



5th Soccer Study Guide

Biomechanical Principles

Newton's 3rd Law: for every action there is an equal and opposite reaction.)

- A soccer ball will travel in the **opposite direction** of the force that is applied to it.

If I kick:

Directly on the back

On the left side

On the right underside

The Ball will Travel:

Straight forward

To the right

Up and to the left

Player Positions/Responsibilities/Activity Strategies

- **Throw-in** : use two hands and put all the way behind head, keep both feet in contact with the ground.
- **Instep**: located **under your shoe laces** and is used to kick high, driving shots or to punt the soccer ball when goalie.
- **Inside of foot**: the best part of foot to perform a pass.
- **Cutting down the angle**: the goal-tending technique of reducing the goal area.
- **Player Positions:**

Player names

Goalie

Defender

Midfield

Forward

Positions on the field

in front of the goal

toward your own goal

whole field

toward opponent's goal

Responsibilities

defending the goal

defense/stop shots on goal

offense and defense

offense-to score goals

Rules/Etiquette

- **Throw-in**: used when the ball has gone out of bounds on the **sideline**.
- **Violations/Fouls**: when a violation/foul has occurred a **free kick** is awarded to the other team from the spot of the foul. Examples of violations are hand balls, tripping, pushing, etc.

Safe Behaviors

- Always be ready for the ball
- Watch for others while moving
- Keep body in control while moving
- Do not step on ball
- Try to kick ball only