

Soccer Task Sheets

Name of Observer:

Name of Player:

Per: Date:

The observer will assess another player's performance by giving them a score of 1-3 (3 being the best and 1 needing more practice) and commenting on the player's skill. Make sure that you write either a positive comment or a suggestion for improvement.

Passing With The Inside of The Foot: Each student will practice passing the ball with the inside of the foot ten times. Your partner will read the cues to you while you perform them.

- 1 2 3 Non-kicking foot next to the ball
- 1 2 3 Contact ball in the middle
- 1 2 3 Use the inside of the foot
- 1 2 3 Follow through so your kicking foot goes to your target
- 1 2 3 Use a firm kick so it gets to your target

Comments:

Trapping: Each student will practice trapping a soccer ball ten times. Your partner will read the cues to you while you perform them.

- 1 2 3 Move your feet quickly so you get your body in front of the ball
- 1 2 3 Relax the body part you are going to trap the ball with (i.e., inside of foot, thigh, etc.)
- 1 2 3 Give with the body part you are trapping with
- 1 2 3 Pretend the body part is a pillow or something soft.
You don't want the ball to go very far from you after it contacts your body

Comments:

Throw In: Each student will practice throwing a soccer ball inbounds ten times. Your partner will read the cues to you while you perform them.

- 1 2 3 Grip ball firmly with two hands
- 1 2 3 The ball is brought back over your head and the back is arched
- 1 2 3 Arms are fully extended at the point of release
- 1 2 3 Ball is released in front of head
- 1 2 3 Feet: May be together (standing square) or one foot can be placed in front of the other
- 1 2 3 Final ingredient: Add a short run to generate momentum

Comments:

Total Points Earned _____