

6th Grade PE

****This is a substitute for online work.**

You are not required to do both**

If you have access, please log into Google Classroom and complete work there.

Part 1 – Exercises and Activity Log to be filled out and returned.

Part 2 – Information and Facts regarding a specific sport. Worksheets to be completed and filled out.

Example Worksheet

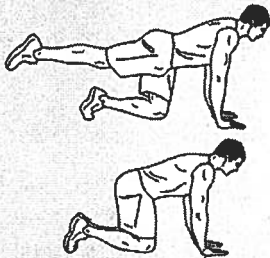
(Use this as a template to track your activity)

You may use activities from the sheets provided or research other exercises for cardio, upper body, lower body, and core strength.

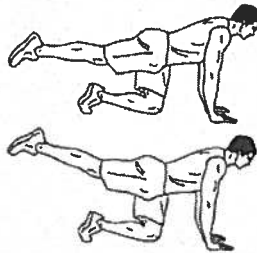
Day	Activity (Quick Description)	Time (min)	Type (What did it work?)
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



20sec leg extensions

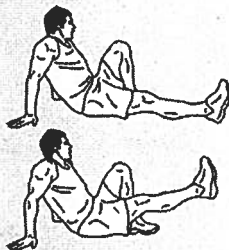


20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises

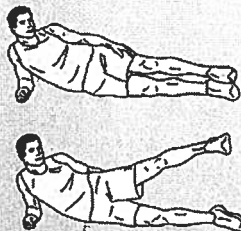


20sec raised leg circles

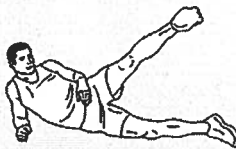


20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

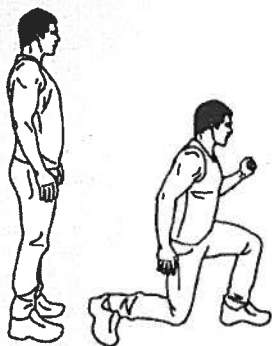
+ change sides and repeat the sequence

Lower Body Works

DAREBEE WORKOUT

© darebee.com

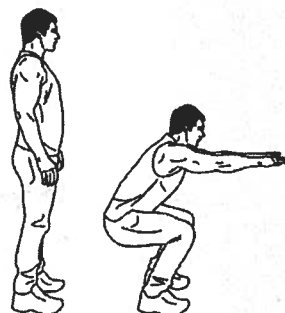
repeat 3 times | 1 minute rest



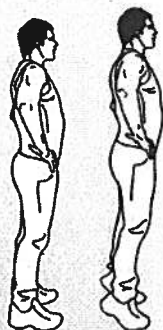
10 forward lunges



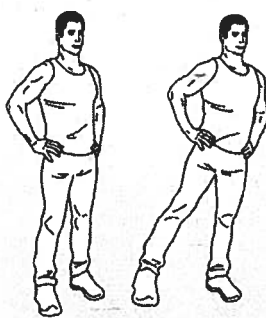
10 calf raises



10 squats



10 calf raises



40 side leg raises



10 calf raises

LOWER BODY

Body Weight Exercises

AIR SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet shoulder-width apart and toes pointing out slightly. Slightly push your hips back and down until your heels are approximately even with your ankles. Breathe in and push your feet back through your heels. Push firmly at the bottom and slowly return to standing.

SUMO SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Take a very wide stance, feet pointing out, and cross hands over chest. Stand with feet by moving the toes and heels until the heels are parallel to the knees. As you lower, focus on keeping your knees wide and chest up. Pump heels at the bottom and slowly return to standing.

COSSACK SQUAT

Quadriceps, Hip Abductors, Hip Adductors, Gluteus Maximus

From standing, step out with one leg, knee slightly pointed out. Lower yourself on heel to your heel on that leg, keeping your torso upright. Your extended leg should be straight, knee bent to 90 degrees and toes pointed upward. Reverse the motion to push yourself back up to the start position.

STATIC CHAIR POSE

Quadriceps, Gluteus Maximus, Hamstrings, Trapezius, Erector Spinae

From standing, exhale as you step your arms up while turning your head until your thighs are almost parallel to the floor. Keep your head and neck in neutral alignment. Do not let your knees go toward your feet. Start by getting the hips lower while keeping the chest up high for 30 seconds.

TUCK JUMP

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors

From standing, hold your hands by lowering into a squat position. Inhale, exhale upward as you push your hands to your chest. Catch yourself in a 3rd count position when you come down.

JUMPING SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

From standing, drop your arms backward at the floor into a tuck position to hold the feet. In one motion, bring your arms forward and up in the explosive jump. Land with feet back to the start position to complete one rep.

PISTOL SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Shift your weight onto one leg and lift the other off the floor. Bring the starting weight out in front, as you lower into the squat, reach out to touch the floor. Slowly return to standing. **NOTE:** Very Challenging.

LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet on your toes. Take a step forward with one leg, then lower the back knee toward the floor. Push your feet back up to starting height with the other leg.

REVERSE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

From standing, take a big step backward with one foot. Drop a hip exactly behind, lower the back knee toward the floor. Push your feet back up to starting height with the other leg.

SPLIT SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Start with feet spread wide apart, one in front of the other, heels on floor. Keep the same foot position throughout the motion. Slowly lower your body straight down until the back knee is close to touching the floor and both knees are bent to 90 degrees. Push back up to the starting position and repeat.

CURTSEY SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Stand with hands on hips, feet hip distance apart. Take a big step forward with one leg. Bring it out and down to the opposite side of the body and landing it squarely on the floor. Push the back foot forward. Lower the back knee toward the floor, pushing back with a brace and then push back up to starting. Repeat with the other leg.

SKATER SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

From standing, lift one foot off the floor as you lean forward, leading the landing knee while bringing the other knee toward the floor. Bring your hands to hold to counterbalance on your floor. Alternatively, balance on one leg, exhale and your back knee is lifted to the start. Push back up to start.

SIDE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Starting with hands on hips, take a step to the side with one foot. Bend the knee of the stepping leg and shift your weight to that side. Keep your chest up and weight over your legs as you lower your hips. Push at the bottom, then push yourself back to starting.

DONKEY KICK

Gluteus Maximus, Hamstrings, Transverse Abdominis

Get on all fours with your hands directly under hips and head under shoulders. Lift one leg off the floor, keeping the knee at a 90 degree bend. Empty your feet toward the floor and return.

CALF RAISES

Gastrocnemius, Soleus

Standing on a step, have your heels hanging off the edge. Stand on a wall for support. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly. Push your feet down. If you are standing on a chair or step try to slowly lower the heels beyond the level of the step to increase range of motion. Repeat.

ONE LEGGED BALANCE

Hamstrings, Gluteus Maximus, Erector Spinae, Quadriceps, Gastrocnemius, Hip Abductors

Keeping both feet together, lift your weight onto one leg. Bring the other leg forward of the hips until your knee and hip are parallel to the floor. Push the foot on the standing leg back your hips forward.

STEP UPS

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus

Using a step, chair or bench, place one foot on the raised surface and push through your heels to lift the body off the floor. As you come up, lift the other foot and opposite side arm, into the air with the knee to at 90 degrees and the hip to parallel to the floor. Carefully step back down and repeat with the other leg.

SIDE LYING LEG LIFT

Gluteus Medius

Lie on your side, so the body is straight through the shoulders, hips and lower extremity leg can be straight back behind you. Lift your upper leg as high as you can, keeping it straight and have slightly pointed upward. In a slow and controlled fashion, lower the leg.

ADDUCTOR LEG RAISE

Hip Adductors, Transverse Abdominis

Lie on your side with one bottom leg straight and the top leg bent. Place the foot flat on the floor and in front of the bottom knee. Lift the bottom leg as high as you can. Place a brick or book behind the foot.

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Safety Rules:

1. Exercise properly, watch for exercise and fitness of your space.
2. Stop if you feel uncomfortable pain.
3. If exercise does not work, repeat on other side.

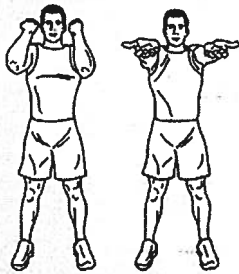
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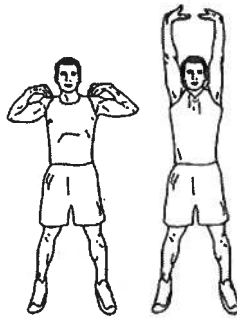
upperbody works

DAREBEE WORKOUT @ darebee.com

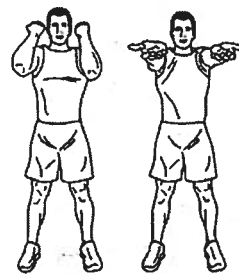
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



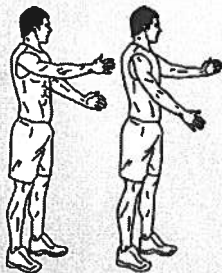
20 bicep extensions



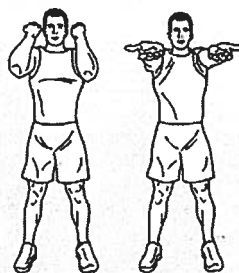
20 standing shoulder taps



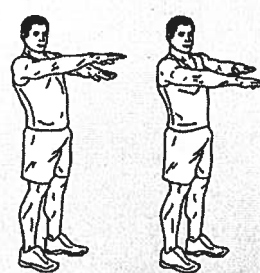
20 bicep extensions



20 scissoring chops



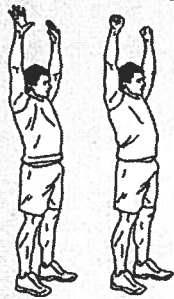
20 bicep extensions



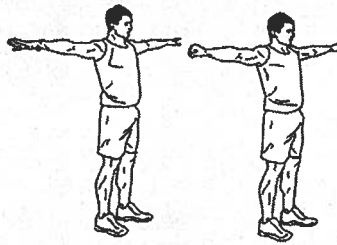
20 arm scissoring

UPPERBODY TENDON STRENGTH

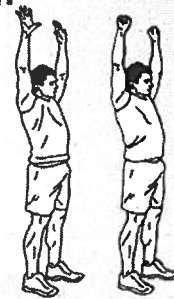
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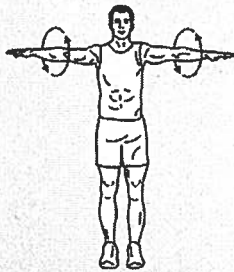
30sec clench/unclench overhead



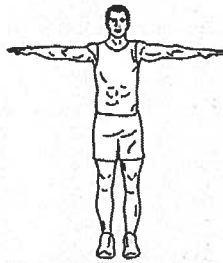
60sec clench / unclench arms raised to the side



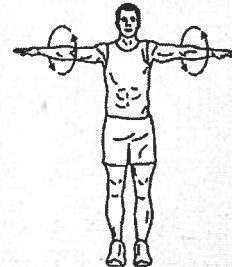
30sec clench/unclench overhead



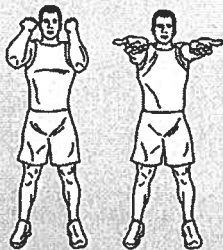
30sec raised arm circles



60sec hold



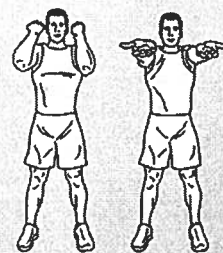
30sec raised arm circles



30sec bicep extensions



60sec hold



30sec bicep extensions

UPPER BODY

Body Weight Exercises

PUSH UPS

KNEELING PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

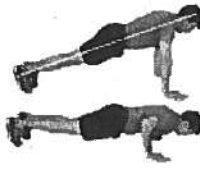
Start in the upper push-up position with your hands shoulder width apart and your feet and knees in contact with the floor. Bend your elbows and lower your body until your chest just above your hands. Push back up to the starting position. Repeat.



STANDARD PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in the upper push-up position with your hands shoulder width apart. Bend your elbows and lower your body until your chest just above your hands. Push back up to the starting position. Repeat.



ALTERNATE HAND POSITIONS

Standard



Start in the Standard Push Up position. Push up to the starting position. Repeat.

Diamond



Start in the Standard Push Up position. Push up to the starting position. Repeat.

Yoga



Start in the Standard Push Up position. Push up to the starting position. Repeat.

INCLINE PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Place hands on edge of a sturdy chair. Bend your elbows and lower your body until your chest just above your hands. Push back up to the starting position. Repeat.



SHOULDER TAP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in the Standard Push Up position and lower yourself to below parallel. Tap your right hand on the floor with your right arm extended. Repeat on the other side.



SCORPION

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in a Standard Push Up position. As you lower, lift one foot off the floor and hold it up. Push up to the starting position. Repeat.



DECLINE PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start on an incline with your feet on a chair. Bend your elbows and lower your body until your chest just above your hands. Push back up to the starting position. Repeat.



GLAZING PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in the Standard Push Up position and lower yourself to below parallel. Glance your head to the right. Push up to the starting position. Repeat.



SPIDERMAN PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in a Standard Push Up position. As you lower your body, lift one foot off the floor and bring it towards your chest. Repeat on the other side.



PUSH UP WALK OUT

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in the Standard Push Up position. Push up to the starting position. Walk your hands out to the sides. Push up to the starting position. Repeat.



HOVER PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in the Standard Push Up position. Lower your body until your chest just above your hands. Hover for a few seconds. Push up to the starting position. Repeat.



SHOULDER PRESS

Muscles: Anterior Deltoid, Biceps, Triceps, Serratus Anterior, Pectorals

Start in a Standard Push Up position. Push your hands up and over your head. Push up to the starting position. Repeat.



FULL UPS (HAND)

Muscles: Anterior Deltoid, Biceps, Triceps, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

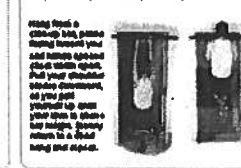
Start in a Standard Push Up position. Push up to the starting position. Walk your hands out to the sides. Push up to the starting position. Repeat.



CHIN UPS

Muscles: Anterior Deltoid, Biceps, Triceps, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

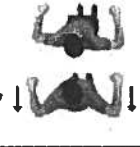
Start in a Standard Push Up position. Push up to the starting position. Pull your chin up to the bar. Push up to the starting position. Repeat.



SUPINE PUSH UP

Muscles: Biceps, Triceps, Anterior Deltoid, Serratus Anterior, Pectorals, Latissimus, Internal & External Obliques

Start in a Standard Push Up position. Push up to the starting position. Lower your body until your chest just above your hands. Push up to the starting position. Repeat.



TRICEP DIPS (BENT LEGS)

Muscles: Biceps, Triceps, Anterior Deltoid

Start in a Standard Push Up position. Push up to the starting position. Lower your body until your chest just above your hands. Push up to the starting position. Repeat.



TRICEP DIPS (STRAIGHT LEGS)

Muscles: Biceps, Triceps, Anterior Deltoid

Start in a Standard Push Up position. Push up to the starting position. Lower your body until your chest just above your hands. Push up to the starting position. Repeat.



TRICEP DIPS (RAISED LEG)

Muscles: Biceps, Triceps, Anterior Deltoid

Start in a Standard Push Up position. Push up to the starting position. Lower your body until your chest just above your hands. Push up to the starting position. Repeat.



Safety Rules:
 1. Always properly warm up and stretch before exercising.
 2. Stop if you feel any pain.
 3. Do not exercise if you are injured or have any medical conditions.

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DIGITAL DOWNLOAD

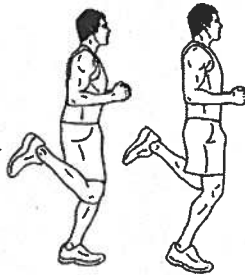
2-minute cardio

DAREBEE WORKOUT @ darebee.com

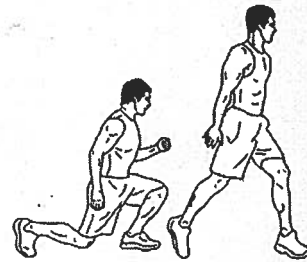
20 seconds each exercise | no rest between exercises



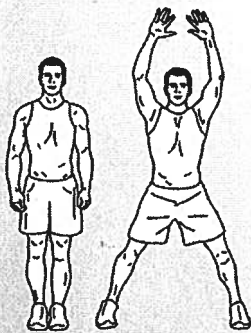
1. high knees



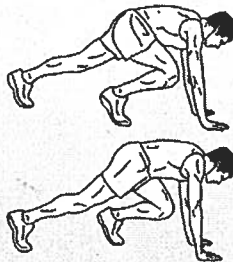
2. butt kicks



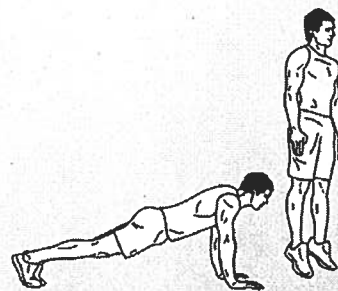
3. jumping lunges



4. jumping jacks



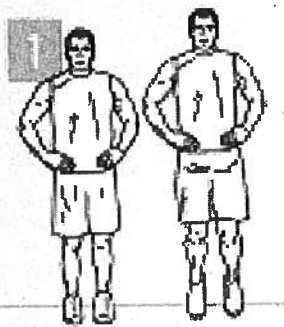
5. climbers



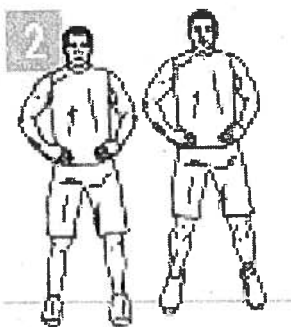
6. basic burpees

cardio jump workout

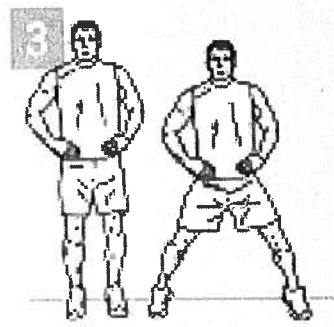
Repeat 3 times | up to 2min rest between sets
© neilarey.com



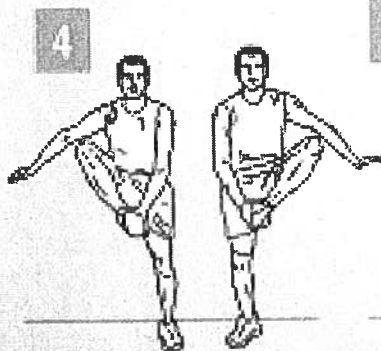
10 jump on a spot



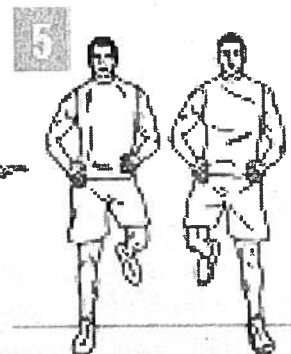
10 wide leg jumps



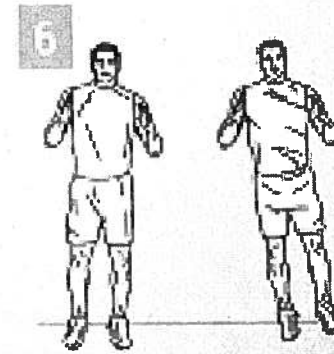
10 half star jumps



10 toe tap jumps



10 side-to-side
single leg jumps



10 side-to-side jumps

www.nhs.uk **NHS** choices

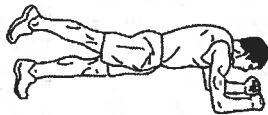
core builder

DAREBEE WORKOUT © darebee.com

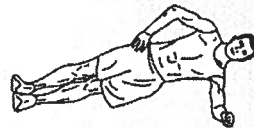
Switch sides on the fly, halfway through the exercise.



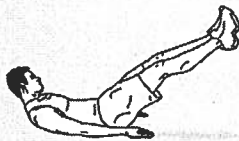
20sec elbow plank



40sec raised leg plank



40sec side plank



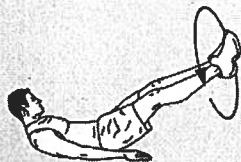
20sec raised leg hold



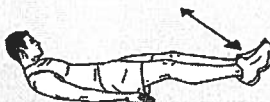
20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side filts

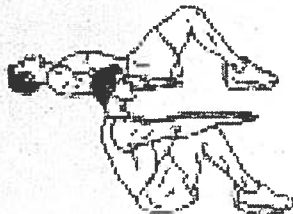


40sec side leg raises

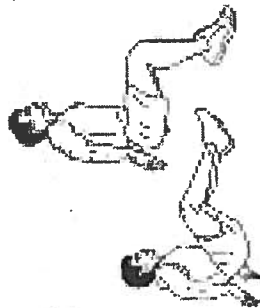
code of abs

DAREBEE WORKOUT @ darebee.com

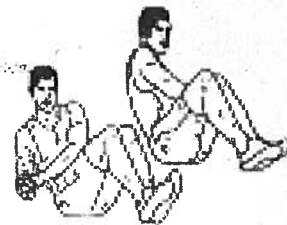
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



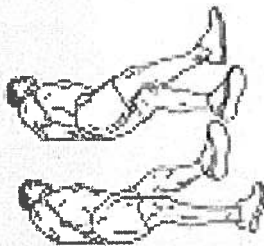
10 sit-ups



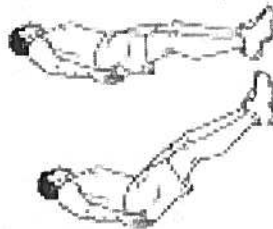
10 reverse crunches



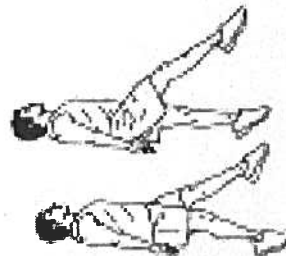
10 sitting twists



8 scissors



8 leg raises



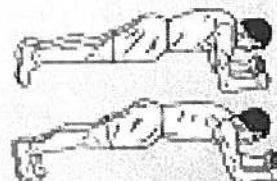
20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

STUDENT RESPONSE PACKET

SOCCER

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of soccer. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are the physical benefits of playing soccer?
2. True or False: Soccer players are allowed to touch and carry the ball in their hands.
3. How long is the average soccer game?
4. Describe an overhead kick in soccer.

5. **What does it mean for a player to “trap” the ball?**

6. **When should the technique of “heading” be used?**

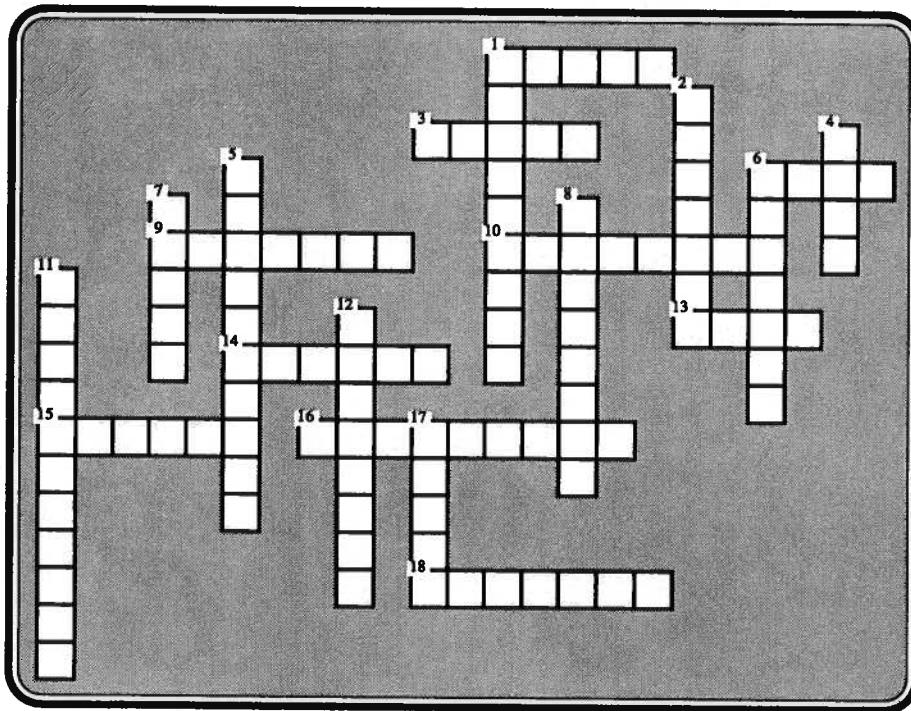
7. **What actions in a soccer game might result in a foul being called?**

8. **Describe the makeup of a typical soccer team.**

9. **Which soccer players on a team are usually considered to be the best all-around players?**

10. **How do you make a goal in soccer?**

Name: _____ Date: _____



Across:

1. Soccer players should not use this part of the body
3. International soccer competition takes place at the _____ cup
6. Most popular type of pass in soccer
9. The player does this to make contact with a ball that is too high to reach with a foot
10. Some consider these to be the best all-around players
13. Pads for leg protection
14. The number of players on a soccer team
15. One should use this part of the body when kicking the ball
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
18. Possible miles-per-hour speed of a kicked soccer ball

Down:

1. Roman name for soccer
2. The players in this position are similar to guards in basketball
4. Acronym for the US Pro soccer organization
5. This is a player who can use his or her hands and stays near the net
6. Precision kicking - the most critical move in soccer
7. They often have cleats and some consider them to be the most important soccer equipment
8. Controlling the ball by stopping or changing its direction
11. They are in constant motion during the game
12. Type of kick that sends the ball in the opposite direction
17. These players help protect the goal-keeper

Name: _____ Date: _____

L	E	T	P	H	H	I	D	L	B	M	S	A	F	I	S	I	E	N	D	N	H	S	T	D	E	F	S	P
D	S	R	O	F	L	E	P	P	A	I	P	U	S	H	H	A	H	S	S	E	N	F	U	S	F	S	N	E
D	H	P	H	R	W	S	N	P	C	D	P	I	A	U	I	F	L	S	S	N	S	G	N	A	G	M	D	A
E	E	Y	I	N	R	V	S	S	K	F	S	S	V	S	L	N	H	E	A	D	I	N	G	S	E	P	N	S
R	L	H	A	I	H	I	H	T	S	I	E	N	A	I	S	E	K	H	C	D	E	I	I	B	K	C	G	R
S	G	S	P	P	A	T	U	M	P	E	D	H	H	A	H	S	S	I	L	R	U	H	R	I	S	B	N	R
U	E	N	T	A	R	E	D	S	I	L	G	R	N	S	F	D	T	L	N	E	E	P	A	E	S	A	E	A
K	E	H	N	S	P	S	S	H	H	D	T	E	I	S	E	L	S	R	H	B	K	H	D	N	N	B	F	F
E	D	Y	N	S	A	H	E	I	T	E	S	A	S	B	E	N	S	D	I	F	D	N	E	D	D	D	T	E
E	L	S	A	I	S	I	A	N	B	R	A	N	D	H	B	V	R	I	R	K	E	N	S	S	I	S	E	R
I	N	A	E	N	T	S	B	H	N	S	S	H	O	E	S	L	E	E	E	R	E	E	H	S	P	U	F	E
S	N	I	S	G	A	W	W	U	S	V	S	H	S	I	O	I	I	N	I	E	E	R	N	P	I	O	V	L
E	I	S	S	S	N	I	S	T	S	S	D	U	W	O	R	L	D	N	T	O	O	D	S	H	U	D	A	B
L	E	F	T	T	M	N	P	P	I	F	T	D	F	S	G	K	A	V	G	Y	F	A	E	N	O	F	S	W
E	G	U	I	E	E	G	S	A	V	R	F	H	T	S	O	L	T	S	E	N	E	A	N	N	R	E	O	E
V	F	G	I	Y	P	E	F	E	G	O	H	D	G	H	A	B	R	L	V	A	S	N	D	K	T	H	T	E
E	H	H	N	E	R	R	E	Y	E	K	L	S	S	V	P	G	O	A	L	K	E	E	P	E	R	B	F	N
N	I	H	A	D	N	S	O	V	E	R	H	E	A	D	I	H	O	S	A	R	S	E	S	L	H	I	N	S
C	S	A	O	F	I	C	D	V	G	F	R	K	U	A	P	N	K	D	L	T	R	A	P	P	I	N	G	K

Use the clues below to discover words in the above puzzle. Circle the words.

1. Some consider these to be the best all-around players
2. Acronym for the US Pro soccer organization
3. Precision kicking - the most critical move in soccer
4. Roman name for soccer
5. They often have cleats and some consider them to be the most important soccer equipment
6. These players help protect the goalkeeper
7. International soccer competition takes place at the _____ cup
8. The player does this to make contact with a ball that is too high to reach with a foot
9. One should use this part of the body when kicking the ball
10. Possible miles-per-hour speed of a kicked soccer ball
11. Pads for leg protection
12. Type of kick that sends the ball in the opposite direction
13. Controlling the ball by stopping or changing its direction
14. The players in this position are similar to guards in basketball
15. Most popular type of pass in soccer
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
17. This player can use his or her hands and stays near the net
18. Soccer players should not use this part of the body
19. They are in constant motion during the game
20. The number of players on a soccer team

PHYSICAL EDUCATION LEARNING PACKET # 6

SOCCER

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as "association football," was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player's arms, legs, heart and lungs all get a good workout during the average soccer game.

HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called "harpastan." Julius Caesar reportedly used this game as training for his armies.

Soccer was also played in various forms in England for about four hundred years before it was finally accepted as a "respectable" game.

On May 21, 1904, the Federation Internationale de Football Association (F. I. F. A.) was

founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45-minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands.

A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide.

A soccer team consists of eleven persons, all of whom work together to accomplish the team's goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players' tasks.

The eleven players include:

a goalkeeper

two backs

three midfielders

three strikers

two wingers

The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.

Midfielders (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

Strikers are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet.

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.

KICKING

Kicking is a critical skill in soccer. The soccer kick does not use a regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.

OVERHEAD KICK

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.

TRAPPING

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.

HEADING

This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots!

Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

PASSING

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork.

While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The "push pass" (an inside-the-foot pass) is the most popular pass and can move balls up to 20 feet when properly executed.

DRIBBLING

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another.

In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.

EQUIPMENT AND CLOTHING

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection.

Soccer shoes are perhaps the player's most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

SOCCER NOTES AND NEWS

In 1900, soccer became the first team sport to be added to the Olympic games. According to the 1996 Olympic Factbook (published in association with the Olympic Committee) soccer is the most popular sport in the world. Unfortunately for American enthusi-

asts, for the tenth time the American soccer team was eliminated from competition in the first round of matches at the 1992 Barcelona Olympics.

Nevertheless, soccer has enjoyed increasing popularity in America, with competitions being held nationwide. The NSPL (National Professional Soccer League) final standings showed Cleveland in the lead. The 1995 playoffs ended with Harrisburg beating Cleveland 3-0 in all three games of the series. The Championship Series was won by St. Louis over Harrisburg.

But soccer is fundamentally an international sport. The most goals (5) by an individual in a single game were made in 1994 by Oleg Salenko of Russia. The all-time leader in goals is Gerd Muller of West Germany with 14. The winner of the 1994 World Cup was Brazil. The 1994 European Footballer (soccer player) of the year was Hristo Stoichkov of Barcelona. The 1994 African Player of the Year was George Weah, of Liberia. The 1994 South American Player of the Year was Cafu, of Sao Paulo.