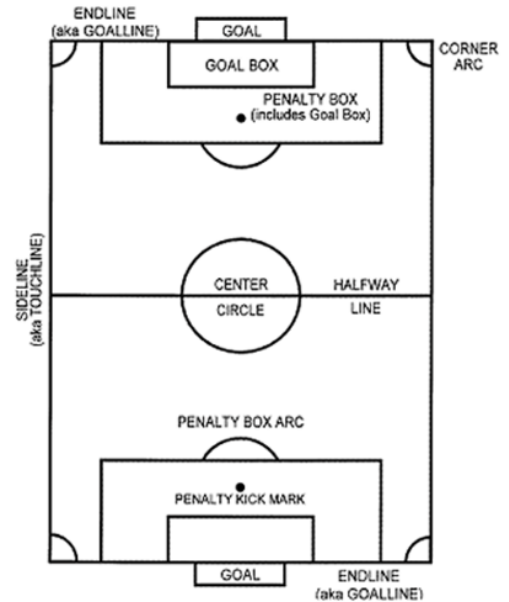


Middle School Soccer Review Sheet

- Soccer is a game played in two halves
- Each team has 11 players on the field
- The positions are made up of offense, midfielders defense and a goalkeeper
- The referee is the person who enforces the rules of the game
- Offense:
 - Primary position to score
 - Do not stay stationary when you don't have the ball, move around and create space.
 - Switching the field is a positive strategy that creates space
- Defense: Primary position to defend their teams goal
- Putting the Ball into Play:
 - It is started with a kick off from the center circle by one team
 - Throw In: Used to put the ball back into play when it goes out on the **SIDELINE**
 - Goal Kick: Used to put the ball back into play when hit own our the **ENDLINE**
 - Corner Kick: Used to put the ball back into play when hit own our the **ENDLINE**



Skill Review:

- Dribbling:
 - Used to advance the ball on the ground
 - When dribbling you should be looking up to scan the field
 - Use the outside, inside or laces of your shoot to dribble
- Passing:
 - Plant your opposite foot to the side of the ball facing the target
 - Push the ball using the instep of the inside of the foot
 - Follow through towards your target to increase power
- Shooting:
 - Plant foot is pointed towards the target.
 - Ankle is locked and the ball is struck with the laces.
 - Follow through to the target to increase power
 - Aim for areas where it could be hard for the goalie to reach: the corners
- Trapping:
 - Used to bring the ball to a stop with your feet
- Throw In:
 - Two hands on the sides of the ball, thrown overhead
 - Keep your back foot down and drag your toe
- Headers:
 - Used to gain control or score when the ball is too high to above your body
 - Square your shoulders and get behind the ball; contacting the ball with your forehead
- Goalkeeping:
 - The only position that can use their hands during gameplay
 - Use a Punt: dropping the ball and making contact with your foot before touching the ground