

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### K5 » Week 7 Practice

#### Practice, Coordination and Shooting

*\*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	Scrimmage	Post-Practice Huddle
3-5 minutes	7 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.

#### Team Warm-Up (7 minutes)

#### CIRCUS TRICKS

##### Objective:

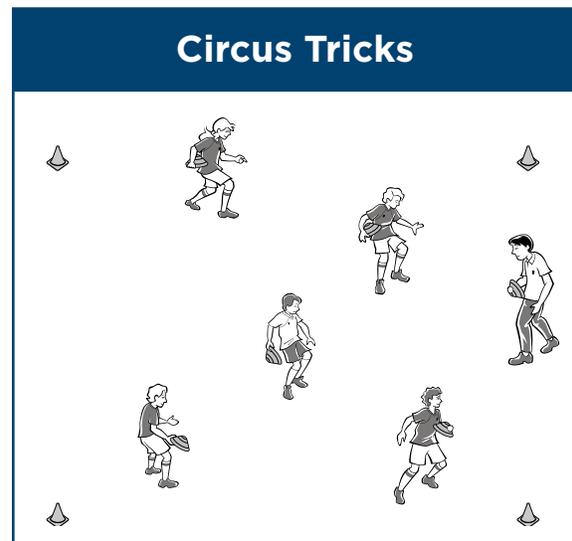
Teach players basic coordination while having fun

##### Equipment Needed:

One vest (or object such as a shirt or cone) for each player

##### Setup:

Have all players stand in front of the coach with space in between each player (no particular order). Each player and coach needs to be holding a vest or object.



##### Activity:

1. Demonstrate the following circus tricks and have players attempt to do those tricks:
  - » Throw the vest in the air and catch it.
  - » Place object on your head and lean back so it falls behind you, then try to catch it before it hits the ground.
  - » Bend over and throw the object between your legs and then try to turn and catch it before it hits the ground.



2. After demonstrating these four basic tricks progress to the variations.

### Variation/Progression:

- » Throw the object in the air and catch it while standing on one foot. Switch feet to work on balance with each leg. Throw the object in the air, turn around and catch it.
- » Roll or ball up the vest and balance it on your head, lean backward so the vest falls behind you then bend over and attempt to catch it between your legs before it hits the ground.
- » Bend over and throw the vest between your legs from behind and then try to catch it in front of you.

### Activity:

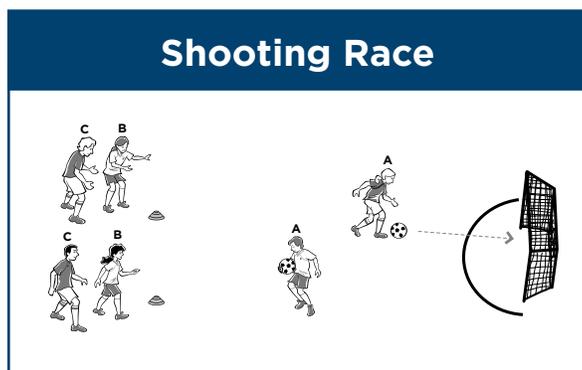
- » Player A from each team dribbles the ball as quickly as possible and shoots the ball into the goal. The shot must be taken from behind the arc in front of the goal.
- » After player A shoots the ball he/she must pick the ball up and run it back to player B who is waiting next in line.
- » Both lines should go at the same time and race each other.
- » Each time a player scores a goal they get 100 points! This will motivate players to score a lot.
- » Play each game until all players have gone twice. Play several games and challenge players to go faster each time!

## Activity/Game One (10 minutes)

### SHOOTING RACE

#### Objective:

Develop soccer-oriented coordination through dribbling and shooting



#### Equipment Needed:

Two cones, one goal, and two balls

#### Setup:

Set up two cones 15 yards from the goal and place a line of players behind each cone. The first person in each line should have a ball.

## MID-PRACTICE HUDDLE

### Devotion 7

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

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#### 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:** Look for creative ways to give.

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*(My world example)*

Generosity is making someone's day by giving something away. God has a lot to say to us in the Bible about being generous. I want to share one of those verses today. It also happens to be our memory verse this month. 1 Timothy 6:18 says, *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*" (NirV).

Now, I think I might have an idea of what you're thinking. The verse says, 'command the RICH to do what is good.' And I imagine that most of you are thinking, well, that doesn't apply to me. I'm just a kid. I'm not rich. But I'm here to tell you today that you ARE rich. Just maybe not in the way that you think of being rich. This isn't about money. It's about much more than that.

Name a toy that you used to play with, but you outgrew? *(Let the kids respond.)* Okay, if I held up that toy and asked you how you could be generous with it, you'd probably think that you could give it away. After all, you don't use it anymore, right? And that would be a great thing to do with it for sure. But let's take this a step further. What if you were to do something really creative with it instead?

Like . . . play with your little brother or sister. Or maybe there's a mom in your neighborhood who has a lot of little kids, and they could use a big kid like you to come play *(toy name)* with them sometimes.

Or what if I had a box of macaroni and cheese or a box of brownie mix. How could you use those to be generous? *(Let them respond for a minute or so.)* Yes, you could use these to make a meal for someone. Maybe you could offer to help your mom or dad make dinner to give them a break. Or you could ask your parent if you could look in your pantry at home to see if you have any extra food you don't need that you could donate to a local food pantry where they help people who don't have enough food.

You can be generous in good deeds without spending a dime! And those good deeds often mean more to someone than an expensive gift ever would. It just takes a little bit of creativity to be generous.

So this week, look for creative ways to give. Let's ask God to help us.

#### PRAYER:

*Dear God, thank You for all that You have given us. Sometimes we may feel we don't have a lot extra to be generous with, but the truth is, we all have SOMETHING we can share with others to make their day. Help each of us look for creative ways to give. In Jesus' name we pray, amen.*

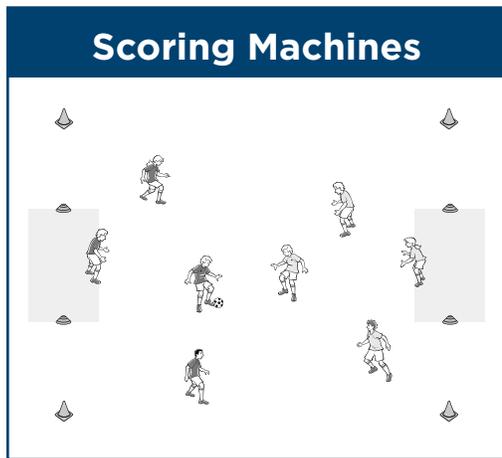


## Activity/Game Two (10 minutes)

### SCORING MACHINES

#### Objective:

Develop confidence through scoring goals



#### Equipment Needed:

Cones to set up grid (optional), or field lines can be used. You will need four cones to set up big goals.

#### Setup:

Set up a 10 x 15 yard grid with a goal on each end. Use cones to set up a large goal approximately four yards wide. Divide players in two teams.

#### Activity:

- » Players play a regular game trying to score as many goals as possible.
- » Play the game until everyone on the team has scored!
- » Do not let the same players score all of the goals.
- » The big goals will allow all players to have success and score which will build confidence and create enjoyment!

#### Variation/Progression:

- » Place a time limit for everyone on the team to score. First team to have every one score wins!

## 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: Coordination and Shooting
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.

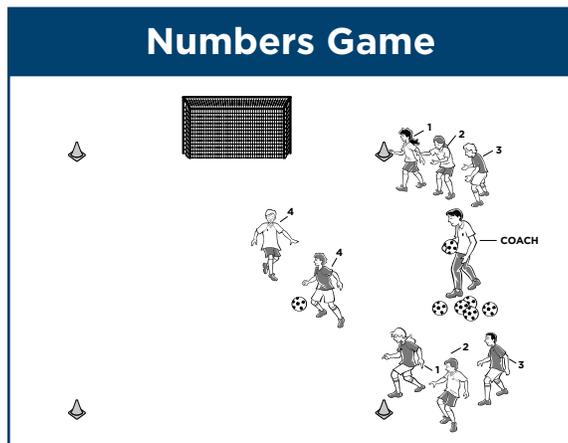
## Alternate Activity

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

### 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 also 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!