

# PLAY WITH PURPOSE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY



## 4V4 SOCCER COACH SIDELINES

### K5 » Week 9 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)

##### TEAM RELAY

##### Objective:

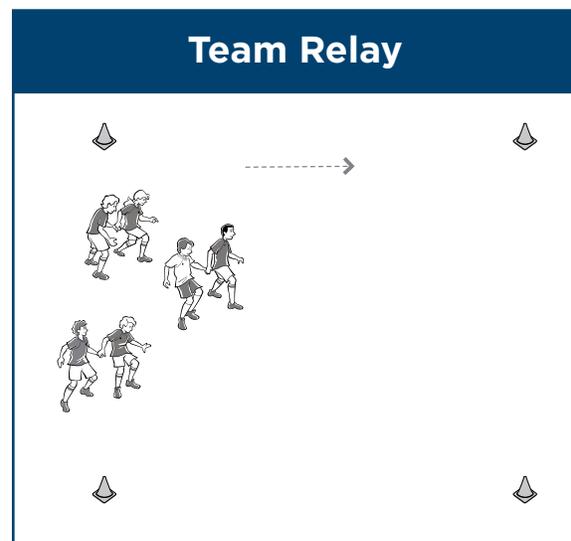
Teach players basic coordination and teamwork

##### Equipment Needed:

Cones to set up grid (not necessary) or field lines can be used.

#### Setup:

Set up a 15 x 15 yard grid with cones. Divide players into teams of two. Line up all players behind one side of the grid.



## Activity:

1. Each team will hold hands with their teammates and race to the other side of the grid and back. If players let go of their teammate's hand they must stop racing until they grab each other's hand again.
2. Progress to variations to keep players interested and to develop teamwork and coordination!

## Variation/Progression:

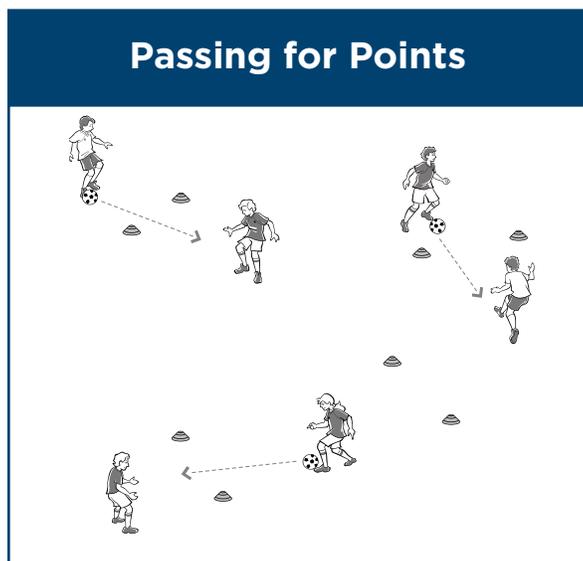
- » Have players move in different ways across the grid while holding hands. (*Ex: hop with both feet together, skip, run backward, etc.*)
- » Have teammate's link arms and race while trying to stay linked.
- » At the end have everyone hold hands and try to race down and back without coming apart!

## Activity/Game One (10 minutes)

### PASSING FOR POINTS

#### Objective:

Develop teamwork and passing while moving



## Equipment Needed:

One ball for every two players and eight cones.

## Setup:

Use two cones to set up a gate that is one yard wide. Set up four gates in different places no more than five yards from each other. Divide teams in groups of two with a ball for each pair. Have each group start by a gate with their ball.

## Activity:

1. Players jog together (dribbling or passing together) trying to score points by passing the ball through a gate. There is no out of bounds.
2. Each time the ball is passed through the gate the team is awarded 100 points.
3. Play each game for one minute with teams trying to score as many points as possible. Players must score in a different gate each time.

## Variation/Progression

- » Allow players to use their hands (as a reward) to carry and pass the ball. Points are scored when the ball is rolled on the ground from one player to the other through the gate.
- » Coach stands in the middle with feet apart as the bonus goal. The bonus goal is worth 500 points!

## MID-PRACTICE HUDDLE

### Devotion 9

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

*\*If this is your **next to last practice**, be sure to 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.*

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### Review:

- **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:** God forgives you.

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*(Biblical example)*

I want you to imagine that one of you didn't show up to practice tonight. Let's say it was [name of a kid on the team]. It would be a bummer, right? But we'd still keep practicing, right? Because we would assume that you're okay at home with your family, you're probably just not feeling well. But what if you didn't show up again the next practice? Well, I'd start to get worried and I'd definitely call your mom or dad and check up on you. Because you're a part of this team, and I want to know that you're okay!

Jesus told a similar story once about a farmer who didn't know where one of his sheep was, and what the farmer's response was. Let me read to you what Jesus said. *"Suppose one of you has 100 sheep and loses one of them. Won't he leave the 99 in the open country? Won't he go and look for the one lost sheep until he finds it? When he finds it, he will joyfully put it on his shoulders and go home. Then he will call his friends and neighbors together. He will say, 'Be joyful with me. I have found my lost sheep.'"* (Luke 15:4-6, NIRV)

You might be thinking, that's a pretty sweet story, but what does it mean? Well, I'm not sure if you caught on to this, but the shepherd in the story Jesus told is God. And God wants us to know that like that lost sheep, there is nothing that we've ever done or ever will do that is so terrible He can't forgive us. Nothing is too big for God's forgiveness. And He loves you so much that He will always come and find you.

The fact is, we've all messed up. We've made mistakes. We hurt other people. But God wants to forgive us for everything. Maybe you've never asked God for His forgiveness before. Maybe you never even knew you needed it! That makes this a great time to ask God to forgive you for the wrong things you've done. If you aren't sure where to start, talk with someone who's following God already, like one of your coaches or a family member.

Or maybe you've already asked God for His forgiveness. That's awesome! But it doesn't mean you don't still make mistakes. Don't forget to ask God for His forgiveness each day.

### Prayer:

*Dear God, thank You for loving us so much that You would have sent Jesus to save even just one of us! We know that we all mess up, and that we need your forgiveness. Help us to remember that You love us no matter what, and that means we can be honest with you. We don't need to hide or runaway when we do things wrong, because You will forgive us, we only need to ask. We love You. In Jesus' name we pray, amen.*

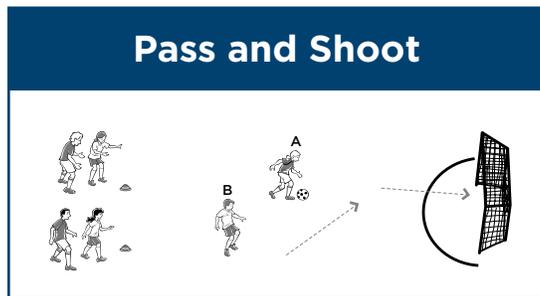


## Activity/Game Two (10 minutes)

### PASS AND SHOOT

#### Objective:

Work together as a team to pass and shoot



#### Equipment Needed:

Two cones, one goal, and one ball for each pair of two (can use fewer balls if necessary)

#### Setup:

Place two cones approximately two yards apart to establish a starting line. The starting line should be 15 yards from the goal. Divide players in teams of two and place all teams behind the starting line.

#### Activity:

1. On coach's signal, players advance the ball toward the goal by passing back and forth. Each team must complete three passes before they can shoot!
2. Players must take turns taking the shot. (Ex: Player A and B pass together down the field and player A shoots the ball. The next time player B shoots the ball.)
3. Encourage teams to do a celebration after they score!

#### Variation/Progression:

Allow players to use their hands to pass the ball back and forth and throw it into the goal.

## 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.

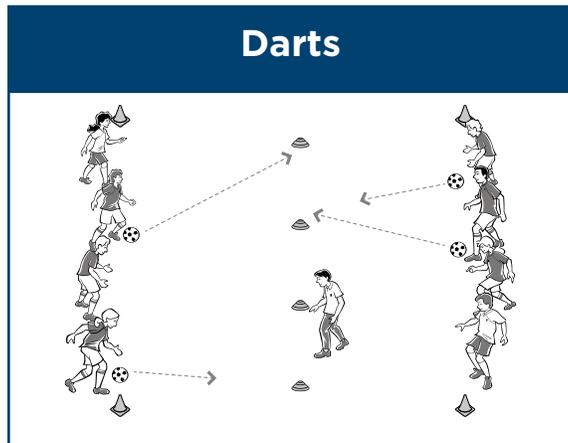
## Alternate Activity

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

### DARTS

#### Objective:

Develop passing skills while having fun



#### Equipment Needed:

Four cones, four objects (for targets), and as many balls as possible

#### Setup:

Set up a 10 x 10 yard grid using the four cones. Place a row of any four objects (cones, vests, balls, shoes) through the middle of the grid to be used as targets. Divide the players into two teams with an equal amount of balls (darts) on each team. Teams will be on opposite sides of the grid and must remain behind their line.

#### Activity:

- » Team 1 and 2 (at the same time) attempt to pass or shoot the ball at the targets (vests).
- » A goal is scored every time a target is hit!
- » The coach will stand in the middle to retrieve balls that get stuck in the middle.

#### Variation/Progression:

- » Have players pick the ball up and kick (punt) it in the air towards the targets.
- » At the end of the game play a bonus round with the coach as the target.

#### Coaching Points:

- » Ensure that all players remain behind their line when passing the ball.
- » If everyone does not have a ball, require players to take turns so no one is left out!