



SOCCER CLINIC

M A N U A L

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MISSION AND PASSION

God has given us a mission to creatively communicate the Gospel (John 3:16), The Greatest Story Ever Told, through colors placed on sports balls and other resources.

We have a passion for modeling and training other believers to use sports (or any other activity) as a platform in their communities and around the world so that every person can hear and understand John 3:16 - "For God so loved the world, that He gave His One and only Son, that whoever believes in Him shall not perish but have eternal life."



COACHING PHILOSOPHY

GOAL OF COACHING

We use fun games to teach the fundamentals of the sport. Teaching the basics of each skill to players through fun and interactive games geared towards each skill. We strive to make sure every player is involved and practices through repetition. Players will grow the most in their ability when they are having fun, staying engaged, and repeating basic skills!

More than soccer skills, we value growth in Christ-like character. As believers, sport is a tool we have been given to use for God's glory. In the same way that each player will make their own technical decisions, they will also make character decisions on and off the field. Scripture is clear on how we are to live as followers of Jesus, and these truths apply to our lives as coaches and athletes!

BASICS OF COACHING

- #1 **Hold Their Attention!** Eliminate distractions such as noise, sun, wind, or other activities in the area.
- #2 **Be Prepared!** Know what skill you will teach and what games you will play. Make sure to set up early and ensure adequate space.
- #3 **Be Enthusiastic!** However enthusiastic you are in your words, actions, and demeanor will be reflected by your players.
- #4 **Always Encourage!** Every player's growth is important, and you will get better results by encouraging everyone.
- #5 **Have Fun!** Enjoy the games and time with the kids.
- #6 **Cover the Rules!** Make sure you explain the rules so that players will understand what you expect of them.
- #7 **Teach Basics!** Plan to cover basic skills such as dribbling, passing, and shooting.

THE GREATEST STORY EVER TOLD

We have a passion for you to share the truths of John 3:16 through the colors placed on our sports balls and other resources so that every person hears and understands John 3:16 - "For God so loved the world, that He gave His One and only Son, that whoever believes in Him shall not perish but have eternal life."

Soccer is an excellent platform from which to share the Gospel and life lessons for everyday living.

WHAT THE COLORS MEAN

Soccer is an excellent platform from which to share the Gospel and life lessons for everyday living. We must see the J316 resources, not only as evangelistic tools, but as discipleship tools as well!

See our booklet, "The Greatest Story Ever Told," for additional detail on how to share the gospel through our sports balls. Below is a basic overview of what each color represents.



THE GREATEST STORY EVER TOLD



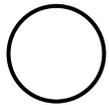
Gold. The color gold represents God and heaven. God created us to live with Him forever. There was no pain, sadness, or death in the world God made. Everything was good!



Dark. The dark color represents our sin. People chose sin over God, and our sin separated us from God. Sin is anything we do, say, or even think or feel that displeases God. Everyone has sinned!



Red. The color red represents God's love for us. Jesus is God's perfect Son. He is God. Jesus is the only person in all of history who ever lived without sin. He took the punishment for our sins on Himself when He died on the cross. His blood cleanses us from all sin. Jesus brought us everlasting life when He rose from the dead three days later. Jesus offers forgiveness!



White. The color white represents God washing our sins away. Jesus offers forgiveness to anyone who would accept it. John 3:16 says, "whoever believes in Him" will have everlasting life. Our sins are washed away. We become part of God's forever family!



Green. The color green represents our growth in Christ. When you become God's child, His Holy Spirit comes into your life and helps you grow to know him better. He helps us choose God over sin!



Gold. The color gold represents God and heaven. We started off with gold, and we end with gold. Jesus reconciles us with God so that we can once again look forward to living with God forever where there will be no pain, sadness, or death again. Everything will be good!

THE GREATEST STORY EVER TOLD

TIPS FOR SHARING

Get to know the storyline of the tracts so that you can confidently share the truths represented by the colors.

Be sensitive to the culture you are in as to what significance the colors may mean.

Memorize John 3:16 and encourage the players to do the same. A fun activity is to ask the players to see how fast they say John 3:16 without any mistakes - kids love a challenge!



PREPARING FOR A J316 SOCCER CLINIC

EQUIPMENT

- 2-3 water coolers and cups. It is important to have plenty of water so players can stay hydrated.
- Fun snacks. Players will need snacks to eat during snack time. Make sure you account for food allergies any of the players might have.
- Small goals. Pugg pop-up goals or 4x6 goals (no bigger than 12x6). If no goals are available, use cones or whatever will work.
- J316 balls. Ideally, you will have one ball for each player or at least one ball for every 3 to 4 players.
- Cones. 9-inch standing and/or small disc/marker cones
- Scrimmage vests. Have at least two different colors.
- Whistle. The coach will need a whistle for gameplay.

COACHES AND VOLUNTEERS

Coaches will oversee the selection and pace of the games throughout the clinic. It is best to have at least one coach for every 30 to 40 players.

Volunteers assist the coach by working with the kids who need help and ensuring kids are engaged and following the rules. It is best to have at least one volunteer for every 6 to 8 players.

RUNNING A J316 SOCCER CLINIC

SCHEDULE AND LOGISTICS

Sample Schedule for J316 Soccer Clinic

TIME	ACTIVITY
9:00am - 9:20am	Assembly - Welcome - Pray - CVK
9:20am - 9:40am	Skill / Move of the Day
9:40am - 10:30am	Group Fun Games
10:30am - 11:00am	Team Talk / Snack Time
11:00am - 11:25am	Ladder Tournament
11:25am - 11:50am	World Cup
11:50am - 12:00pm	Final Assembly (Memory Verse)
12:00pm	Dismissal / Lunch

RUNNING A J316 SOCCER CLINIC

WATER BREAKS

Have water breaks scheduled at appropriate times. Do all water breaks together, rather than having players run off to get a drink on their own. Volunteers must make sure that there is always enough water for the players.

BATHROOM BREAKS

Community leaders should set the bathroom break rules, which must be observed at all times. Ask the community leaders before the clinic what their rules are for bathrooms. Bathroom breaks are best done at the same time as a group.

INTRODUCTIONS

Welcome players to the J316 soccer clinic. Have some fun with this and get the kids engaged by shouting "Good morning!". Introduce players to coaches and all volunteers. This can be done in a fun way too. Ask coaches and volunteers to say their name, where they are from, give their favorite food and animal, and make the animal sound.

Briefly explain the schedule for the day/morning, etc. Divide the players into different age groups. If the group is larger than 30 to 40 kids, ensure you have enough coaches/volunteers for each group. Ideally, there will be one volunteer for every 6 to 8 players, and one coach who will direct about 30 to 40 players. Players can be divided up into separate divisions if there are a significant number of players. Flexibility is the word of the day!!!

PRAY!

We need the Holy Spirit to have complete control of all our activities.

WARM-UP / STRETCHING GAME



Encourage kids to warm-up and stretch before getting too active. This is a basic but important way of starting each clinic.

STRETCHING GAME

Each player should have a ball or provide one ball for every two to four players. The aim is for players to think while stretching and getting warmed up. Have players put the ball just in front of their feet. When the coach calls out "ball," the players must react quickly and pick up the ball above their heads. The coach and helpers should observe who was the quickest!! Restart. Coach calls out "Shoulder." Players must put both hands on their shoulders. Coach then calls out "head," and players should place both hands on their heads. When the coach calls out, "Knees," players put their hands on their knees. When the coach calls out "Ball," players must pick up the ball above their heads. This activity allows the players to stretch while having fun and should last for about 5 minutes.

COACHES VERSUS KIDS

This is a fun way to start the session and get the kids warmed up. It can be chaotic, so coaches and volunteers must observe players and get the shy ones to participate if possible. When working with very young players, let them have success by giving them opportunities to score. Do not play for too long, as many don't get touches on the ball. We recommend no more than ten minutes with this warm-up for younger kids.

MOVE OF THE DAY



Each day of the soccer clinic you will want to have a Move of the Day related to the skill you will be practicing that day (dribbling, passing, or shooting). If you are running a one-day clinic select one or more of the moves to practice throughout the clinic.

THE PULL BACK (DRIBBLING SKILL DAY)

This move is reinforced while practicing dribbling skills. It is also one of the first moves any soccer player learns. Begin with the ball between your feet. Fake as though you are going to kick the ball forward, but instead, put the bottom of your shoe on top of the ball and roll it back behind you, turning and going the other way.

STOP AND GO OR PUSH AND PULL (PASSING SKILL DAY)

This move is reinforced while practicing passing skills. It is a move to make when you are dribbling the ball downfield and want to lose the defender who is marking you closely. Push the ball forward, stop the ball and pull it back close to you. Change direction when pushing or going forward again.

THE FAKE SHOT (SHOOTING SKILL DAY)

This move is reinforced while practicing shooting skills. It can be performed when the player is in a place they can take a shot at the goal. The player draws their leg back as though they are going to take a shot, then stop the kicking motion just before you strike the ball. This move will make the defender think the player is going to shoot, allowing the player to then pass or dribble the ball to a different position.

DRIBBLING GAMES



Teach players how to use the inside and outside of their feet to dribble the ball. Don't worry too much about proper technique with younger players. Let them have fun, and the proper techniques will come.

INSIDE, OUTSIDE - OUTSIDE, INSIDE - INSIDE, INSIDE - OUTSIDE, OUTSIDE.

Teach players to use the appropriate surface of their feet while dribbling. The coach calls out, "Inside, Outside" - players must use the inside and then outside of their feet while dribbling the ball. The coach calls out the various instructions quickly, and players must respond. You can also use Red light/Green light to stop and start players and teach them how to "trap" or stop the ball. Encourage players to use both feet!

BODY PART DRIBBLE

Each player with a ball, or at least one ball per 2 players. Have players dribble in a confined area. Players should dribble to keep control while avoiding touching others. While they dribble, the coach or leader will call out a body part. Players must immediately stop the ball with the foot (trapping the ball) and then proceed to put that body part on the ball. The coach can call out "elbow," "forehead," "knee," "left foot," "right foot," etc. Use "green light" and "red light" to start and stop the game.

Coaches should observe control, changing direction, changing speed, etc. Players must be encouraged to keep their heads up, be aware of the environment around them, and always look to move into open spaces. Also, note the players' listening skills, tuning into exactly what the coach the leader is saying. Soccer is a thinking game. Players must be encouraged to always think ahead while moving with the ball.

A great variation to this game is using numbers. For example, foot number one, knee number two, elbow number three, and forehead number four. Players must be encouraged to think for themselves while on the field and observe those around them. While playing this game, coaches or leaders can call out a number other than one, two, three, or four to ensure the players are listening and paying attention.

MORE DRIBBLING GAMES



SHADOW DRIBBLING

One ball for two players. The player with the ball follows the player without the ball and attempts to stay within the player's shadow. At the end of one minute, players switch roles. Coaches observe dribbling while changing direction, changing speed, and keeping their heads up to keep their partner in view. Keep the ball in close control. Players learn to work together and keep control of the ball while dribbling.

MATH DRIBBLE

One ball per player. The coach calls out a math problem. Example, $1+1$? Players must react and form the right size group. Encourages problem-solving while playing, which is part of the game of soccer.

EVERYBODY'S IT

One ball per player, or two players with one ball. Have a confined area marked off to work in. Each player dribbles within the area, attempting to tag anyone while maintaining control of the ball. Each time you tag someone, you receive a point. Play for 3 minutes. Ask how many points they got. Encourage players to be honest.

PAC-MAN

Start with one ball, but have extra balls outside the playing area. Must have an appropriate size area to work in. One player is "Pac-Man" and starts with a ball while other players run freely in the area. Pac-Man dribbles the ball and attempts to hit the other players below the waist by passing the ball at them. Players try to avoid getting hit by the ball. Once a player is hit, he goes and gets a ball and becomes a second Pac-Man. The game continues until all the players have been hit and have a ball.

PASSING GAMES



Teach players how to use the inside of their feet to pass and keeping their hips straight towards the target. Don't spend too much time on technique with younger players, let them have fun, the right technique will come.

PAC-MAN

The same rules as the Pac-Man dribbling game, but the emphasis is on accuracy in passing and controlling the ball. The coaches should also focus on teaching the strength of a pass.

DEFROST TAG

Two equal teams with one ball for every two players. Have a confined area, not too large. One team should be inside the area without balls. The other team should be outside the area with the balls.

On the coach's signal, the team with the balls dribbles into the area and tries to hit the other players below the waist. Emphasis is placed on passing, not shooting the ball. Players are allowed to run or jump to avoid getting hit. Once a player is hit with a ball, they are frozen. The frozen player stands with his hand on his hips and legs apart. The objective is to freeze the entire team. A frozen player can only get unfrozen and rejoin the game when a teammate crawls through his legs. As long as a part of the crawling player's body is beneath the frozen player, both players are safe, and a ball cannot be played against them. Once a player crawls completely through a frozen player's legs, the frozen player becomes unfrozen. Then, both are actively back in the game. You can play with a time limit or until all players are frozen. In either case, ensure that each team gets a chance to play both roles.

MORE PASSING GAMES



STUCK IN THE MUD/MUD MONSTERS

Each player has a ball. Use a defined area. Coaches are the mud monsters, the soccer balls are little puppies, and the players are the puppies' owners. Mud monsters are old, grumpy, and cannot run. Mud monsters like to catch and stick little puppies (soccer balls) in the mud when they come and play near their mud baths. The puppies go for a walk every day with their owner (players). The puppy dogs are stuck in the mud when the mud monsters step on the balls. When they are stuck, their owner (player) picks them up, stands with their feet apart, and shouts, "help, I'm stuck." They get unstuck when another player passes their ball through the original player's legs. As soon as a different player passes their ball through the stuck players legs, they are free to go. The game continues until all players are stuck, or a pre-set time limit is reached. After this, have the players be the mud monsters and the coaches and volunteers have the balls and try not to get stuck in the mud by the mud monsters. Coaches should emphasize accuracy and strength of the pass.



SHOOTING GAMES



Teaches players how to use the instep (shoelaces) but just let them go and have fun and not worry too much about technique with the younger players.

TURKEY HUNT/SHOOT

Use standing cones and set them all over the field in a wide area. Explain to the players that they are going on a turkey hunt. The cones are the turkeys, their legs and feet are their rifles, and the balls are the bullets.

When the coach shouts, "Turkey Hunt," the players are to see how many turkeys they can shoot. Ask helpers to reset the cones continuously to keep the game going. For 3 to 5 minutes, allow the players to shoot. Once all the turkeys are "dead," ask the players to come together. Now, they need to go with their hunting dog (their ball) to collect the turkeys and hand them to the "cooks" (coaches and helpers) to prepare for our turkey dinner. Players must dribble the ball (their hunting dog) to the turkeys (cones).

GOALS GALORE

Set up small goals using whatever you have - small pop goals, Corner flags, standing cones, or whatever works. Have players divided into groups of no more than 6 to 8 per goal. There should be two coaches or helpers per goal. Mark off about 5 yards from the middle of the goal line with a cone. Have players stand behind the cone in a line and have no less than 3 to 6 balls on one side of the goal with a coach ready to roll them out. Players run towards the balls once they are rolled out and try to shoot it into the goal. After they shoot, they should immediately run back and get in line. One coach or helper retrieves the balls and gets them back to the server, while encouraging the players. Coaches should keep the line moving quickly! You do not want players standing for too long, waiting for their turn. Be enthusiastic and praise players for scoring or attempting to score. Players must keep track of how many goals they score.

SHOOTING WITH GOALKEEPERS

For older players, have big enough goals with Goalkeepers. This game is played with rules similar to "Goals Galore," but players shoot from 10 to 15 yards out. The player who just hit the ball becomes the goalkeeper, and the goalkeeper joins the line of shooters.

TEAM TALK / SNACK TIME



All groups/divisions come together for story time and snacks.

Hand snacks out after all players are seated together.

Share the story of the J316 ball using the colors and John 3:16. – The Greatest Story Ever Told, a true story that can change your life.

Encourage players to memorize John 3:16. If the camp is more than one day, you can introduce the "speed challenge" the following day of John 3:16.

If this is only a one-day clinic, make sure that you share the Gospel clearly and allow players, coaches, helpers, and parents an opportunity to respond.



LADDER TOURNAMENT



This is a fun, fast-paced game that allows the players to put into practice what they have learned so far.

The ladder tournament is played on a small size field/area, approximately 18x12 yards, with goals at each end. Divide players into teams of no more than 6 to 8 people on each end. Players should stand next to the goal they are defending. Each team has a coach/helper to encourage the team and to help keep the game moving. Another coach/helper stands on the side of the field at the halfway line with a least 4 to 6 balls and directs the play.

Have enough fields set up for the number of players attending. It is best to have at least four/six teams (two to three fields). All fields start the game simultaneously and will last for about 4 to 6 minutes.

Number the teams, making team one at the top of the ladder. Teams keep score, and at the end of the game, the winning team moves up the ladder, and the losing team goes down. Play about 4 to 6 games if time allows.

First game is 1v1. The coach/volunteer with the balls starts the game by rolling a ball into the middle of the field. Teams send only one player out to try to win the ball and score on the other goal. Once a goal is scored or the ball goes out of bounds, the players immediately stop and run back to their team. As soon as players are off the field, the coach should roll in another ball, and the next player in line goes in. This game needs to move quickly to allow players many opportunities to play.

Second game is 2v2.

Third game is 3v3.

Encourage players to dribble, pass and shoot as well as practice the moves of the day while playing.

WORLD CUP



The progression now moves into a full game allowing players to experience the power of the team, with individual members all working together to score and have fun. Soccer is called the “beautiful game” because when all team members are playing together and having fun, it is a beautiful experience!

Make teams and field size appropriate to the age groups. As space allows, make as many fields as possible relative to the total number of kids.

Often, some teams will have to wait to play, and coaches/volunteers must have a plan to get them active and involved while waiting to play. Coaches should encourage kids to watch others as they play to learn from them.

Ages 4-7 - play 4v4 with no goalie on a 20x15-yard field.

Ages 8-11 - play 6v6 with a goalie on a 40x20-yard field.

Ages 12-15 - play 9v9 with a goalie on a 50x30-yard field.

These are recommendations. Each clinic should adjust them according to the available space and equipment.

You only need a soccer ball and a little space for a fun time.



FINAL ASSEMBLY



Bring all kids together for a final assembly before dismissal. This is a great time to ask if they had fun and what they have learned. Highlight the winning teams from the ladder tournament and world cup.

Ask if they remember anything from the storytime. Specifically, see if they remember what the colors represented and if anyone can recite John 3:16. Remind them that soccer is a team sport and we need to learn to play as a team and respect our teammates and the coaches.

God loves each of us and wants us to come to know Him as our Lord and Savior, and He wants us to live and play for His Glory!

Pray for the players before they leave and ask our Lord's blessing upon them and their families!

