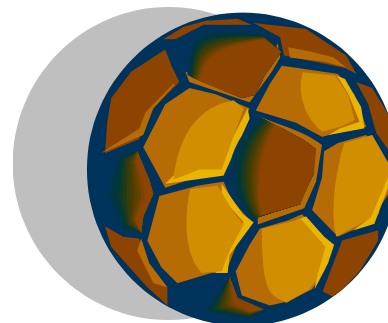
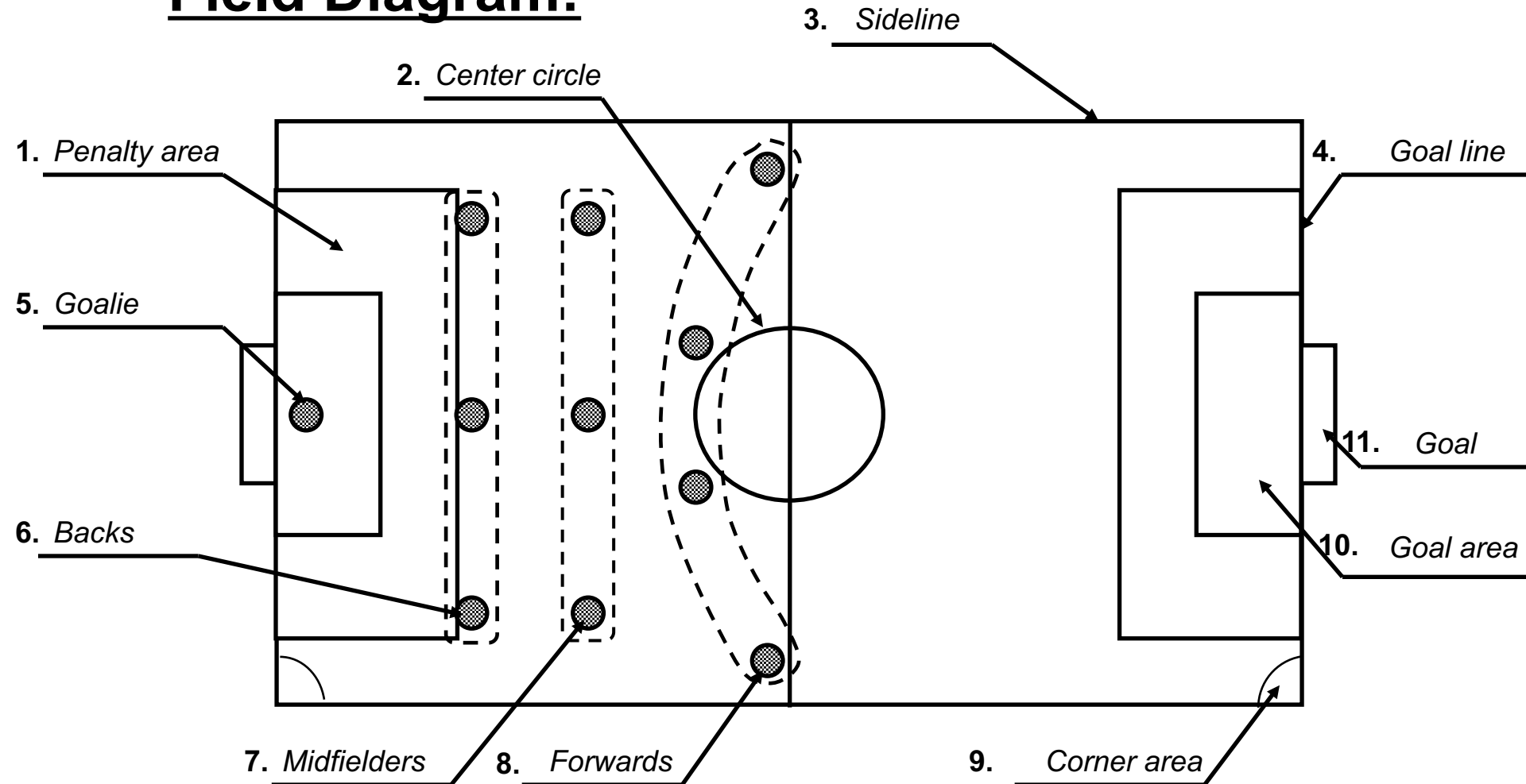


Soccer Notes



Soccer Notes

Field Diagram:



Soccer Notes

Team/Scoring:

12. A regulation soccer team consists of **eleven** players.

13. Each goal is worth **one** point.

14. When a team scores a goal, play is resumed with a **kick** **off**.

Soccer Notes

Positions:

15.The forwards main responsibility is to **score** .

16.The fastest most effective way to move the ball down the field is by **passing** .

17.The only player who may intentionally use his/her hands is the **goalie** .

18.The backs main responsibility is to **defend** the goal.

Soccer Notes

Other Terms:

19.Fouls - *a violation of the rules in which an official assesses a penalty. Examples: pushing, kicking, tripping, holding, charging, etc.*

20.Kick off - *this is how you start a game and what you do after a score.*

21.Goal kick - *a type of restart when the defense kicks the ball from the goal area. Done when the offensive team kicks the ball out of bounds beyond the goal line.*

Soccer Notes

Other Terms:

- 22. Corner kick** - *a type of restart when the offense kicks the ball from the corner area. Done when the defensive team kicks the ball out of bounds beyond the goal line.*
- 23. Throw in** - *a type of restart when the ball is thrown in from behind the head with both feet on the ground. Done when the ball is kicked out of bounds at the sideline.*

Soccer Notes


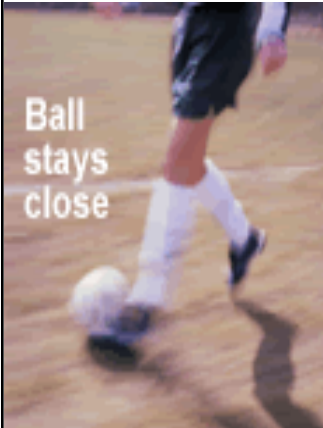
Other Terms:

24.Drop ball - *a type of restart where the ball is dropped between two players. Done when a player from each team commits a foul at the same time.*

25.Off sides - *when an offensive player is passed the ball and there are less than two defenders between him/her and the goal.*


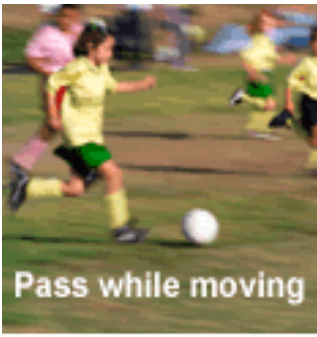
Soccer Notes

Skills Used:

26. Soccer Dribble			
1	Contact ball with sides of feet	 <p>Inside of feet</p>	 <p>Ball stays close</p>
2	Keep the ball close		
3	Run		
4	Eyes up		
5	Control ball with both feet		


Soccer Notes

Skills Used:

27. Soccer Pass			
1	Strike ball with sides of feet	 <p>Kick with inside of foot</p>	 <p>Pass while moving</p>
2	Step next to ball		
3	Aim plant foot towards target		
4	Pass while moving		
5	Pass reaches target		

Soccer Notes

Skills Used:

28. Soccer Shooting		
1	Two hands on the ball (form W)	
2	Ball starts behind head	
3	Step and drag foot while releasing ball	
4	Both feet stay on the ground	
5	Throw-in reaches target	