



Week 4

Emphasis This Week: *Dribbling Technique with the Outside of the Foot*

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 (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 up at the middle of your practice area.

How to Teach Dribbling Technique with the Outside of the Foot

With knees slightly bent, use the outside of your foot to tap the ball in the direction you want. Attempt to “wrap” the outside of your foot around the ball. Keep the ball close to your foot and body so you have it under control. Try to look up every few steps so you are aware of your surroundings. Begin as slow as necessary (even walking)! Only increase speed as you are more comfortable with the ball. Begin with using right foot only, then left foot only, and then progress to using both feet (switching from left to right every few steps).

Teaching the Skill (5 minutes)

Dribbling with the Outside of the Foot

Objective:

Introduce dribbling technique with the outside of the foot

Equipment Needed:

One ball for the coach and one ball for every two players

Activity:

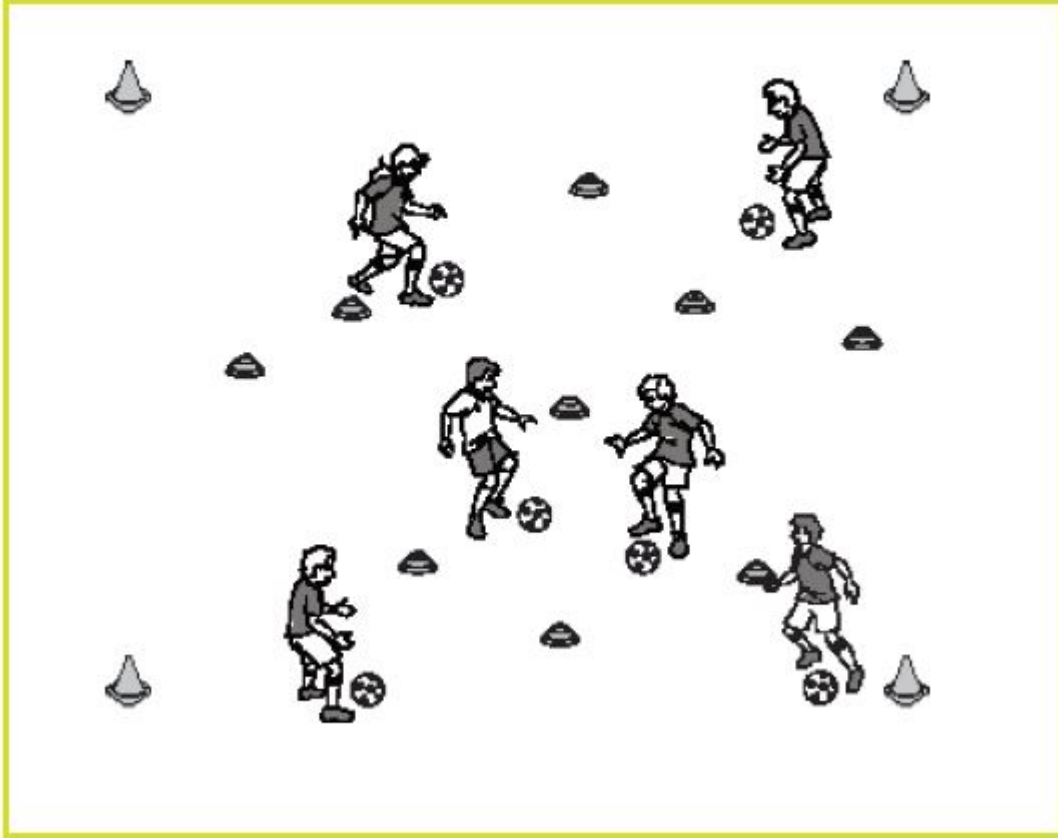
With coach in the front, walk around the field dribbling with right foot only, then left foot only, and then with both feet. Have players without a ball take turns with players with a ball. Switch often! Encourage players to look up every few steps. Progress to a slow jog while keeping the ball under control. Take a few laps around the field to teach players basic dribbling

Team Warm-Up (5 minutes)

Dribbling Quicksand

[VIDEO DEMONSTRATION - Click Here](#)

Dribbling Quicksand



Objective:

Develop dribbling technique while having fun

Equipment Needed:

Four cones and eight objects (Ex. practice vests, shoes, cones). You will need one ball for every two players.

Setup:

Set up a 15 x 15 yard grid with all players spread out inside. Place objects throughout the grid. Divide players into groups of two with player 1 beginning with a ball and player 2 running without a ball.

Activity:

Players dribble the ball with their feet (using inside and outside) through the obstacle course avoiding the quicksand (objects). Players without a ball run through the course avoiding other players and quick sand! Switch players with a ball after each minute long game. If a player runs into quick sand, they must do five jumping jacks before continuing. Players must use the inside and outside of their foot to control the ball. See progressions and variations.

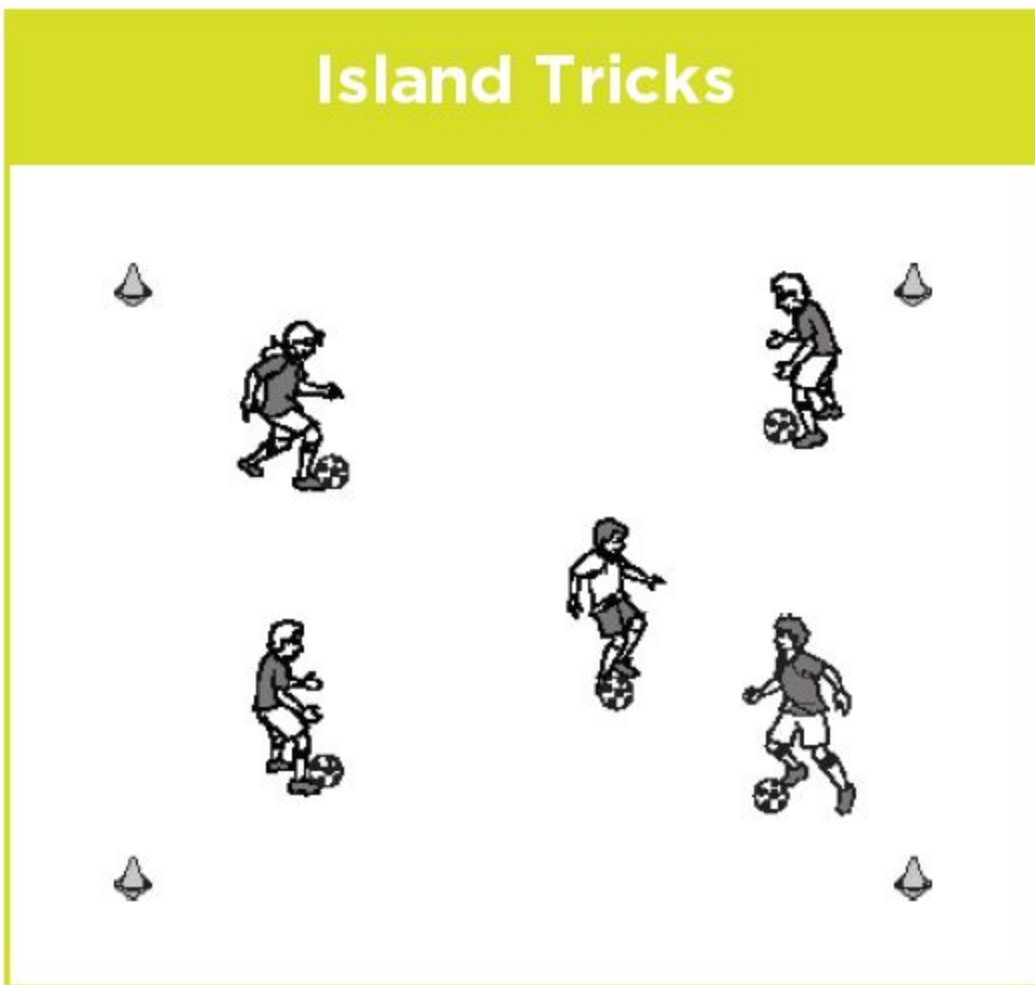
Variation/Progression:

Use one foot at a time. Start with right foot for thirty seconds, then switch to left foot for thirty seconds, and end by allowing them to use both feet switching from left to right after every few steps. The coach becomes a "giant" in the quick sand pit chasing all the players around. If a player is tagged by the "giant" they do one pushup before they can resume dribbling.

Activity/Game One (10 minutes)

Island Tricks

[VIDEO DEMONSTRATION - Click Here](#)



Objective:

Develop coordination and learn new ball skills

Equipment Needed:

Cones to set up a 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 a partner and take turns performing each trick.

Activity:

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! 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 quickly resume dribbling; Sole Roll: place the bottom (sole) of your foot on the ball and roll the ball from one side to the other. (Ex: If using the right foot, roll the ball from your right foot, across your body toward your left foot.); Around the World: squash the bug to stop the ball and then move one foot completely around the ball. Start from the inside of the ball and move the foot completely around to the outside of the ball and then resume dribbling with opposite foot; Award 100 points every time a player performs a trick correctly! This will motivate them to try a lot of tricks.

PRACTICE DEVOTIONS BIBLICAL VIRTUES: PRACTICE 4

Coach: Do NOT distribute practice cards at this practice

Review:

Virtue: **INDIVIDUALITY** - Discovering who God made you to be so you can make a difference.

Scripture Verse: How you made me is amazing and wonderful. I praise you for that. Psalm 139:14 (a) (NirV)

Bottom Line: When we use our gifts together, we can make a greater impact.

Introduction:

So you guys probably remember that we've been talking about individuality. Individuality is discovering who you are meant to be so you can make a difference. But guess what? It doesn't stop there. You also need to learn how to use your gifts along with other people's gifts so that you can make an even bigger difference.

This is very true for our team. If we don't all work together, we don't succeed! No matter what sport you participate in, working with others is a must. That's what being a team is all about—working together to accomplish a goal.

The same is true in other areas of your life. One of the main reasons God made us all as unique individuals is because he knew that we needed each other. Because you (point to one of the kids) might be better at something than I am. And you (point to another child) might excel at something he (point to the first child) doesn't like to do. We need each other. We can help each other do something much better and have a greater impact when we use our individual gifts and work together. When we use our gifts together, we can make a greater impact.

I mean, think about it. You are only one person. There are limits to what you can accomplish. God made you to work with others so that you can do more than you could ever do alone.

Discussion Questions

(1st-2nd Grade)

- Name one of your friends you enjoy spending time with. What do you like about them?
- How might that skill or ability help someone else?

Prayer

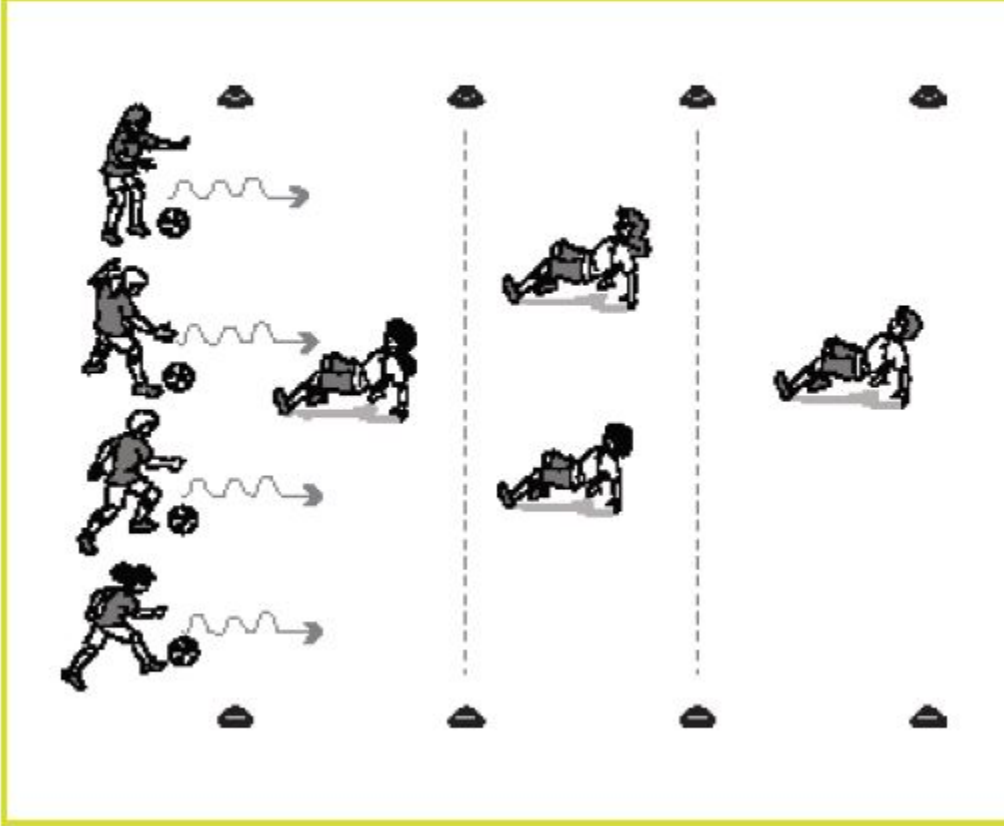
God, we thank you for this team. Thank you for bringing together a group of individuals who want to work together for a common goal. Help each of us to learn how to work with one another in ways that honor you. We love you. Amen.

Activity/Game Two (10 minutes)

Dolphins and Crabs

[VIDEO DEMONSTRATION - Click Here](#)

Dolphins and Crabs



Objective:

Practice correct dribbling technique

Equipment Needed:

Eight cones to set up a grid and one soccer ball for every two players

Setup:

Create a 15 x 15 yard grid. Divide players into two teams: Crabs (defenders) and Dolphins (attackers). Each "dolphin" should have a ball and line up on one end of the grid as a group. The "crabs" are positioned throughout the grid moving in the crab-walk position.

Activity:

On the coach's signal, the "dolphins" attempt to dribble from one side of the grid to the other without losing their ball to a "crab." Players must use the inside and outside of the foot. If a player

loses the ball to a "crab" he/she must perform five jumping jacks before continuing to dribble. A goal is scored every time a player gets from one side to the other without being intercepted by a "crab". Play for one minute and then switch "crabs" and "dolphins."

Rule of the Day

Goal Kick

When the attacking team kicks the ball over the goal line or if the ball comes to a stop within the shooting arc before entering the goal, a goal kick is awarded to the defending team. The ball should be placed on the end line/goal line, five yards from the shooting arc on the side in which the ball went out. The defending team must be at least ten yards away from the player taking the goal. K5 and first- and second-grade divisions must retreat behind midfield until the ball is kicked.

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)

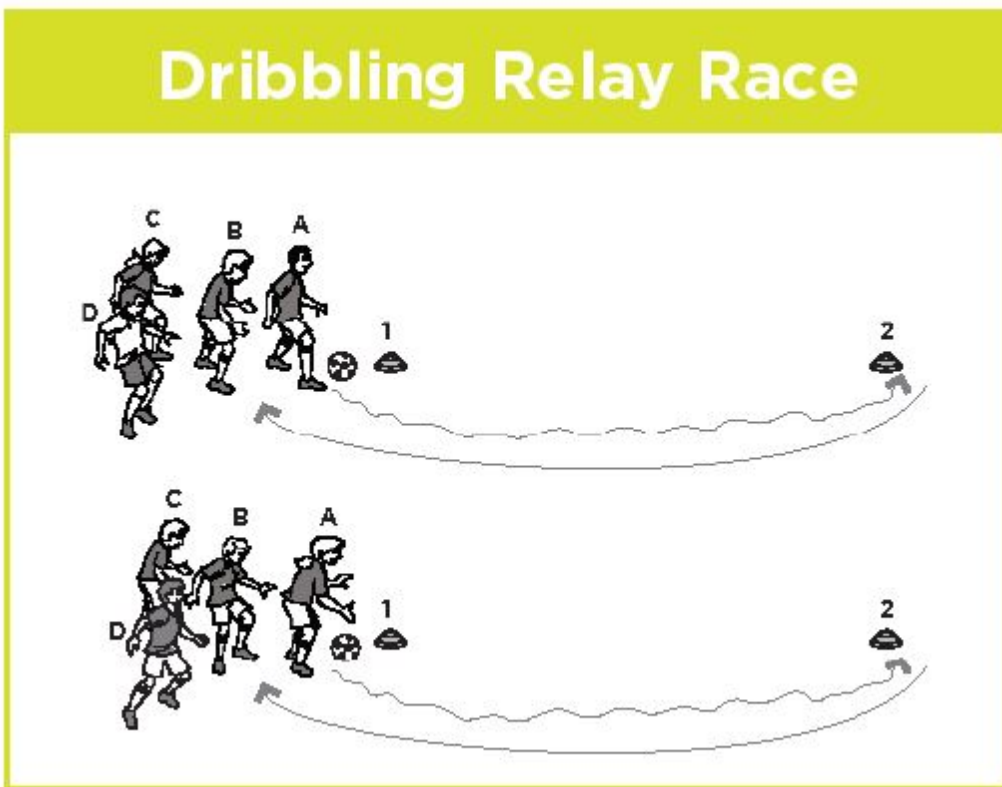
1. Gather players and parents for this meeting.
2. Review the learned skill from practice: Dribbling
3. Distribute practice stars (if included in your coach box).
4. Do NOT distribute practice cards (if included in your coach box).
5. Remind parents of next practice/game time and answer any questions parents may have.
6. End practice with a closing such as having players circle up to name one thing they learned, one thing they appreciate about their team or an end of practice chant such as one, two, three and then the team name.

Alternate Activity

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

Dribbling Relay Race

[VIDEO DEMONSTRATION - Click Here](#)



Objective:

Develop coordination and dribbling

Equipment Needed:

Four cones and two balls

Setup:

Place two cones approximately ten yards apart (create two lines). Each ball should be placed at the two starting cones. Divide players in two groups.

Activity:

Player A dribbles the ball with his/her feet and races to cone 2, then picks the ball up with his/her hands and races back to player B who completes the same task. Each player must go twice and then sit down as fast as possible. First team with all players sitting wins the game!

Variation/Progression:

Dribble to cone 2 running forward and then pick the ball up and run backward to cone 1. If players are successful with the above activities, allow them to dribble all the way to cone 2 and back using their feet the entire time.