



## SOCCER SKILLS

### DRIBBLING, PASSING, SHOOTING

**Dribbling:** “The ability to maneuver the ball with the feet to beat or dodge an opponent ([www.nscaa.com](http://www.nscaa.com)).” Practice using the inside, outside, heel, and bottom of the foot. Also, practice with your speed and movement when dribbling.

**Passing:** Keep the ball on the ground, focus on follow through with your leg, and give with the ball when trapping/receiving. Use the inside and outside of dominant and non-dominant foot.

**Shooting:** Using the side of your foot when shooting will gain accuracy. Using instep (laces) will gain power. Place non-kicking foot next to soccer ball, keep head down, eyes on the ball, body over the ball, and aim for the corners of the goal.

## Soccer Unit

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**“Don’t practice until you get it right. Practice until you can’t get it wrong.”**  
- Unknown

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### Soccer Positions:

**Striker/forward**  
**Midfielder**  
**Stopper**  
**Defender**  
**Sweeper**  
**Goalie**  
**(11 players on field)**

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### Methods for putting ball back into play:

**Throw-in**  
**Corner kick**  
**Goal kick**  
**Indirect kick**  
**Direct kick**

## SPORTS TEAMS

**Boys:**  
**Varsity**  
**J.V.**  
**Modified**

**Girls:**  
**Varsity**  
**J.V.**  
**Modified**