

7th 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

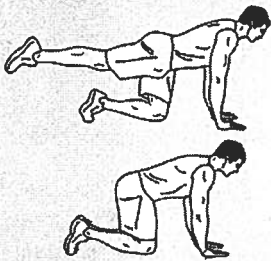
(Use this as a template to track your activity)

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

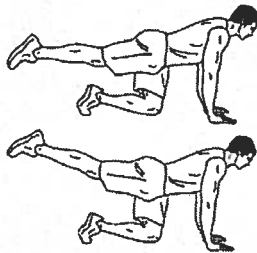
Day	Activity (Quick Description)	Time (min)	Type (What did it work?)
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



20sec leg extensions

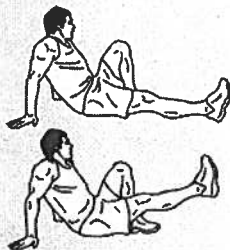


20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises



20sec raised leg circles

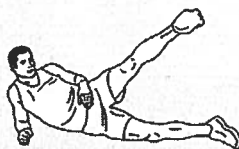


20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

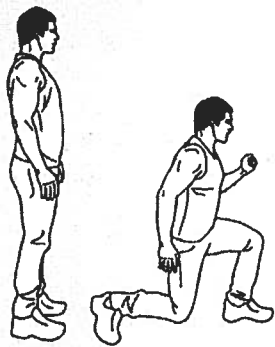
+ change sides and repeat the sequence

Lower Body Works

DAREBEE WORKOUT

© darebee.com

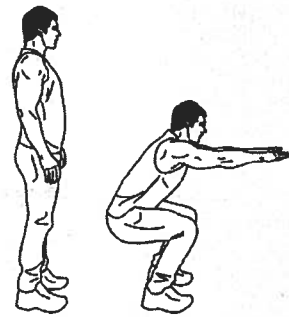
repeat 3 times | 1 minute rest



10 forward lunges



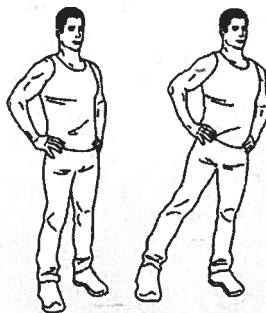
10 calf raises



10 squats



10 calf raises



40 side leg raises



10 calf raises

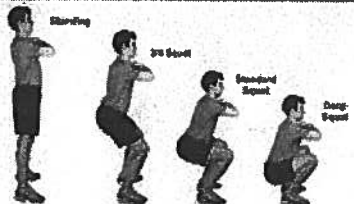
LOWER BODY

Body Weight Exercises

AIR SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet shoulder-width apart and feet pointing out slightly. Tightly pull your hips back and down until you reach a perpendicular depth (90°). Stand tall. Crouch. Pump a slight arch in your back throughout. Focus entirely at the bottom and slowly return to standing.



SUMO SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Take a very wide stance, feet pointing out, and cross hands over chest. Stand at least by bringing the hips out by bringing the hips out by the heels. As you lower, focus on keeping your knees over the feet. Place hands at the bottom and slowly return to standing.



COSSACK SQUAT

Quadriceps, Hip Adductors, Hip Abductors, Gluteus Maximus

From standing, step out with one leg, knee slightly pointed out. Lower yourself on step as you sit on that leg, keeping your torso upright. Your extended leg should be straight, ankle bent to 90 degrees and toes pointed upward. Reverse the motion to each foot until you return to standing.



STATIC CHAIR POSE

Quadriceps, Gluteus Maximus, Hamstrings, Trapezius, Erector Spinae

From standing, inhale as you rise your arms up with bending your knees until your thighs are almost parallel to the floor. Hold your head and neck in neutral alignment. Do not let your knees go beyond your toes. Breathe in and out. Hold for one minute.



TUCK JUMP

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors

From standing, fold your knees by reaching into a tuck position. Inhale. Jump. Exhale. Land with your feet in your chest. Catch yourself in a low tuck position when you come down.



JUMPING SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

From standing, drop your arms backward as you lower into a squat position to hold the feet. In one motion, swing your arms forward and up as you explosively jump straight up. Land and hold, lower your body back into the squat position to complete one rep.



PISTOL SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Start your weight onto one foot and lift the other off the floor. Bring the lifting leg out to level, as you squat on the other leg. Place at the bottom, reaching out to touch toes. Stand up to standing. **NOTE:** Very Challenging



LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your heels at your feet. Take a big step forward with one leg. Drop the back knee toward the floor. Push just before it touches the floor. Push back up to standing. Repeat with the other leg.



REVERSE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

From standing, take a big step backward with one foot. Once a knee reaches toward the floor, push back up to standing. Repeat with the other leg.



SPLIT SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Start with feet spread wide apart, one in front of the other, heels on line. Drop the same foot towards the ground. Slowly lower your body straight down until the back knee is close to touching the floor and back knee is bent to 90 degrees. Push back up into the starting position and repeat.



CURTSEY SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Abductors

Stand with heels on line, feet hip distance apart. Take a big step forward with one foot, bring it up and strike to the opposite side of the back and landing it squarely on the floor. Drop into the squat. Repeat with the other leg. 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, keeping the standing knee while bringing the other knee while landing. Bring your hands to touch to counterbalance as you lean. Alternating between one leg, continue until your back knee is touching the floor. Push, then quickly push back up to start.



SIDE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Standing with feet on line, take a step to the side with one foot. Bend the knee of the stepping leg and push the other leg back. Push your chest up and swing your legs to the other side. Push at the bottom, then push yourself back to starting.



DONKEY KICK

Gluteus Maximus, Hamstrings, Gastrocnemius

Get on all fours with your hands directly under hips and hands under shoulders. Lift one leg off the floor, keeping the knee at 90 degrees bent. Slowly push the foot of the lifted leg toward the ceiling. Push and return.



CALF RAISES

Gastrocnemius, Soleus

Standing on a step, hold your heels hanging off the edge. Stand heel to a wall for support. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly. Then come back 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 legs straight, lift your right side one leg. Lower your right side one leg. Stand. Slowly raise the right leg until your feet are parallel to the floor. Push. Return to start by lowering your right side one leg to touch your left leg.



STEP UPS

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus

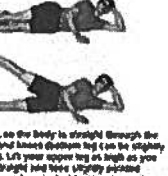
Using a step, lift one foot on the raised surface and push through your heels to lift the body off the floor. As you come up, lift the other leg, and opposite side arm, into the air with the knee at 90 degrees and the thigh is parallel to the floor. Slowly step back down and repeat with the other leg.



SIDE LYING LEG LIFT

Gluteus Maximus

Lie on your side, so the body is straight through the ankles, hips and knees. Lift the leg can be slightly bent for balance. Lift your upper leg as high as you can, keeping it straight and knee slightly pointed upward in a slow and controlled fashion. Repeat the leg.



ADDUCTOR LEG RAISE

Hip Adductors, Gastrocnemius

Lie on your side with one leg straight and the other leg bent. Place the foot of the bent leg on the floor and in front of the bent leg. Raise the bottom leg as high as you can. Lower the leg and repeat.



The exercises will provide information on this journal may be the object of articles for other journals. The authors and publishers of this journal are not responsible in any way whatsoever for injuries which may occur from following the instructions herein.



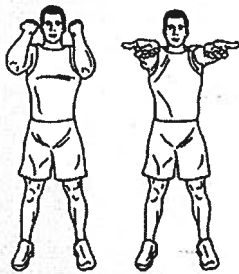
Safety Rules:
 1. Exercise properly, always on carpet and mats or rubber mats.
 2. Stop if you feel uncomfortable pain.
 3. If exercise does not give you results, repeat on other days.
 4. Do not over-exercise. Rest is important to your progress.

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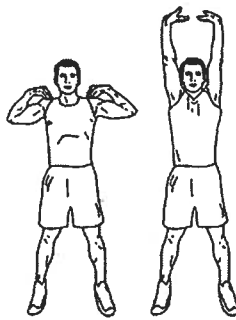
upperbody works

DAREBEE WORKOUT @ darebee.com

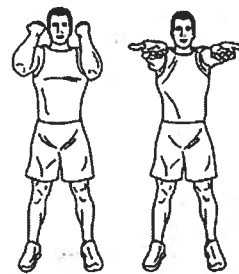
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



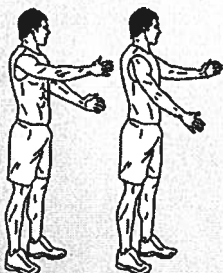
20 bicep extensions



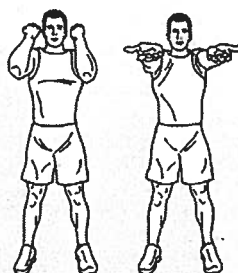
20 standing shoulder taps



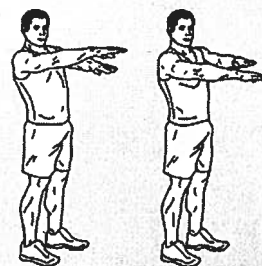
20 bicep extensions



20 scissors chops



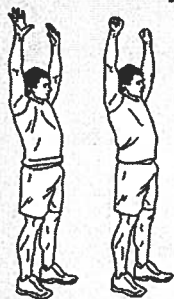
20 bicep extensions



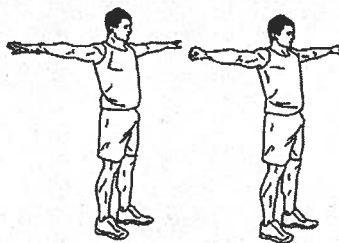
20 arm scissors

UPPERBODY TENDON STRENGTH

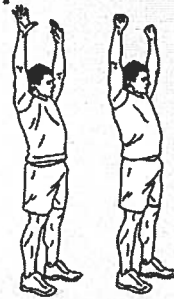
DAREBEE WORKOUT @ darebee.com



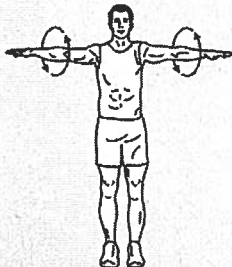
30sec clench/unclench
overhead



60sec clench / unclench
arms raised to the side



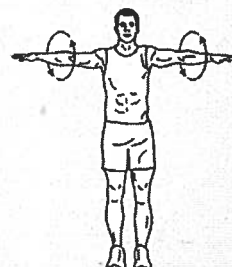
30sec clench/unclench
overhead



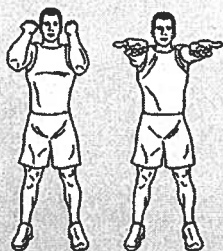
30sec raised arm circles



60sec hold



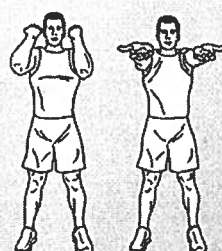
30sec raised arm circles



30sec bicep extensions



60sec hold



30sec bicep extensions

UPPER BODY

Body Weight Exercises

PUSH UPS

<h4>KNEELING PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands approximately shoulder-width apart. Lower your chest until it just touches the floor. Push up to return to the starting position. Repeat.</p>	<h4>STANDARD PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands approximately shoulder-width apart. Lower your chest until it just touches the floor. Push up to return to the starting position. Repeat.</p>	<h4>ALTERNATE HAND POSITIONS</h4> <div style="display: flex; justify-content: space-around;"> <div data-bbox="852 598 982 766"> <h5>Standard</h5> <p>Place hands approximately shoulder-width apart.</p> </div> <div data-bbox="982 598 1112 766"> <h5>Diamond</h5> <p>Place hands in the diamond. This is a challenging variation.</p> </div> <div data-bbox="1112 598 1218 766"> <h5>Yoga</h5> <p>Place hands on the floor. This is a challenging variation.</p> </div> </div>	
<h4>INCLINE PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands on the edge of a chair. Lower your chest until it just touches the chair. Push up to return to the starting position. Repeat.</p>	<h4>SHOULDER TAP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. As you lower your body, tap one shoulder with the opposite hand. Repeat on the other side.</p>	<h4>SCORPION</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. As you lower your body, lift one leg and kick up towards the ceiling. Repeat on the other side.</p>	<h4>DEADLINE PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. Lower your body until your hands are on the floor. Push up to return to the starting position. Repeat.</p>
<h4>CLAPPING PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. As you lower your body, clap your hands together. Push up to return to the starting position. Repeat.</p>	<h4>SPIDERMAN PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. As you lower your body, lift one leg and bring the knee towards the chest. Repeat on the other side.</p>	<h4>PUSH UP WALK OUT</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. As you lower your body, walk your hands out to the sides. Push up to return to the starting position. Repeat.</p>	<h4>HOVER PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. Lower your body until your hands are on the floor. Push up to return to the starting position. Repeat.</p>

<h4>SHOULDER PRESS</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. Push your hands up until your arms are fully extended. Lower your arms back to the starting position. Repeat.</p>	<h4>PULL UPS (HANDS)</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Hang from a bar with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back down. Repeat.</p>	<h4>CHIN UPS</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Hang from a bar with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back down. Repeat.</p>	
<h4>SUPINE PUSH UP</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Start in a Standard Push Up position. Push your hands up until your arms are fully extended. Lower your arms back to the starting position. Repeat.</p>	<h4>TRICEP DIPS (BENT LEGS)</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands on the edge of a chair. Lower your body until your elbows are at a 90-degree angle. Push up to return to the starting position. Repeat.</p>	<h4>TRICEP DIPS (STRAIGHT LEGS)</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands on the edge of a chair. Lower your body until your elbows are at a 90-degree angle. Push up to return to the starting position. Repeat.</p>	<h4>TRICEP DIPS (RAISED LEG)</h4> <p>PERFORMER: NECK, THORAX, ANTERIOR DELTOID, PECTORALIS ANTERIOR, TRICEPS BRACHII, BRACHIORADII, FLEXOR CARPI RADIUM, SUPINATOR & SUPINATOR SUPPLEMENTARY</p> <p>Place hands on the edge of a chair. Lower your body until your elbows are at a 90-degree angle. Push up to return to the starting position. Repeat.</p>

Safety Rules: Exercise properly while on a mat and always on a mat. If you feel any pain, stop immediately. If you feel any pain, stop immediately. If you feel any pain, stop immediately.

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DIGITAL DOWNLOAD

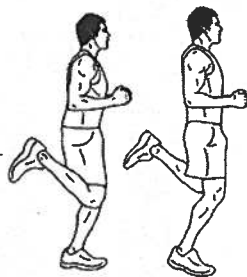
2-minute cardio

DAREBEE WORKOUT @ darebee.com

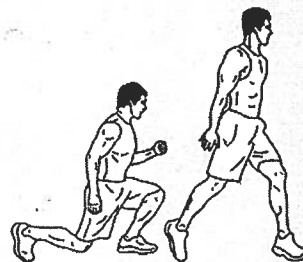
20 seconds each exercise | no rest between exercises



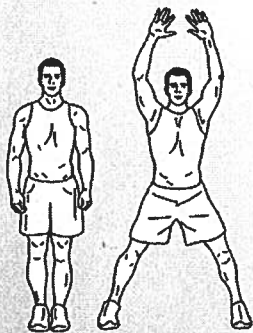
1. high knees



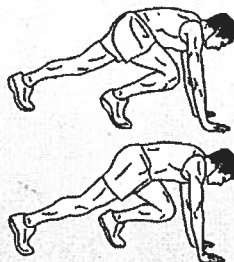
2. butt kicks



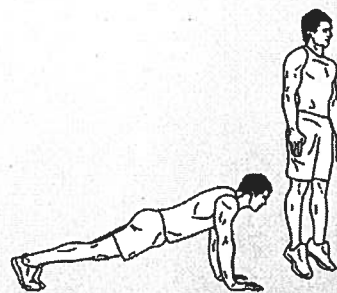
3. jumping lunges



4. jumping jacks



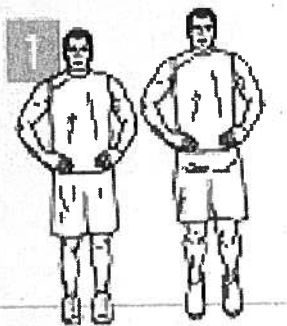
5. climbers



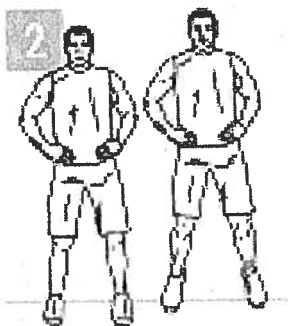
6. basic burpees

cardio jump workout

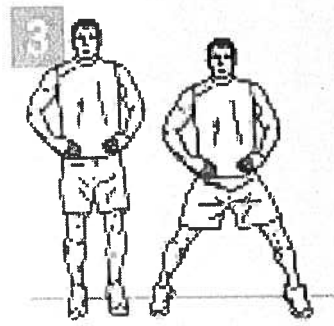
Repeat 3 times | up to 2min rest between sets
© neilarey.com



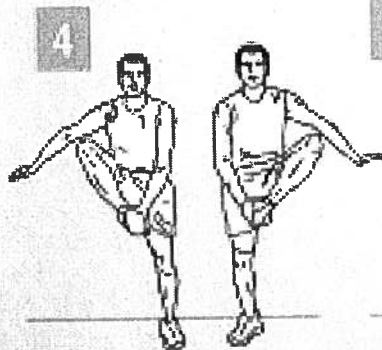
10 jump on a spot



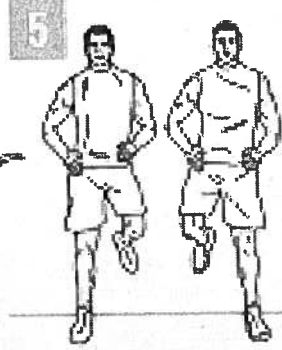
10 wide leg jumps



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

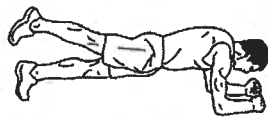
core builder

DAREBEE WORKOUT @ darebee.com

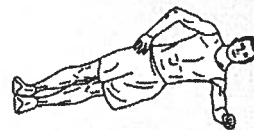
Switch sides on the fly, halfway through the exercise.



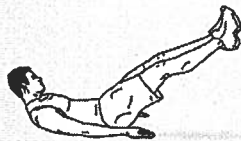
20sec elbow plank



40sec raised leg plank



40sec side plank



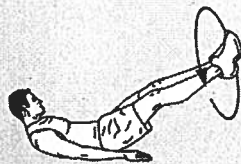
20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts

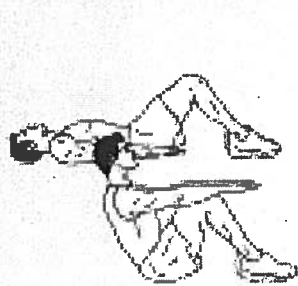


40sec side leg raises

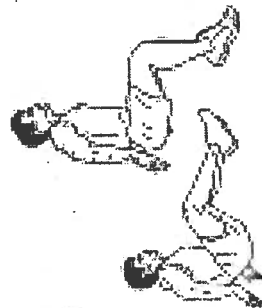
code of abs

DAREBEE WORKOUT @ darebee.com

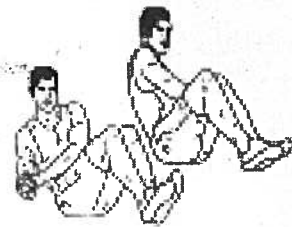
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



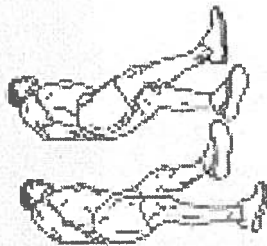
10 sit-ups



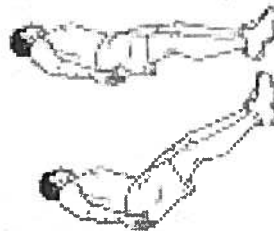
10 reverse crunches



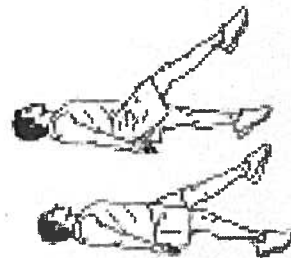
10 sitting twists



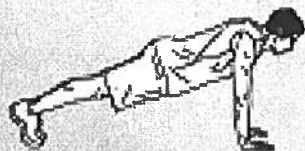
8 scissors



8 leg raises



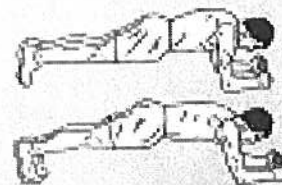
20 flutter kicks



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?**

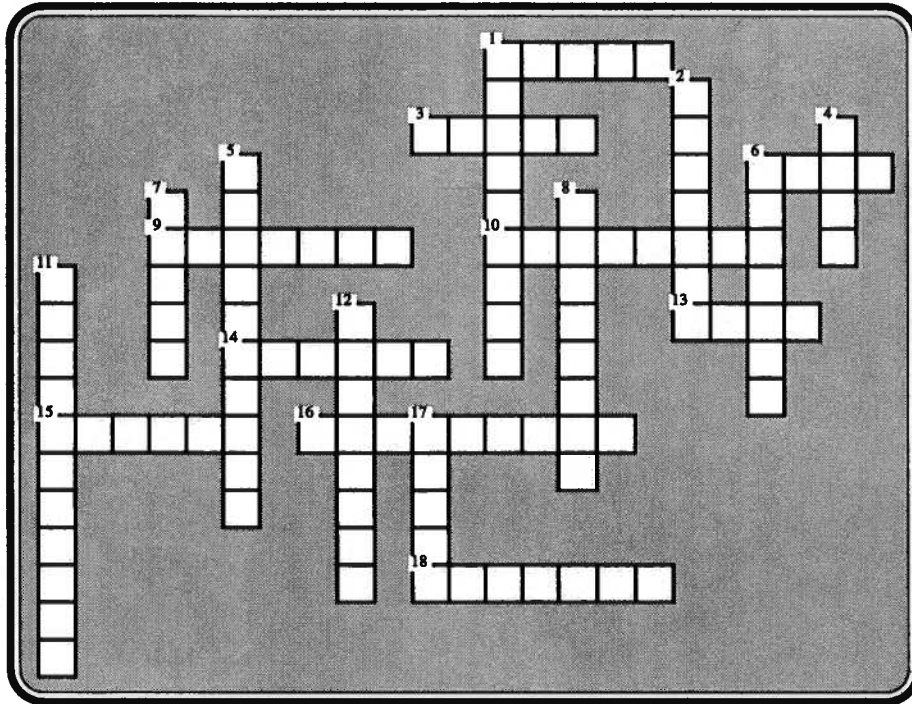
7. **What actions in a soccer game might result in a foul being called?**

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: _____



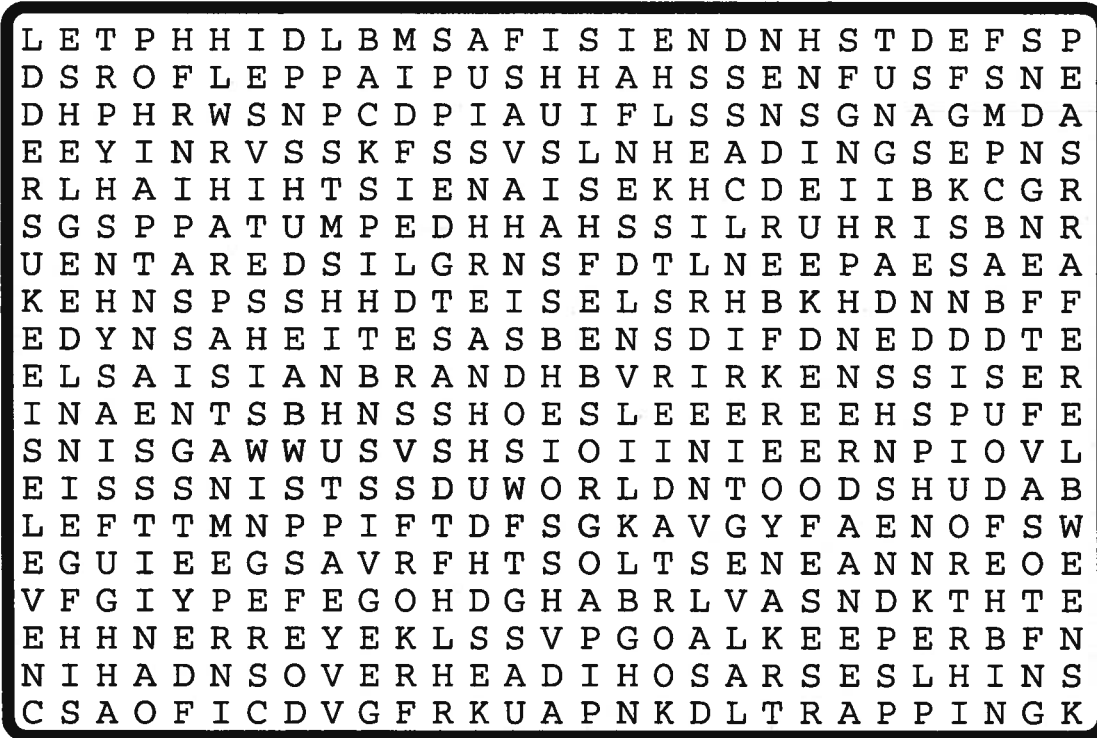
Across:

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: _____



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.