



# One-Day Clinic Lesson Plan





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Victory Beyond the Cup  
One-Day Clinic - Lesson Plan  
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# VBTC LESSON PLAN

This guide has all of the components needed for large group and small group times. We also have a Coach's Pocket Guide specific for coaches that are leading teams. However, some clinics might be led by one person and so having all of the information together is helpful.

We have written the times as if it was a 4-hour clinic, the biggest place to change for more or less time is the sport sessions. If you are trying to do a clinic longer than 6 hours please contact Base Ministry and we can help you with some direction to make these lessons go longer. If you are running a clinic shorter than 3 hours please contact Base Ministry and we can help you with some directions to shorten the lessons.

When this schedule says sports session you can use drills and games from the Base Ministry Soccer Curriculum. There have been some suggestions made, but each clinic is different. For more sports coaching help see the Head Coach section of this guide. The soccer curriculum is suggested drills, you are welcome to use as many of them as you wish, but can also use some of your favorite drills for your churches clinic.

In regards to the large group and small group times. These are not written to be a script, but instead to be guidelines. You are welcome to read where you need to, but the hope is that you will take the information provided and "make it your own". The part of the curriculum in italics are more helpful instructions rather than part of what is to be put in front of the kids. If you have questions or would like to get a suggested change for your specific clinic, please reach out to Base Ministry.

## SAMPLE SCHEDULE

- o Pre-Event - Welcome Time
- o 00:00-00:20 Large Group #1 (20 minutes)
- o 00:20-01:10 Sports Session #1 (35 minutes)
- o 01:10-01:15 Large Group #2 (5 minutes)
- o 01:15-01:25 Team Time #1 (10 minutes)
- o 01:25-02:15 Sports Session #2 (50 minutes)
- o 02:15-02:35 Large Group #3 (20 minutes)
- o 01:35-03:35 Sports Session #2 (60 minutes)
- o 03:35-03:45 Team Time #2 (10 minutes)
- o 03:45-04:00 Large Group #4: (15 minutes)

## WELCOMING TIME

This is a time of free play while everyone is arriving and checking in. Have a few coaches (this is a great role for younger assistant coaches) escort the children to the large-group gathering area. If you've decided to make small teams, send the kids to their coaches so introductions can be made. This is a high-energy time to be welcoming and excited.

Have each team form a circle and pass a soccer ball around to each person as they arrive, learning names and fun facts about everyone. Some examples are name, age, grade, favorite food/game, etc.

For older kids with more skill, getting them into a rondo (3 v. 1, 5 v. 2) type drill allows you to see the skill level of the kids and also a simple place for you to make sure you are learning the kids names.

# LARGE GROUP SESSION #1

## Intro/Creation: 00:00 - 00:20 (20 min)

*Once everyone has checked in, have the emcee gather the group together to begin. This is a great opportunity to introduce an attention getter. Please use one that you are familiar with or use at your church, but some ideas include:*

Emcee: "Hola! Hola!"  
Response: "Coca Cola!"

Emcee: "If you can hear me, clap twice."  
Response: Clap. Clap.

Emcee: "A hush fell over the crowd..."  
Response: "Shhhhhh."

*This would also be a good time to go over a simple look at the schedule and establish the expectations/rules for the day. See the Director's Guide for discipline tips and check with the children's ministry at your church for what simple rules they like to communicate to the kids/families that attend weekly.*

Great job, everyone! Let's go! We are so glad you are here. I hope you have met some of your coaches already. We all go to *[Insert your church name here]*, and we love soccer just like you, but we love God more than soccer!

Our goal for today is to get better at soccer and find out how it can actually teach us about life and God. Did you know that God gave us the ability to create the sport of soccer? It's true, he created us in his image and gave us the physical ability to run, jump, kick, and all the pieces needed to play soccer. On top of that, God created us to have friends, soccer is an amazing way to make friends and have fun together! That sounds a lot like what we are doing here today! Using the bodies God gave us and playing with friends.

Finally, another part of being created in His image is that He gave us brains with the ability to create! Somebody thought up this fun game of soccer, and we get to put our own creative spin on how we play it. Creation was actually the first thing that God did; He created the entire universe and everything we see in the world today.

Then, God made us in His image and gave us the ability to play and create. In soccer, we get a chance to come up with great plays. Who are some of the most creative soccer players that you know?

*Get some answers. Feel free to share your own. If you aren't sure (Michael Olise (France), Lionel Messi (Argentina), Bruno Fernandes (Portugal), Christian Pulisic (USA) are all current creative players probably playing in the International Tournament this summer.*

Those are all great examples. One thing that is good to remember is that even though God gave those soccer players the ability to be really good and creative at soccer, He also created them—and each one of us—for a very important purpose. He created us to have a trusting relationship with Him.

This is where we see our lives and soccer connect!

When we put effort and practice into something, we get better at that thing and show how important it is to us. We are important to God, and He wants us to trust Him in everything we do. That's what we call being in a relationship with and following God! Isn't it amazing that the creator of the world—the One who gave us everything we needed to create and play soccer—purposefully created us and wants to have a relationship with us?

When we look at God's Word, the Bible, and not just see the amazing events that happened throughout history, but learn more about Him, we can better know how we can follow God and His ways. When we choose to follow God, it will deepen our relationship with Him.

We'll learn more about this throughout the day, but I think it's time to play some soccer! What do you think? Let's get out there!

*If they have not already been divided into teams, take the time to do so now. Once everybody is into teams you can give them a few minutes to create a team name for the rest of the clinic. For younger kids we suggest something that includes an animal, for older kids with more experience they can pick a name that includes a country that is a soccer powerhouse*



# SPORTS SESSION #1

**Technical Skills: 00:20 - 01:10 (50 min.)**

*(This can be extended or shrunk based on the time of the clinic.) If you are doing sports besides soccer, everyone should plan to be back together at the 01:10 mark.*

*Knowing what you want the athletes to walk away with is important. Whether you are trying to teach specific skills (passing, dribbling, trapping, etc.) in the two sessions, or are going to have a technical session and then a tactical session. The suggestions below are more for having a tactical session (teaching multiple skills) and then a technical session during sports session #2.*

*Detailed explanations of many of these drills are included in the Appendix. Note that the list of drills below have more options include than you likely will have time for.*

## **6-8 year olds**

- o Tails
- o Red Light, Green Light
- o Sharks and Minnows
- o Take My Place
- o Storm the Castle
- o Half Moon
- o Shooting v. Coach (if you have nets)
- o 1 v. 1

## **9-12 year olds**

- o Tails
- o Pick-Up Pinnies
- o Knockout (if the skill is there)
- o Passing Pressure Cooker
- o Rondo (5 v. 2)
- o Trapped in A Box
- o Shooting (if you have nets)
- o 1 v. 1

# LARGE GROUP SESSION #2

## Definition of Sin: 01:10 - 01:15 (5 min.)

Hey everyone! I saw you all trying really hard, having good focus and effort when working through hard things. Soccer can be challenging at times. How many of you made a mistake during your practice time?

It's okay to admit that you've made mistakes (look, some of your coaches' hands are up too!), that is how we learn. Everyone, turn to the person next to you, give them a high five, and say "nice mistake"!

Without trying new things and making mistakes, we won't get better. It's not easy to make mistakes, but it is a necessary part of learning. There is another kind of "mistake" that everybody has made; however, it's actually more of making a bad choice. When we choose to go against God and His ways, we don't just make a mistake; we sin. Sin is the things we think, say, and do that go against God and His ways.

Like, if you make a mistake while playing soccer you might turn the ball over or make your teammate run more. That's a mistake, it's ok. Spilling the milk at home is normally a mistake, not a sin. However, soccer has rules. They are there so that everybody can be on the same level. If you break those rules so you can get

ahead, instead of putting in the effort and learning for next time then that is a choice and has a bigger consequence. If you trip another player or hold them back you could lose the ball and possibly get a card.

Sin also has a consequence.

When we choose to do things our way instead of God's, it separates us and breaks our relationship with Him. Our sins separate us from God now and forever. The ultimate consequence of sin is that we cannot live with God in heaven when this life is over. Just like we all make mistakes, we also all sin, even the coaches have sinned. The Bible says, "All have sinned and fallen short of the glory of God." It also says, "The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord."

You see, God had a game plan that we will talk about in a bit, but I want you to hear from your coaches some of the mistakes they have made, and if they are willing, a time they broke the rules. Then we will go make some more mistakes—I mean practice—and then we will hear more about God's game plan to bring us back into a trusting relationship with Him!



# TEAM TIME #1

## Discussion of Creation/Sin: 01:15 - 01:25 (10 min.)

*You should split up into the teams they were in for the sports sessions. Finding a good place to rest, drink some water, and be in the shade. If a team ends early, it's a great time to use the restroom for younger kids or more time to get to know their teammates. We want to try and get the teams to finish around the same time so there is not distraction.*

## Personal Testimony

- **Story Option #1:** Tell a personal story about a mistake you made or a time you sinned that the kids can relate to. Help them understand the difference between a mistake and choosing to sin.
- **Story Option #2:** Tell the kids about a time when you realized God created you with talents and share how you can use those talents.

## Discussion Questions

*These questions are suggested questions to have the kids respond and think about. Some of them are for younger kids, and some are for older kids. You are welcome to ask your own questions. Feel free to use any questions*

### 4-5 years

- Can you name 5 amazing things that God made?
- What is a sin? *(The things we think, say, or do that go against God and His ways.)*

### 6-8 years

- Why did God create humans to be on His team?
- What is the difference between a mistake and a sin?

### 9-12 years

- How does knowing God created us to be in a relationship with Him impact our lives?
- How can we know more about God and His ways so we can trust Him more?

*This may have raised some questions for the kids; let them ask their own, or give them some time at the end of the day when you will answer any questions they have!*



# SPORTS SESSION #2

**Tactical Skills: 01:25 - 02:15 (50 min.)**

*(This can be extended or shrunk based on the time of the clinic.) If you are doing sports besides soccer, everyone should plan to be back together at the 01:10 mark.*

*Knowing what you want the athletes to walk away with is important. Whether you are trying to teach specific skills (passing, dribbling, trapping, etc.) in the two sessions, or are going to have a technical session and then a tactical session. The suggestions below are more for having a tactical session (teaching multiple skills) and then a technical session during sports session #2.*

*Detailed explanations of some of these drills are included in the Appendix. Note that the list of drills below have more options include than you likely will have time for.*

## **6-8 year olds**

- o Chickens and Wolves
- o Steal the Bacon
- o 1 v. Coach
- o 2 v. Coach
- o 3 v. 1

## **9-12 year olds**

- o Quick Draw
- o Steal the Bacon
- o Never-Ending Passing
- o 2 v. Coach
- o 2 v. 1
- o 3 v. 2 (especially if you have a net)



# LARGE GROUP SESSION #3

**Gospel Proclamation: 02:15 - 02:35 (20 min.)**

*Start with a snack time. This time might need more time if you have a larger clinic. If it's possible to eat the snacks at the Large Group Area, that is great. If not, then have the teams eat snack together and then head to Large Group Time.*

*While the kids are eating, give a couple of scenarios that they may have to plan how to fix if a mistake is made. Have the coaches lead the discussions among their team after you ask each question.*

In soccer, if you make a pass that the other team intercepts, what should you and the rest of the team do?

Your goalkeeper accidentally picks up a pass back, giving the other team an indirect free kick on the six yard box. What should the team do?

Your striker gets so mad about being pushed, he yells at the referee and gets a red card? Where does the team look for a plan?

Those were some great ideas you guys had! Having a plan when things go wrong is a big part of soccer. When a mistake is made, we should get back at it!

Who will normally help us with a plan when things don't go perfectly? That's right, we can look to our coaches to help us make a plan. Did you know that God is the best coach we can ever have? He has the best plan for our lives, and when we make mistakes,

He even has a plan for that too.

As a matter of fact, there is nothing we CAN do to fix the relationship. God knew that we might choose to go against Him and His ways (this is called sin), and that the punishment for sin is death and eternal separation from God. On our own, we can't do anything to fix that "mistake," but God had created a plan from the very beginning. The plan actually has a name, Jesus. Have you guys heard of that name?

God's plan came to completion when Jesus gave up His place in heaven and came down to earth. We actually celebrate when He started living on earth at Christmas. He came as a human baby and lived a whole human life. He experienced all of the things you and I have to deal with—all of the challenges, all of the temptations to do things our own way, all the learning. But the most amazing thing about Jesus is that He chose to always trust God and follow His ways; Jesus never sinned!

Let me show you something that will help demonstrate this amazing story!

We talked about creation and sin already today, and I want to help you understand why Jesus being perfect was so important.

*In the Appendix, we have instructions for using a colored Gospel Bracelet or a bracelet with The Four on it to give something visual for the kids to focus on. You can also use another tool if you are comfortable with that.*



# SPORTS SESSION #3

## **Scrimmage: 02:35 - 03:00 (25 min.) - First Half**

*This is a chance to let the kids play a regular game of soccer. Depending on the size of pitch you can play futsal rules (with kick in's instead of throw in's). The coaches should be the ones running the games, and the Head Coach should be helping kids learn during the game.*

## **03:00 - 03:10 (10 min.) - Break**

During the break, you can simply ask if anybody has any questions about the bracelet or the presentation of the Gospel from earlier. Watch the time, but also look at who might have some more questions to follow up with afterward.

*This is a chance for a break. Get some water and make sure you are encouraging the kids about the first half of their game. This is also a good time to make any changes or get kids who may not have played as much involved in different areas of the field. Remember, any "pep talk" you give should be focused on character and on Jesus, not on winning this one game at the clinic.*

## **03:10 - 03:35 (25 min.) - Second Half**

*This is a chance to let the kids play a regular game of soccer. Depending on the size of pitch you can play futsal rules (with kick in's instead of throw in's). The coaches should be the ones running the games, and the Head Coach should be helping kids learn during the game.*

# TEAM TIME #2

**Testimony and Invitation: 03:35 - 03:45 (10 Minutes)**

*At the end of the game. Have the coaches take their team, drink some water in a cool place (most likely where they met earlier for Team Time #1. They should start the second team time as quickly as possible.*

## Personal Testimony

*Start this time by sharing a personal story the kids can relate to.*

- **Story Option #1:** Share a brief testimony about how you came to trust Jesus as your Lord and Savior.
- **Story Option #2:** Share about how you live differently because of your trust in Jesus?

## Discussion Questions

**4-5 years**

- What does it mean to forgive someone

**6-8 years**

- How much did Jesus sin while here on earth? Why is this important?

**9-12 years**

- What does it look like to trust God in our lives?

**For Everyone**

- How does it make you feel to know that God has forgiven us of our sins?
- Do you have any more questions about Jesus and what He did for us?
- Have you trusted Jesus to fix your relationship with God, now and forever?

*Depending on what your church wants to do you can ask for kids who want to trust Christ or learn more to raise their hands while you close in prayer. You can then have those who raised their hands stay and finish conversation with them or send them to somebody who is going to follow-up with them. (See Page 16)*

*If you are doing an invitation to respond to the Gospel. Now is a great time to do it. For kids who have more questions or you would like to follow-up with them, they are welcome to miss the Large Group Time and stay focused on communicating with them. At the end of this time there may be some conversations that need to continue. Coaches are welcome to dismiss the rest of their team and keep answering questions and helping kids make a decision to trust Christ. Send other kids to the large group area.*

# LARGE GROUP SESSION #4

**Closing/New Life: 3:45 - 04:00 (15 minutes)**

*Gather those kids who are not with their team and work with them on understanding how we can live now with Christ in our life.*

**Equipment needed: A pump and a flat ball.**

Great job on your games. It was so fun to see you play hard and learn more about the game of soccer! I'm also really glad you got to hear your coaches talk about their faith, but now, I want to take a moment and do two things.

Maybe trusting God is something you already do, and for those of you who are not with your coach, I would love to share something about what it looks like to live for Christ.

This activity will help us know where to go from here. Some of us here have made the decision to trust Jesus, but we aren't sure what to do now. Just like getting better at soccer takes a lot of practice. Do you think Lionel Messi just picked up a soccer ball and was as good, or did he have to practice?

He had to practice a lot! It can be fun to practice soccer, but it can also be fun to practice following God and His ways.

To help us understand the importance of practice, I brought this ball along. Could I use this ball in a successful and fun game of soccer right now? No! It would be pretty hard to kick this around the field, so before we use it, it needs to be changed.

However, just like we can't save ourselves from our sins or fix the separation between God and us without Jesus' sacrifice, we also can't inflate this ball by ourselves with just our breath. This pump represents Jesus, who is willing to help us change and be ready to follow Him as He made us to. Can I have a volunteer?

*Select a child from the group to come up and hold the pump. Instruct your volunteer to start pumping whenever another child gives a response (stopping in between). If you need some ideas, see the list below.*

What are some things we can do to follow God? As you give them to me, \_\_\_\_\_ will pump up the ball.

If you need some ideas, see the list below:

- o Read our Bibles. That's right, we can read the Bible to learn more about who God is and how much He loves us so that we are ready to love others.
- o Memorize Scripture. That's right, we can memorize God's word in our hearts so that we don't sin against Him. This can help us know how to speak with others and how to live rightly for God.

- o Obey God. We can definitely show God we have a desire to live for Him by obeying His words. Jesus said that there were two commandments that we really needed to follow. First, love the Lord your God with all your heart, soul, and mind. Next, love your neighbor as yourself.
- o Tell others. We don't have to wait to be perfect to tell others about God's love. As we tell others about Jesus, it will continue to prepare us to be used for the purpose we were created for.
- o Pray. One thing we can do is pray for change to happen in our lives and pray for others who may not know Jesus. Praying is when we talk to God and tell Him how much we love Him.
- o Go to church. Hanging out with other people who believe in Jesus can help you understand God and the Bible more.
- o Sing songs. Worshiping God is a great way to tell him how much you love Him. Singing is one way we worship. God loves to hear people sing songs about Him.

*By now, the ball should be filled with air.*

Great job, everyone! \_\_\_\_\_, you can go sit back down now.

When you allow Jesus to fill your life, you can see a major change in your own life. Jesus fills you up so you can be used for the purpose God made you! Just like this ball was filled up so it could be used to play soccer, we need to make sure we are filled up with Jesus in order to create change in our lives and in those around us.

The Bible says, "for while bodily training,"—like practicing soccer—"is of some value, Godliness is valuable in every way." We can practice both!

As we end today, I want you to go home and talk with your parents about how you can practice both soccer and following God. Let's pray, and then I will give you some instructions on how we are going to be dismissed to our parents.

Parents, thank you for having your kids here today. We would love for you to ask them about what they learned about playing soccer and about trusting Christ. I'm going to pray and then give instructions for pick-up. Thank you for your patience.

*Pray to dismiss.*

*Give any dismissal instructions for kids and parents to help with an orderly dismissal.*







# APPENDIX

## SHARING THE GOSPEL

All of the members on the ministry team for your clinic should be on the lookout for opportunities to share the gospel with participants and families. As the Clinic Director, be sure to equip your volunteers for this eternally significant task!

A few gospel-sharing tools and tips are listed below. This information is included in the Coach's Pocket Guide but other volunteers will not have this information. Discuss the content of these pages in the volunteer training clinic to help all volunteers be ready to give a hope for the answer that is in them.

### Method #1: [The Four](#)

Do you see this bracelet with these symbols? Let me tell you about these four symbols and how they show the story of you and Jesus.



**God Loves You:** This heart reminds us how much God loves us! God is real, and He wants you to know and feel just how much He loves you. He wants you to learn more about Him and be in a relationship with Him!



**Sin Separates You:** However, as we talked about earlier. Sin gets in the way. This is seen in this math symbol for divide. This is because our sin divides us from God's love. You can't know God's love when you ignore Him. Not trusting God and His ways is what the Bible calls sin. Everyone has sinned. Sin breaks our relationship with God and other people. The result: You are eternally separated from God and the life He planned for you.



**Jesus Rescues You:** Sin does not stop God from loving you. He became human in Jesus and gave His life for yours on a Cross, just like this symbol here. He took your place and paid the penalty of death we deserved for our sin. Jesus died, but he rose to life again! These acts give us an opportunity to live with him forever as he closed the divide between God and us.



**Will You Trust Jesus?** Jesus offers you a new relationship with God through faith in Jesus. The question mark is asking the question, will you trust that Jesus is the way to fix your relationship with God? Through faith you can feel God's love daily, know why God created you, and live forever with Him.

If you have any questions about these four truths, please ask your coaches! A little bit later, you will hear more about how they decided to trust Jesus, but for now, we are going to wrap up our snack time and play a game of soccer. Are you ready?

## Method #2: [The Gospel Bracelet](#)



Do you see this bracelet?



The **yellow** color represents God and how He created us.



The **dark** color represents sin, the things we think, say, and do that are against God and His ways. Can anybody remind me what the punishment for sin was? That's right! The wages of sin is death, so to fix our relationship and live eternally with Him, God needed a perfect sacrifice to replace the death that sin brought.



Jesus came and lived a perfect life—He was the perfect sacrifice for our sin. You see the **red** color here? This represents the blood of Jesus. One of the most amazing parts of Jesus is that he didn't stay dead. No, He came back to life three days later and showed His power over sin and death! It is the only way we could be forgiven and live eternally with Him.



However, God didn't change our need to trust Him. It is when we have faith and trust that God sent Jesus for us—represented by this **light** color—that we can receive His freedom from sin and death!



That's what allows us to have what the **green** color shows: new life! New life is the opportunity to follow God and tell others about how His Son, Jesus, saved us!

If you have any questions about this bracelet, please ask your coaches! A little bit later, you will hear more about how they decided to trust Jesus, but for now, we are going to wrap up our snack time and play a game of soccer. Are you ready?

## Gospel Sharing Tips

Keep the tips below in mind as you share the gospel with kids at the clinic.

- o Talk to kids individually. Each kid will have different needs and questions. Watch them for signs of spiritual growth and readiness to receive the gospel.
- o Invite the kids to read salvation verses for themselves (if they can) and to personalize the verses by inserting their name into them. For example, a camper might read John 3:16 as, “For God so loved Robby....” Talk about each verse after you read it to make sure they understand.
- o Don’t use an excessive amount of symbolism; kids interpret words literally at this age. For example, it is confusing to a camper when you tell them to “give your heart to Jesus” or to “invite Jesus into your heart.”
- o Explain salvation in concrete terms. Emphasize ideas children can grasp such as being forgiven or becoming part of God’s family.
- o Present the gospel different times throughout the day; kids learn through repetition. Even though children are more likely to accept the gospel than adults, it doesn’t mean they will understand or accept it the first time they hear it.
- o Don’t feel like you have to present the whole gospel in one sitting. Rather, emphasize different aspects of the gospel at different times. For example, if a kid is asked to apologize to another kid for making a derogatory comment, use that opportunity to talk about sin nature.
- o Do not pressure or manipulate campers. Let the Holy Spirit do the convincing. We are called to be faithful witnesses. God is the one who moves in the hearts of kids and adults alike.
- o Make sure the kids understand sin, and that they personally are sinners. Stress God’s holiness. He does not tolerate sin, and He expects us to live holy lives with His help.
- o Don’t rush. Take time to talk and listen. Ask the child questions, and let him or her ask you questions. The goal is not to have the child repeat the sinner’s prayer or perform certain motions; rather, the goal is for the child to understand the significance of what they are doing. Give them time to think about it and discuss it.
- o Use the Bible when you share the gospel. The Spirit of God convicts through the Word of God. Explain unfamiliar biblical terms in simple ways children can understand. Use illustrations from the child’s experience.
- o Maintain an attitude of prayer. Pray throughout the day for your team. Ask another coach to pray while you share the gospel with a kid. Silently ask the Holy Spirit to help you as you begin to explain the gospel.

## Team Time Gospel Invitation

Although sharing the gospel with participants can occur at any time during the day, extra time is usually set aside for this during the second Team Time. During this time, coaches can use tools such as the lessons, wordless gospel wristbands, or another resource provided by the church to explain the complete gospel message.

After the gospel is presented to the team, we recommend that one of the coaches invite all the kids who are interested in learning more or receiving Christ to stay while the other coach takes the rest of the team to the large group session. In this way, the child must take initiative, and it will be less likely his decision is based on peer pressure. It will also ensure the camper gets a chance to talk with someone about his or her decision.

A coach should talk individually with each camper that stays (following their church's child protection policies on talking with kids.) Additional volunteers may be called in to talk with kids if a large number respond. Below are steps a coach should follow:

1. Begin by asking a kid why they stayed behind. This will help you gauge how well the child understands what they are doing.
2. Review one or two of the key gospel verses from the Bible. Direct the child to read and personalize each verse and explain what it means.
3. Allow the child time to ask questions about the gospel. Ask the child questions to further gauge their understanding.
4. Ask the child if they would like to trust Jesus to be their Savior. (Be sure they have not already done this. Sometimes kids think they need to accept Jesus multiple times to make sure they are really saved.)
5. Invite the child to express their faith in Jesus through prayer. Encourage them to use their own words, but they can also repeat a prayer after you.
6. After the prayer, ask more questions to make sure they understand: What did you just do? How do you know your sins are forgiven? If someone asks you if you're a Christian what will you say? Direct the child to the Bible if they are unsure.
7. Tell the child that the next step is growing to know Jesus better each day. They can do this by praying, reading their Bible, obeying Him and going to church. They will also want to tell others about Him too!
8. Tell the appropriate camp staff about the camper's decision. The camper's parents should be informed as well.
9. A plan should be set up for the camper to continue growing spiritually.
10. Pray for the camper and their family often.

# SOCCER DRILLS - SESSION 1

## HALF MOON

**Equipment:**

Soccer balls

**Set-up:**

Have each team create a semi-circle around their coach and give the coach the ball

**Run drill:**

The coach rolls or tosses the ball underhand to the players. They bring the ball down, trap it, and then pass it back to the coach. Go from person to person working on the following ways of trapping: side of the foot, top of the foot, thighs, and chest.

## KNOCK OUT

**Objective:**

Keep ball close to you and head up.

**Equipment:**

Cones and soccer balls

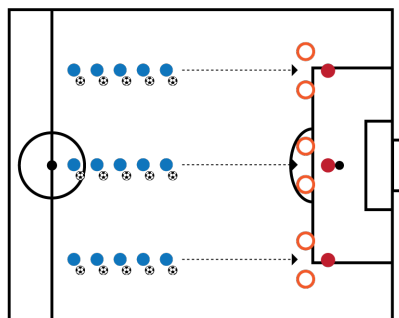
**Set-up:**

Each player stands in the area with a ball.

**Run drill:**

All players are in the space at the same time with a ball. On the coach's signal, the players begin dribbling within the cones. Players will try to kick other players' balls out of bounds while trying to protect their own ball. Once a player's ball has been kicked out, they are out of the drill. The last player dribbling a ball is the winner.

## PASSING PRESSURE COOKER

**Objective:**

Passing accurately to a target.

**Equipment:**

Cones and soccer balls

**Set-up:**

Set up three cones. Make two of the cones into small goals that are three to four feet wide and split players into two or more teams. Have them stand single file at the end of another cone. Each player has a ball. Use greater distance for older players. Teams are lined up in relay race style and every player has a ball.

**Run drill:**

The head coach will start the drill. Players try to pass the ball between the cones. A coach behind each goal will pass the ball back to the players and keep track of how many balls went through the cones. For every ball that goes through the goal without touching a cone is a point, but if the ball touches a cone then no point is given. The team with the most points when the head coach stops the drill wins. This game can also be played using only the left or right foot.

## RED LIGHT, GREEN LIGHT



### **Objective:**

Keep the ball close to you.

### **Equipment:**

Cones and soccer balls

### **Set-up:**

Line up each player with a ball on one end of the field. The coach stands on the opposite end of the field.

### **Run drill:**

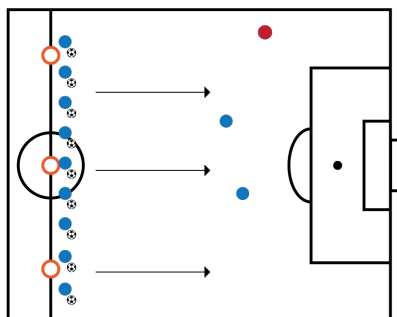
The players attempt to dribble from one end of the space to the other. When the coach calls “green light” the players begin to dribble toward the coach. When the coach calls “red light” the players must freeze with their foot on the ball. If the player loses control of the ball while trying to stop, they must return to the starting line. When the coach yells “green light” the players begin to dribble toward him again. When “red light” is called the players must freeze again with their foot on the ball. The player to cross the line where the coach is wins. Turn around and begin again.

### **Variations:**

Make up different colored lights with different actions for each color (i.e., yellow = go backwards). For a challenge, have a raised hand mean green light and lowering it mean red light. The players have to keep their heads up to know when to go and when to stop.

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## SHARKS AND MINNOWS



### **Objective:**

Keep head up and the ball close while dribbling.

### **Equipment:**

Cones and soccer balls

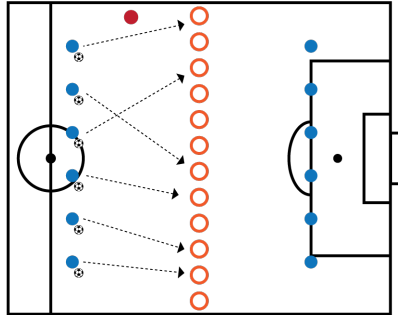
### **Set-up:**

Choose two players or coaches to be sharks. All the rest of the players will be minnows. Each minnow receives a ball, but the sharks do not.

### **Run drill:**

All the minnows start on one side of the field and the sharks start in the middle. On the coach's signal, the minnows attempt to dribble past the sharks to the other side of the field. Meanwhile the sharks try to kick the minnows' balls out of play. When the minnows reach the other side of the field safely, they stop. If a minnow's ball has been kicked out, then they become a shark. The last minnow dribbling becomes the winner.

## STORM THE CASTLE



**Objective:**  
Passing to your target.

**Equipment:**  
Tall cones and soccer balls

**Set-up:**  
Split players into two teams and line them up about 8-10 yards from each other. Place a line of tall cones in the middle of the two teams and give every player on one team a ball.

**Run drill:**  
When each team is lined up and everyone has a ball, the coach will yell "Ready, aim, fire!". The players will then "storm the castle" by knocking down the cones with the balls. Make sure the players know that when they kick the ball they don't chase the ball. Once you give the command, the other team comes out and gets the ball and takes it back to their line. The teams will alternate kicking a ball at the cone. First one side will try and then the other. The team that has knocked down the most cones, wins.

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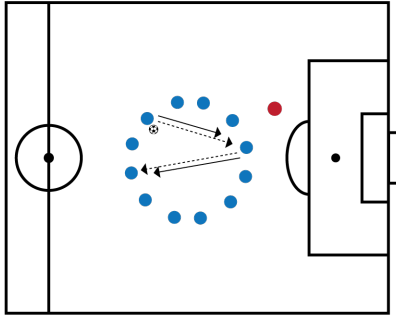
## TAILS

**Equipment:**  
Cones and pinnies

**Set-up:**  
Build a field large enough for the players to run around. Give each player a pinny and have them tuck it into the back of their shorts. It should look like a tail and stick out far enough to be grabbed.

**Run drill:**  
Players try to grab each others' tails. Once a tail is pulled, the one who pulled the tail sets the pinny on the ground and the tailless player kneels or sits on their pinny. The players who are sitting can not move around, but they can still grab pinnies from other players running by. Play continues until the Head Coach decides to start over. Team Coaches should participate and enforce rules of the game at the same time. Some variations are: teams divided by pinny color, teams divided by gender, coaches versus players.

## TAKE MY PLACE

**Objective:**

Passing to a target and following your pass.

**Equipment:**

One soccer ball

**Set-up:**

Place players in a circle and give a ball to one player.

**Run drill:**

Once the players have been positioned in a circle and one player has received the ball, the player with the ball will pass to a teammate in the circle. After the player has passed the ball to his teammate, he will then take his teammate's spot in the circle. The player who received the pass will then pass the ball to a different player and follow his pass to take his teammate's spot in the circle. This pattern will continue for as long as the coach allows.

**Variations:**

Players can be allowed only one or two touches or the player has to call out the name of the person he is passing to. This is a great drill to make sure everybody knows each other's name.

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## TRAPPED IN A BOX

**Equipment:**

Cones and soccer balls

**Set-up:**

Create a box with cones about 4 x 4 feet. Have the team line up behind the box.

**Run drill:**

One at a time, the players step up to the back of the box. The coach tosses the ball to the player who tries to trap the ball in the box. The players need to be on their toes and ready to trap the ball in the box.



# SOCCER DRILLS - SESSION 2

## CHICKENS AND WOLVES

**Equipment:**

Cones and soccer balls

**Set-up:**

Give each player a ball except one, who is a "wolf." Each chicken starts in the grid of cones. The wolf starts outside of the grid.

**Run drill:**

Have the chickens start dribbling around the grid and then introduce the wolf by having them howl and run into the grid. As soon as the wolf kicks a ball out of the grid, the player who lost their ball gives a big wolf howl and then tries to steal another player's ball. This continues until no chickens are left.

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## NEVER-ENDING PASSING

**Objective:**

Passing to a target and following your pass.

**Equipment:**

One soccer ball

**Set-up:**

Split players into two lines and give one ball to the person in the front of Line 1 while Line 2 is directly across from them.

**Run drill:**

The player at the front of Line 1 will pass the ball to the player in the front of Line 2 then run to the back of Line 2 after passing. The player in Line 2 who now has the ball will pass the ball to the first player in Line 1, then follow his/her pass and run to the back of Line 1. The player in Line 1 who has the ball will pass to Line 2 and the sequence repeats itself. This can be done using left or right foot only, one- or two-touch only, and seeing how many passes the players can make without making a mistake. To challenge older players, put a goal in the middle that the ball has to go through.

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## QUICK DRAW

**Equipment:**

Soccer balls

**Set-up:**

Pair players up in groups of two with similar size and age. Position a stationary ball in the middle of each pair of players.

**Run drill:**

A ball is placed between two players who are close to one another. Make sure the ball is in the middle, but close to their feet. The players jog in place on either side of the ball evenly spaced from each player and close to their feet. When the coach calls "quick draw", the players react, trying to pull the ball back using the sole of their foot before the other player does. The player to have possession of the ball first is the winner. Include variation by making it a game: the first to win three "quick draws" wins and the loser has to do a silly action or a push-up.

