SOCCER STUDY GUIDE

**Defense** - The team without the ball who guard against a goal being scored. Success occurs when they get **B**etween the ball and the goal, **A**ttack the ball and close space, and **T**ake-away the ball. (BAT)

**Offense** - The team with the ball who is trying to score a goal. Moving to open space, creating triangles and passing on diagonals help them achieve their goal.

**Dribble** - A method of moving the ball by pushing or kicking it with the laces of the shoe. A control dribble (kept close to the feet) is used when the defense is near.

**Give and Go** - A pass where a dribbler sends the ball to a teammate and goes or moves into position to receive a pass back from the teammate they sent it to. The good pass should lead the receiver in the direction they are traveling.

**Goal** - When the ball completely crosses the goal line into the goal.

**Heading** - Hitting the ball off the top of the forehead.

**Hand Ball** - A rule violation in which the ball is touched with any part of the arms (below the shoulder) or hands by any player except the goalie.

**Passing** - A method of moving the ball by kicking it to an open teammate. Using the inside or outside of the foot encourages control.

 - Two Touch – The ball is trapped 1st to gain control and then passed.

 - One Touch – The ball is immediately met and passed without trapping it.

**Wall Pass** - A method of passing using the in step of the foot; this pass is used for short distances to maintain control

**In step**: More surface area, more control

**Toe:** Less surface are, less control

Contact at the equator of the ball will cause it to roll on the ground.

**Equator**

Contact below the equator of the ball will cause it to go in the air.

**Trap** – Controlling the ball by using the foot, chest, thigh or head. Giving with the body to cushion the force of the ball encourages control.

OVER

**Possession** – having control of the ball during a game

**Pull the V** - A footwork move that an offensive player may use to maintain possession while avoiding a defensive player

**Throw-in** - Means of putting the ball in play from the sideline. The player putting the ball in play must have both hands on the ball and both feet on the ground.

**Corner Kick** - a kick from the corner of the field near the goal used for the offensive team to inbound the ball after the defense kicks it over the end line

**Goal Kick** – a kick from the 6 yard line near the goal used for the defensive team to inbound the ball after the offense kicks it over the end line

**FITNESS TERMS**

**Cardiovascular Endurance -** The body’s ability to take in and use oxygen so that muscles can function. Example: pacer test, ½ mile run.

**Muscular Endurance** - The ability to contract muscles repeatedly without excessive fatique. Example: curl-up test

**Muscular Strength** - The maximal force that you can exert when you contract your muscles. Example: push-up test

**Flexibility** - The elasticity of muscles and connective tissue which determines the range of the joints. Example: sit and reach test

**Soccer Dates**

**A Day**

Skills Assessment – Thursday, October 3rd

Written Test – Monday October 7th

**B Day**

Skills Assessment – Friday, October 4th

Written Test – Tuesday, October 8th

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