

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

K5 » Week 5 Practice

Coordination and 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.

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!

Team Warm-Up (7 minutes)

SHARKS AND MINNOWS

Objective:

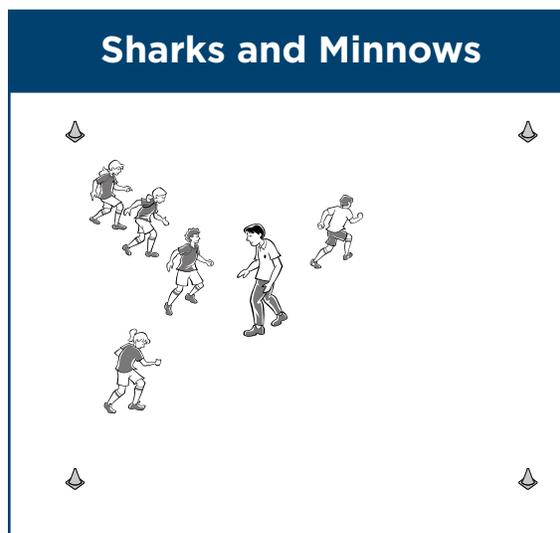
Develop basic coordination

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.



Variation/Progression:

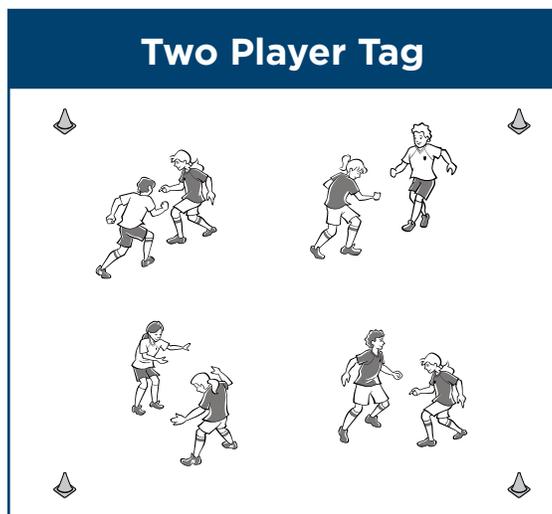
- » If there are enough balls for each player, have them all play a game while dribbling the ball across the grid.
- » Have “minnows” perform different actions to get to other side. (Ex: hop with both feet together, skip, crawl, run backward, crab walk etc.)

Activity/Game One (10 minutes)

TWO PLAYER TAG

Objective:

Develop soccer-oriented coordination



Equipment Needed:

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

Setup:

Set up a 15 x 15 yard grid and divide players into pairs. Players spread out within the grid.

Activity:

- » Player A chases his/her teammate (player B) throughout the grid trying to tag him/her. Everyone plays at once but players only try to tag their partner.

- » Each time a player is tagged, that player then becomes “it” and tries to tag their teammate.
- » Play each game for one minute and then progress to important variations.

Variation/Progression:

- » Require players to only use certain motions. (Ex: hop with both feet together, skip, run backwards, crab walk, etc.)
- » After a few games, give each group a ball. Instead of tagging with their hand they now must try to tag their teammate by kicking/passing the ball at them.
- » Each time a player is hit, that player gets the ball and the roles are switched.

Coaching Points:

- » Ensure that players are only trying to tag their teammate. This makes it more simple and organized!
- » Attempt to split players evenly so you do not have a fast player and slow player paired together. Uneven pairs will lead to discouragement.
- » If it becomes too difficult for players to tag each other make the grid smaller.

MID-PRACTICE HUDDLE

Devotion 5

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 5.”

INTRODUCE:

- **Virtue:** GENEROSITY - Making someone’s day by giving something away.
- **Scripture Verse:** Command the rich to do what is good. Tell them to be rich in doing good things. They must give freely. They must be willing to share. 1 TIMOTHY 6:18 (NIRV)

Bottom Line: Give like you’re giving to God.

(Peer example)

I’m excited that we’re going to spend the next few practices talking about generosity. Why am I excited? Because generosity is FUN! Generosity is making someone’s day by giving something away, and making someone’s day is all kinds of awesome.

As soccer players, we know a lot about giving things away, because we have to give—or pass—the ball to each other all the time, don’t we? But that’s just the beginning when it comes to how we can be generous with each other. Yes, there’s the obvious, like giving money to someone who needs it, sharing food with someone who’s hungry, donating our toys and clothes when we’ve outgrown them. Those are all amazing and important ways to be generous.

But we can also be generous with things beyond money and physical gifts. We can be generous with our time, like spending time with someone who is lonely. We can be generous by helping others, like doing extra chores to help around the house without expectation of getting paid or

recognition. You can even choose to be generous with your reputation by sticking up for someone who other people pick on.

And when you choose to be generous, you’re not only making someone’s day, you’re also honoring Jesus. When we give to others with all that we have—like our time, our energy, our love, and our help—it’s like we’re giving to God. And after all that God has given us—our lives, our families, this earth, and the promise of heaven—it feels pretty awesome to give something to God, doesn’t it?

One way you can give to God is by giving to the people He’s created. And wouldn’t it be great if you gave, not to bring honor to yourself, but to bring honor to God. When you give like that, your gifts will take time and planning. They’ll take sacrifice. Your gifts will cost you something. But it’s totally worth the cost, because God is totally worth whatever gifts you can give Him. Show God you appreciate all He’s done for you by loving and giving to other people. We can give like we’re giving to God!

Let’s pray and ask God to help us have generous hearts.

Prayer:

Heavenly Father, we are thankful for all the ways that You are generous toward us. We want to give to You too, so help us be generous toward others in a way that brings YOU honor. Help us not to give so that we get the glory, but to give humbly so that we can truly make someone else’s day, and also show them how great You are. In Jesus’ name we pray, amen.

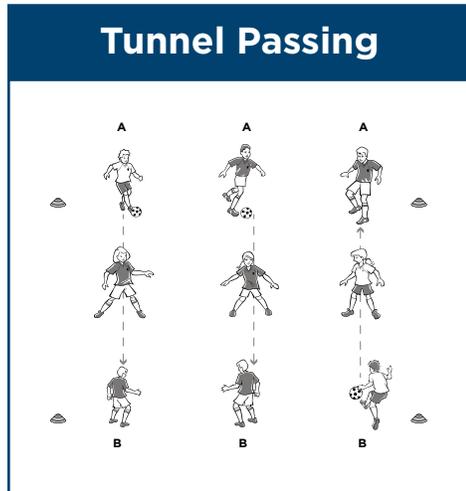


Activity/Game Two (10 minutes)

TUNNEL PASSING

Objective:

Develop passing and coordination skills while having fun



Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball per group of three players.

Setup:

Set up a grid 10 x 10 yards and divide players into groups of three. Line the passers up on opposite sides of the grid facing each other and place the third player in the middle (the tunnel). The tunnel in the middle stands with their legs open to allow the ball to pass through from both passers.

Activity:

- » Player A passes the ball to player B attempting to complete the pass through the tunnel in the middle.
- » Each time a pass is completed through the tunnel the team is awarded a goal!
- » Play each game for one minute and then switch out the players in the middle.

Variation/Progression:

- » Allow players to experience success by using their hands to roll the ball through the tunnel.

Coaching Points:

- » Move players closer together or farther apart depending on their skill levels. Allow them to be successful!
- » Switch players in the middle at least every minute to decrease waiting time.

Rule of the Day

Corner Kick

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away. Emphasize and teach this rule during the scrimmage!

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: Passing
3. Distribute practice cards (if included in your coach box) .
4. Remind parents of next practice/game time and answer any questions parents may have.

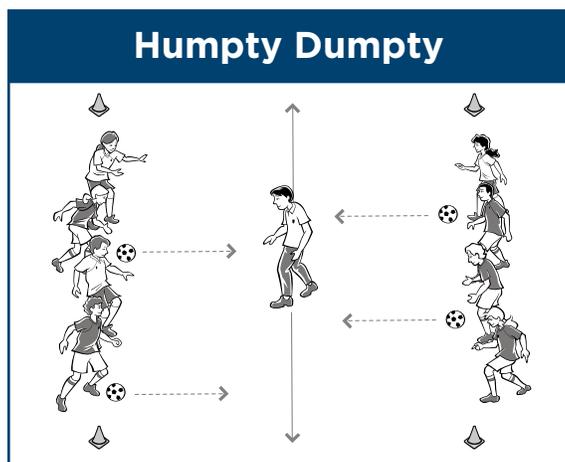
Alternate Activity

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

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.