by letting go of what I want.

It's not going to be easy. Putting others first is not our natural inclination. We live in a world that's all about putting ourselves first. Just like Jesus had to give up His life because we needed forgiveness for our sins, you are going to have to give up something to put others first as well.

Now, putting others first isn't going to cost you your life, but it will cost you something: maybe your time or money. Maybe it will cost you some pride. But when we choose to follow Jesus with our lives, the least we can do is put others first even if it's a bit uncomfortable and costs us something. Humility isn't something that comes easily, but God can give you the strength and creativity to put others first when you ask.

Let's ask God to help us let go of what we want to show others how much we care.

#### Prayer:

*Dear God, thank You that there's no doubt of Your great love for us because You gave up the most important thing You had to save us: Your only Son. The least we can do is give up what we want—maybe some time, or money, or plans that we had. Help us to show others how much we love them by putting them first. In Jesus' name we pray, amen.*

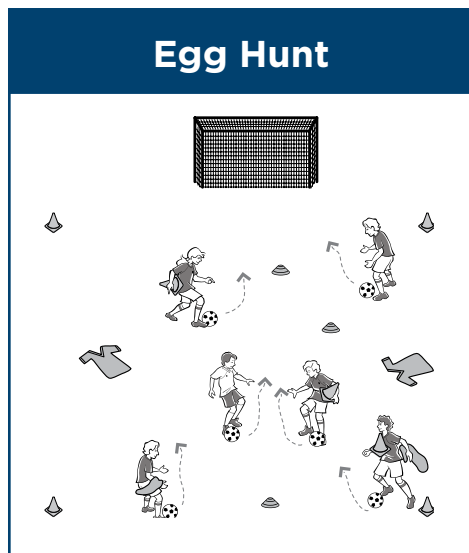


## Activity/Game Two (10 minutes)

### EGG HUNT

#### Objective:

Experience dribbling while having fun



#### Equipment Needed:

Cones to set up the grid and as many objects as available such as soccer balls, cones, vests, etc.

#### Setup:

Use cones to create a 15 x 15 yard grid and spread soccer balls, vests, and cones on the ground throughout the grid. All players line up on one end of the grid with a goal (the egg basket) on the opposite end of the grid.

#### Activity:

- » On the coach's signal, players begin collecting soccer balls, vests, and cones as quickly as possible and dribbling (ball), carrying (vests and cones) to the goal as quickly as possible.
- » Players are all on the same team and are not allowed to steal from each other.
- » After each game, have players place all eggs back in the grid as quickly as possible.
- » Play several games and challenge players to go faster each time.

- » Do not allow players to always dribble a ball or pick up a cone or vest. Require them to get a different object each time.

#### Variation/Progression:

- » Have players perform the following actions while collecting objects:
  - Hop on one foot
  - Skip
  - Run backward

## Rule of the Day

### GOAL KICK

When the attacking team kicks the ball over the goal line or if the ball comes to a stop within the shooting arc before entering the goal, a goal kick is awarded to the defending team. The ball should be placed on the end line/goal line, 5 yards from the shooting arc on the side in which the ball went out. The defending team must be at least 10 yards away from the player taking the goal. K5 and first- and second-grade divisions must retreat behind midfield until the ball is kicked.

## 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.

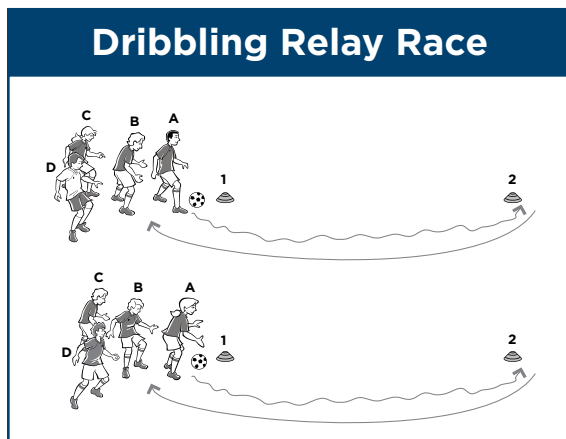
## Alternate Activity

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

## DRIBBLING RELAY RACE

### Objective:

Develop coordination while dribbling



### Equipment Needed:

Four cones and two balls

### Setup:

Place two cones approximately ten yards apart (create two lines). Place a player/line at the beginning of each line. Each ball should be placed at the two starting cones.

### 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.
- » 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.