

PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



4V4 SOCCER COACH SIDELINES

K5 » Week 8 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)

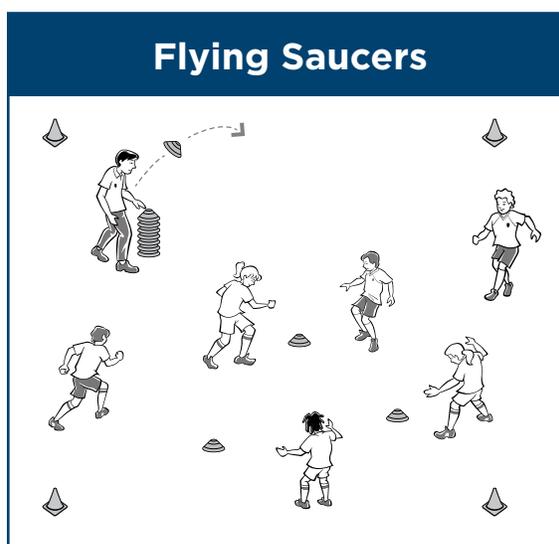
FLYING SAUCERS

Objective:

Develop basic coordination

Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used. Stack of cones for coach to use as flying saucers. Soccer balls (only if you have enough for each player to have one).



Setup:

Set up a 15 x 15 yard grid and have all players spread out in the grid. The coach has a stack of cones and is in the grid with players.

Activity:

1. On the coach's signal, players begin jogging around the grid trying to get away from the coach.
2. The coach lightly tosses cones (flying saucers) at players.
3. If a player is hit by a flying saucer then they have to stop and do three jumps with both feet together back and forth over the cone.

Variation/Progression:

- » Have players move in different ways through grid. (Ex: *hop, skip, crawl, run backward, crab walk, etc.*)
- » If you have enough soccer balls for everyone to have their own, progress to having players dribble the ball with their feet as they try to avoid the saucers.

Activity/Game One (10 minutes)

FOLLOW THE LEADER

Objective:

Develop coordination and ball control



Equipment Needed:

One ball for the coach and one ball for every two players. For this game it would be best if everyone has a ball however, players can share and take turns.

Setup:

All players and the coach line up single file. The coach stands at the front of the line as the leader.

Activity:

1. The coach begins a slow jog in any direction and performs different actions for players to imitate. Begin without a ball at first! Example of actions:
 - » Change speeds (slow, fast, walk)
 - » Hop, skip, jog backward, crab walk, drop and roll, jog while lifting knees as high and quick as possible, etc.
 - » Zig-zag back and forth, jog in slow motion
2. All players in line must try to stay together and imitate what the leader is doing!
3. Progress to using a ball while jogging.

MID-PRACTICE HUDDLE

Devotion 8

Practice Card Reminder: If included in your coach box, remember to distribute the practice cards entitled “Practice 8.”

If this is your **next to last practice, be sure distribute a copy of “The Second Chance” DVD (if included in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the video will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on “The Second Chance” tab. Also, at your **last practice**, be sure to use the last practice devotion guide found on MyUpward.org.*

Introduce:

- **Virtue:** FORGIVENESS - Deciding that someone who has wronged you doesn’t have to pay.
- **Scripture Verse:** Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you. COLOSSIANS 3:13 (NIRV)

Bottom Line: When you don’t forgive, you miss out.

(Peer Example)

There are some things about following God that aren’t that hard to do like being generous or kind. But then there’s . . . forgiveness. Forgiveness is deciding that someone who has wronged you doesn’t have to pay. And I’ll be honest; forgiveness is one of the hardest things for me to do sometimes. But we know it’s possible because God has asked us to do it, and He doesn’t ask us to do something that’s impossible!

God wants you to forgive because He knows something important: when you don’t forgive, you miss out. What do you miss out on? Well, you might miss out on something fun, or on a relationship that is really important in your life. It’s

awfully easy to hold onto the wrong things other people have done. Maybe you and someone on our team have a disagreement and you can’t seem to get past it. Think of the things you could miss out on: friendship with a teammate, a unified team, and maybe even winning a game. It’s hard to play well together when teammates are mad at each other, right?

Or, maybe your mom says you can have ice cream after you and your sister clean your room. You spend two hours doing an awesome job, but your sister takes like two minutes. Mom takes you BOTH for ice cream, but you’re so mad at your sister for not doing all the work, that you don’t even enjoy your mint chocolate chip.

Or your friend borrows your favorite game and accidentally drops it in the dog’s water dish. You’re so angry you decide not to invite him to sleep over this weekend after all. And you miss out on a really fun time!

In any of these cases, choosing to forgive would make all the difference between you being miserable and you getting to enjoy a fun time with friends or family. That’s why it’s so important to remember that when you don’t forgive, you miss out!

Forgiveness isn’t about being fair. It’s about remembering that God has forgiven YOU. And because of your love for God and through God’s power, you can forgive others. It’s not easy, but it’s always worth it!

Let’s ask God to help us forgive each other so we don’t miss out.

Prayer:

Dear God, thank You for forgiving us for the things that we do wrong. We’ve all been the person who has messed up and made bad choices and needs forgiving. But we’ve all also been the person who had to forgive someone who messed up and hurt us. Just like we need to be forgiven by You, we also need to forgive others. Please help us to do that so that we don’t miss out on the things You want for us and the relationships that we could enjoy. We love you. In Jesus’ name we pray, amen.

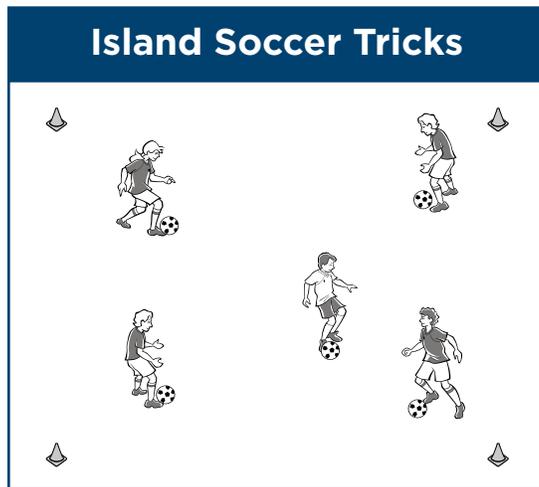


Activity/Game Two (10 minutes)

ISLAND SOCCER TRICKS

Objective:

Develop coordination and learn new ball skills



» **Bounce and Catch:** squash the bug and then quickly pick the ball up with your hands and bounce it as high as you can and try to catch it before it hits the ground, then resume dribbling.

» **Heel Trick:** squash the bug and then kick the ball backward with the heel of your foot, then resume dribbling.

3. Award 100 points every time a player performs a trick correctly! This will motivate them to try a lot of tricks.

4. Place emphasis on staying on the island and scoring a lot of points!

Equipment Needed:

Cones to set up grid (optional) or field lines can be used. You will need one ball for every two players. If there are enough soccer balls available, give every player their own ball.

Setup:

Set up a 15 x 15 yard grid with players spread out in the grid. If there are only enough balls for every two players then have one player jog with partner and take turns performing each trick.

Activity:

1. Begin simple by having players dribble around the island however they want. Remind them they have to stay within the island (grid) or they will fall in the water!

2. Designate the following tricks for everyone to perform on the coach's signal:

» **Squash the Bug:** stop the ball with the bottom of your foot as if you were squashing a bug, then resume dribbling.

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 cards and green practice stars (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.

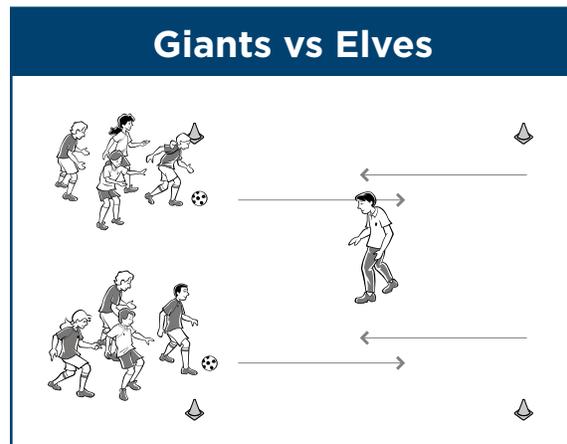
GIANTS VS ELVES

Objective:

Develop coordination with a ball

Equipment Needed:

Cones to set up grid (optional) or field lines can be used. Use at least two balls.



Setup:

Set up a 15 x 15 yard grid. The coach will be the “giant”. The rest of the players are “elves”. Place all the “elves” in two lines (with a ball) behind one end of the grid. The “giant” (coach) will be in the middle of the grid.

Activity:

- » On the coach’s signal, the first two players in each line pick the ball up and attempt to run to the opposite side of the grid and back without being tagged by the giant.
- » If an elf is tagged by the giant they must sit down and stand back up as quickly as possible before they can continue running.
- » Once an elf has made it to one end and back they will give the ball to the next elf in line.
- » Always allow players to use their hands for the first few games.
- » Purposefully miss tagging players at first to allow them to experience success.

Variation/Progression:

- » Players dribble the ball with their feet across the grid.
- » Allow everyone to go at one time.