

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

K5 » Week 6 Practice

Fun Day and Coordination

**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	Group Warm Up	Team Activity	Fun Day Stations	Mid-Practice Huddle	Scrimmage	Post-Practice Huddle
3-5 minutes	8 minutes	10 minutes	15 minutes	8 minutes	10 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.

Group Warm-Up (8 minutes)

COACH TAG

Objective:

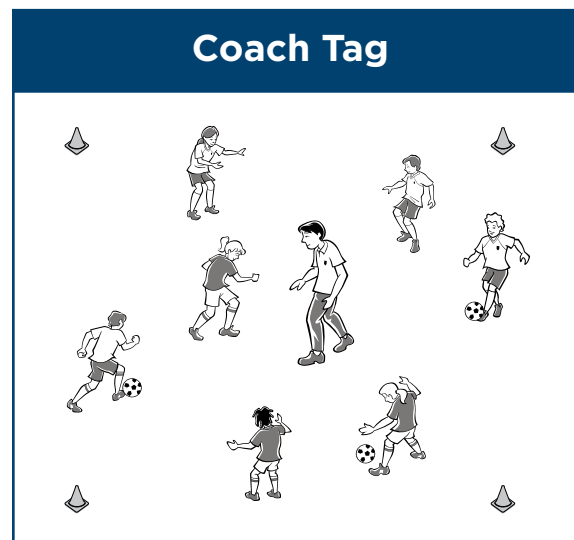
Experience shooting while having fun

Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used. You will need as many balls as possible.

Setup:

Set up a 15 x 15 yard grid and place all players and balls in the grid. Coach stands or is on knees in the middle of grid.



Activity:

1. Players try to tag the coach by using their hands or by kicking a ball and hitting him/her with the ball.
2. Every time the coach is tagged or hit with the ball the players are award 100 points!
3. Ensure that players get to take turns using the ball. Everyone is allowed to tag with their hands as well!



Variation/Progression:

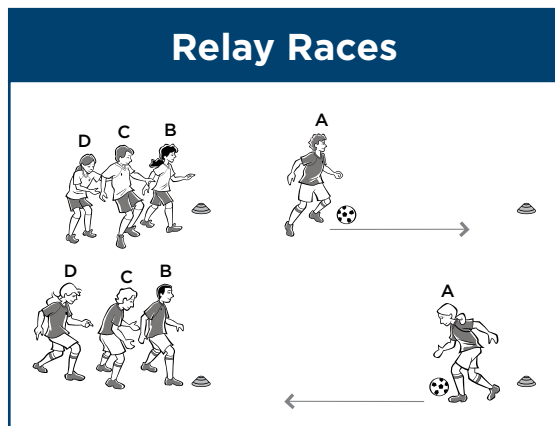
- » Allow players to pick the ball up and pass and throw it with their hands.
- » Require players to move in different ways. (Ex: hop with both feet together, skip, run backward, crawl, etc.)

Team Activity (10 minutes)

RELAY RACES

Objective:

Fun



Equipment Needed:

Four cones and two balls

Setup:

Set up two cones next to each other (five yards apart) as starting cones. Directly across from each cone place two more cones fifteen yards away as finish line cones. Place a ball next to each starting cone. Divide players in two teams and place a line next to each starting cone.

Cone Relay:

- » Player A picks up the ball with hands and runs to the finish line cone, places the ball next to the cone, and runs back and tags player B.
- » Player B runs to the cone with the ball, picks the ball up and carries it back to the next player, who races back to the cone and places the ball next to the cone again.
- » Teams get a point every time the ball gets to the cone and back. Race for one minute and have several races!

Dribble Relay:

- » Player A dribbles the ball with feet from the starting cone to the finish cone and back.
- » Player B then dribbles to the cone and back etc.
- » Teams get a point every time the ball gets to the cone and back. Race for one minute and have several races!

Speed Relay:

- » Player A sprints as fast as possible to the finish cone and back and tags the hand of player B.
- » Player B then sprints as fast as possible to the cone and back etc.
- » Teams gets a point every time a player makes it to the cone and back. Race for one minute and have several races!

Fun Day Stations (15 minutes)

Divide players into groups and rotate each group between stations. Encourage parents to be involved and accompany their children to each station!

Station 1: Throw-in toss

Equipment Needed:

Five cones and one ball.



Setup:

Set up a 3 x 3 yard grid using four cones. Place the other cone five yards away as a starting point. Place the ball at the starting cone.

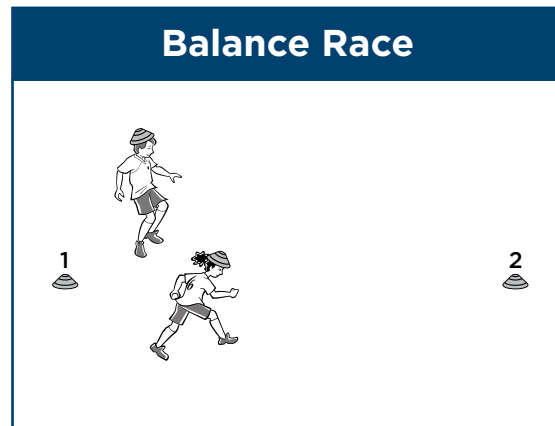
Activity:

- » Player attempts to throw the ball (using correct technique) into the grid without the ball rolling out of the grid. See throw-in rule.
- » A goal is awarded each the time ball lands and stays in the grid.
- » Each player is allowed five attempts.

Station 2: Balance Race

Equipment Needed:

Two cones and two vests (or other object).



Setup:

Place two cones 15 yards apart. Cone 1 is the starting line and cone 2 is the finish line. Place a player on either side of the starting cone, each with a vest in hand.

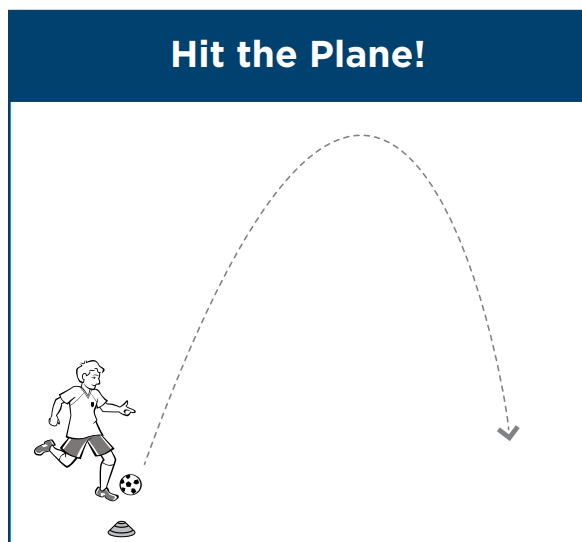
Activity:

- » On coach's signal, players roll up the vest and place it on their head. If you do not have a vest you can use a disc cone or other object to balance.
- » The first 2 players then race as fast as they can from cone 1 to cone 2 and back while balancing the vest on their head.
- » If the the vest falls off their head they must start back at the beginning.

Station 3: Hit the Plane!

Equipment Needed:

One ball and one cone



Setup:

Place a cone on the ground with at least ten yards of space around it. Player holds the ball and stands next to the cone.

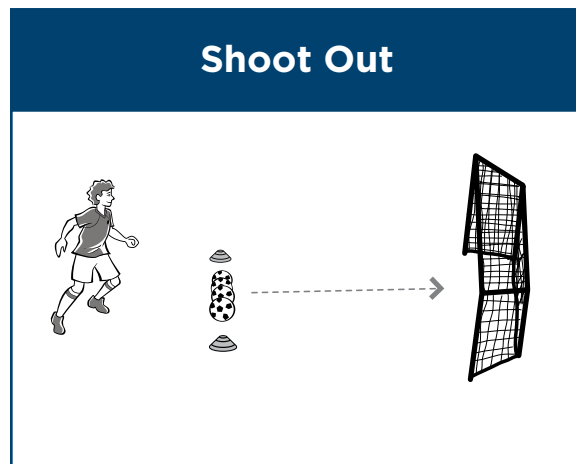
Activity:

- » Player punts the ball as high as possible and tries to hit a plane!
- » Each player is allowed five punts.
- » Two players can go at the same time if necessary.

Station 4: shoot out

Equipment Needed:

Two cones, one goal, and at least two balls (four if possible).



Setup:

Place two cones approximately two yards apart as the shooting line. The shooting line should be five yards away from the goal. Place all the balls (max of four) on the shooting line.

Activity:

- » Each player is allowed to shoot all the balls from the line on the goal.
- » Encourage them to have fun and score!
- » Have them do their best goal celebration after they score!

MID-PRACTICE HUDDLE

Devotion 6

Coach: Do NOT distribute practice cards at this practice.

REVIEW:

- **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: Don't miss your chance to give.

(Biblical example)

We talked last practice about how generosity is making someone's day by giving something away. When Jesus was on the earth, He often told stories to help people understand something, and one day, He told a story about generosity. Or rather, it was a story about someone who missed out on being generous. This man was rich. Very rich. Then, one year later he got even richer when his land produced even more crops than usual. They produced so much food that he had more than his barns could hold.

I wish I could tell you that the man decided to give the extra food away, especially to people who didn't have enough to eat. Or even that he decided to sell it and donate the money to people who needed it. But sadly, that's not how the story goes. No, listen to what the man decided to do. *"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones. I will store my extra grain in them. I'll say to myself, 'You have plenty of grain stored away for many years. Take life easy. Eat, drink and have a good time.'"* (Luke 12:18-19, NIRV)

So I guess the man was set now, right? He had more food, more barns, and the potential for more money. What more could he need? Well, things were about to take a turn for the worse for this rich man. Listen to what happened next in Jesus' story. *"But God said to him, 'You foolish man! Tonight I will take your life away from you. Then who will get what you have prepared for yourself?'"* (Luke 12:20, NIRV)

Yikes. The rich man had been determined to hold onto every single crop instead of giving some away. And now . . . it would do him no good.

Jesus finished up His story by saying this: *"That is how it will be for whoever stores things away for themselves but is not rich in the sight of God."* (Luke 12:21, NIRV) Now, Jesus wasn't saying that if you're not generous, you're going to die right away. His point was that this rich man was so concerned with holding on to what he thought was HIS stuff, that he was missing out on what was really important. None of this stuff was going to save him, and he was missing out on so many great things by not being generous. Think about all the lives he could have changed and friendships he could have made if he had unclenched his hands and gave some away.

You and I have a choice every day. We can hold on to our stuff, hoard the extra, and never share with anyone. Or, we can give freely out of what God has given us, and we will experience the joy that comes with generosity! When you think about the rich man and the barns, I hope you'll remember this simple but important thing: don't miss your chance to give.

Let's pray.

Prayer:

Dear God, thank You for all the ways that You are generous toward us. We don't want to miss our chance to give! Help us to live our lives with open hands—freely giving to others from the things that You have given us. In Jesus' name we pray, amen.



Scrimmage (10 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:
Coordination
3. Distribute practice stars (if included in your 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.

