**Striking with the Foot/Soccer/Kickball Study Guide**

1. The five parts of the foot to kick a ball are: Toe, inside, outside, heel and top of the foot.
2. Kicking with the toe generates power but tends to be very inaccurate.
3. The top of the foot is generally used for shooting, long passes, and kicking in kickball.
4. Striking with the foot uses eye-foot coordination, the principle of opposition, and weight transfer
5. Soccer is the most popular and most played sport around the world.
6. In many other nations soccer is known as football.
7. Blocking - Using any part of the body except arms & hands to change or direct the progress of the ball.
8. Clearing - A throw or kick by the goalkeeper after he/she has stopped a ball in the vicinity of the goal
9. Corner Kick - A Place kick taken on the goal line by the attacking team 5 yards from the nearer corner; awarded when the ball is sent over the end line or crossbar by a defending player
10. Dribble - A short series of foot taps used to move the ball
11. Foul - When a player trips, kicks, strikes, holds, pushes, or jumps at an opponent, uses unnecessary roughness, or handles the ball
12. Free Kick - awarded to the opposing team when a foul or rule infraction is committed from the place of the infringement.
13. Passing - Advancing the ball down the field; kicking the ball from player to player from the same team
14. Penalty Kick - place kick taken on the penalty kick mark 12 yards from the center of the goal; awarded when any member if the defending team fouls in the penalty area
15. Throw-in - the method of putting the ball in play after it has gone out of bounds over the sideline.
16. Trapping - Stopping and gaining control of the ball by the use of a foot, one or both legs, or the body
17. A soccer team consists of 11 players
18. The ball may be volleyed, blocked, trapped, kicked, dribbled, and passed with the feet, body, and head.
19. Only the goalkeeper (in the penalty area) may use his/her hands.
20. The soccer field is 100 yards long and 60 yards wide.
21. The dribble is most easily controlled by alternate taps with inside of the foot.
22. Types of Short kicks/ Passes include Inside of the foot, Outside-of-the- foot, and Heel.
23. Types of traps include Sole-of-the-foot trap, Inside-of-the-Thigh One or Two Leg Trap, and Abdomen/Chest.
24. When heading the ball contact is made at the hairline on the front of the head by jumping toward the ball and stiffening the neck.
25. Kickball uses the same basic rules as wiffleball including the underhand throw to roll the ball
26. A player may not throw the ball and hit the base runner in order to get the runner out, the runner must be tagged or the thrown ball beats the runner to base.
27. Base runners may be tagged out if he/she fails to return to base before the ball reaches the baseman following a fair fly ball that is caught
28. The numbered 9 official player positions are – 1) Pitcher 2) Catcher 3) First baseman 4) Second baseman 5) Third baseman 6) Shortstop 7) Left Fielder 8) Center fielder 9) Right fielder
29. The bases are home, first, second, and third
30. An inning is one of the seven sections of the game in which teams alternate offense and defense

**Strike with Foot Read**

1. Circle and write any unfamiliar words
2. Define those unfamiliar words using context clues
3. Underline when reading then write 5 key facts or main ideas
4. Compare and contrast the different kicks used in soccer (may use a chart)
5. Explain the different ways to stop and/or redirect the ball in soccer – site evidence
6. Compare and contrast kickball to the other sports using a base running system
7. How are soccer and kickball alike and what are their major differences – you may use a Venn Diagram

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