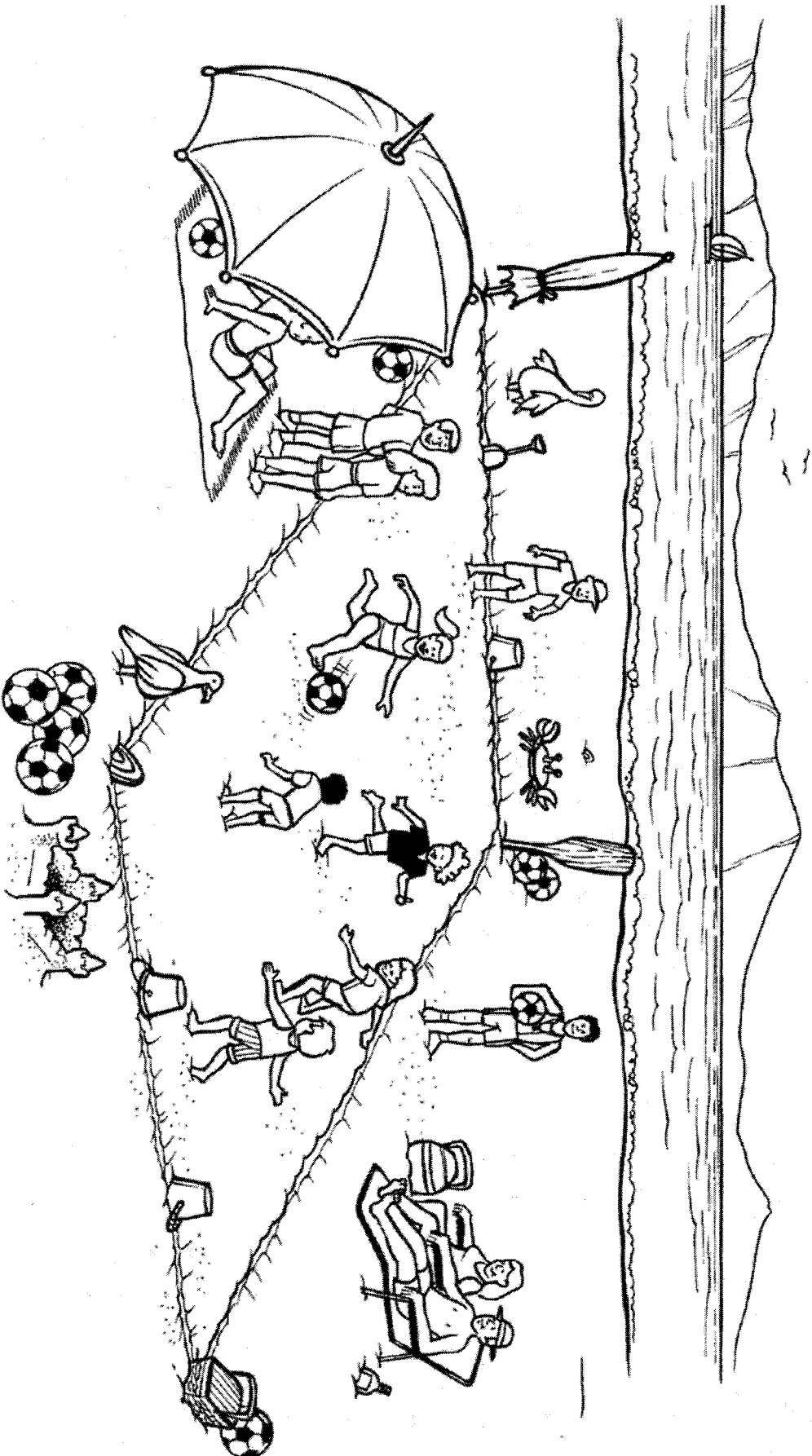


23. Sand Soccer



24. Sand Soccer Questions

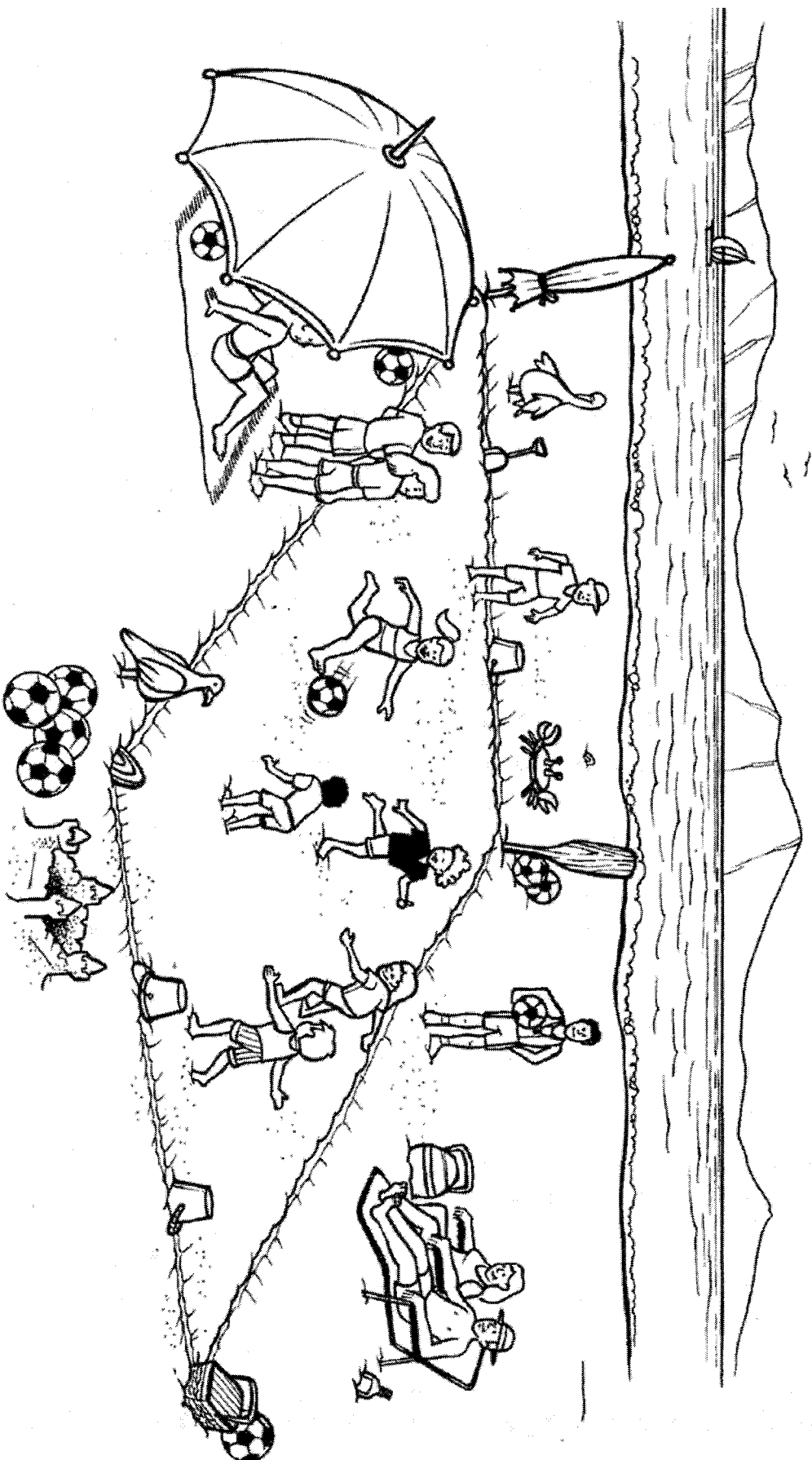
One of the neat things about soccer is that it's a game that can be easily played almost anywhere. All you really need are some players, a ball and a flat area on which you can run and kick.

Look carefully at the picture of beach soccer, then answer the questions below.

1. How many players are on each team? _____
2. What are they using as goal posts? _____
3. What are they using for corner flags? _____
4. How did they mark out their field? _____
5. How many spectators (people watching) are there? _____
6. How many soccer balls are in the picture? _____
7. Because they are at the beach, there are a few things players have to watch out for or they might get hurt. Can you think of two of them? _____
8. What is your favorite thing to do when you go to the beach? _____

*Now that you have answered the questions, color the picture using bright summer colors.

23. Sand Soccer



24. Sand Soccer Questions

One of the neat things about soccer is that it's a game that can be easily played almost anywhere. All you really need are some players, a ball and a flat area on which you can run and kick.

Look carefully at the picture of beach soccer, then answer the questions below.

1. How many players are on each team? _____
2. What are they using as goal posts? _____
3. What are they using for corner flags? _____
4. How did they mark out their field? _____
5. How many spectators (people watching) are there? _____
6. How many soccer balls are in the picture? _____
7. Because they are at the beach, there are a few things players have to watch out for or they might get hurt. Can you think of two of them? _____
8. What is your favorite thing to do when you go to the beach? _____

*Now that you have answered the questions, color the picture using bright summer colors.

25. Three Favorite Things About Soccer

The more you learn about soccer, the more fun it is to play. Building and using new skills helps you to feel good about yourself and the game.

Write about 3 things in soccer that you really enjoy. What are they? Why do you enjoy them? Draw pictures to show yourself doing these things.

	1.	
	2.	
	3.	

26. Bird's Eye Soccer

Dribbling is an important soccer skill and so is passing.

How could you pass the ball then get the ball back to score a goal yourself?

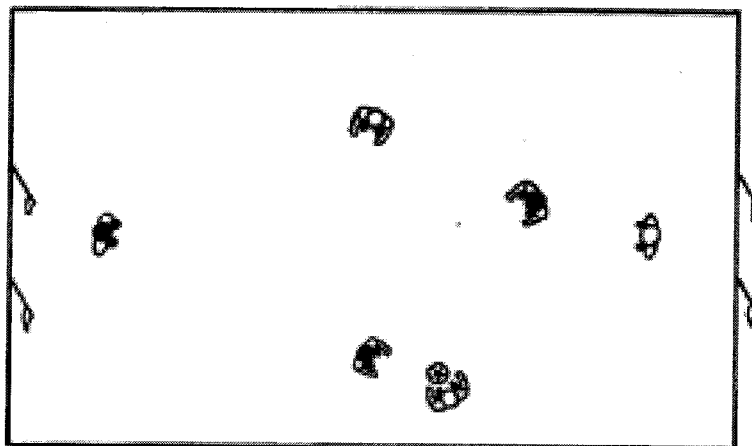
Remember that you can move into a new position to receive the pass back before

Draw this move.

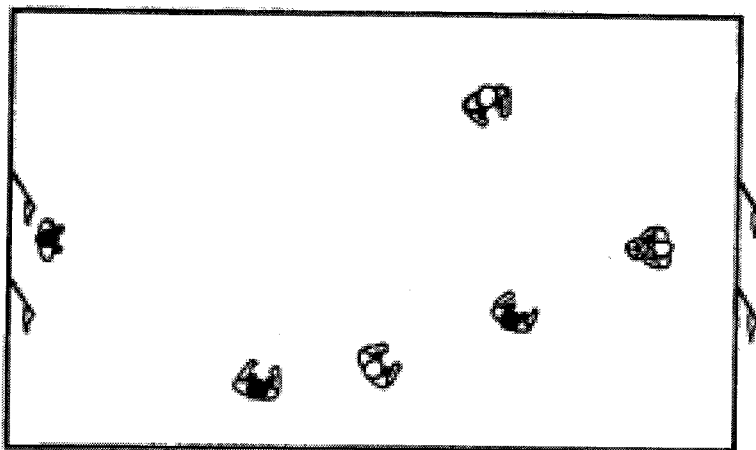
Use a solid line for the direction of your run.



Use a dotted line for a pass and a shot.



Try this one. Goalkeeper passes the ball to a teammate. Show this pass by the goalie and two more passes to produce a shot on the opponents' goal.



27. Putting it into Practice

By now you've learned many new skills in soccer. Let's practice your soccer knowledge and language skill at the same time.

Use each of these soccer-related words in a complete sentence.

Make your sentences interesting and make sure they show your knowledge of the meaning of the word and your best printing.

Check your work – capitals, spelling, periods.

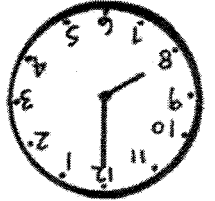
1. Referee	
2. Pass	
3. Triangle	
4. Position	
5. Coach	
6. Substitute	

28. Playing with Time & Warming Up for the Game

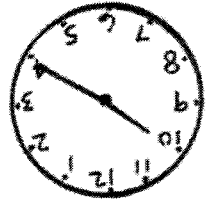
Players should not just get out of bed and go straight to their soccer game – they'll be half asleep when the game starts.

Getting ready for an 11:00 a.m. game

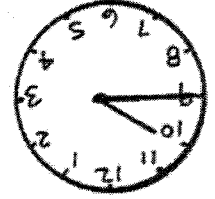
They should get up at least three hours before a game and eat a light but nutritious meal.



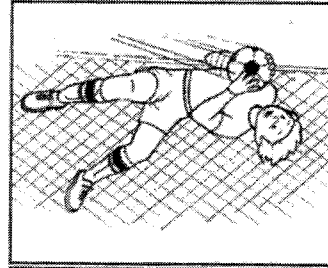
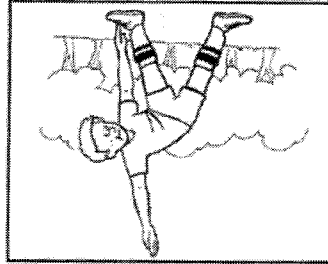
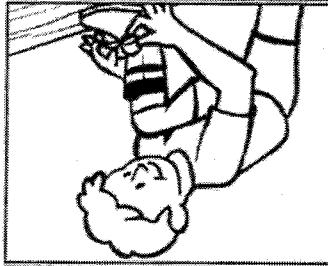
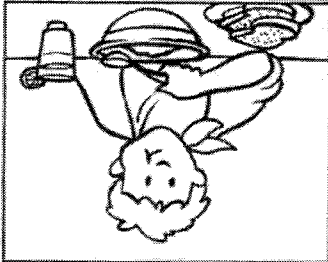
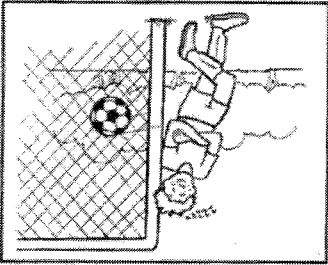
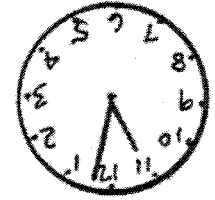
Arrive at the game in good time – 30 to 40 minutes before kick-off – so that all uniforms, shoes, shin pads and other equipment are ready.



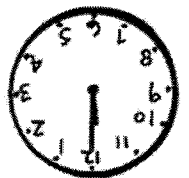
Warm up for at least 15 minutes. Stretch, jog, sprint, pass and shoot.



Then you are ready to go when the whistle blows to start the game.



29. Warm-Up Math



Today you have an important game at 12:00 noon and you want to be well prepared.

1. You get up at 9:00 a.m. You must be at the field by 11:30 a.m. How long do you have to be ready?

2. If it takes you 20 minutes to get there from your house, when do you have to leave home?

3. If it takes you 10 minutes to get dressed, what time must you start dressing?

4. You finished breakfast at 9:30 a.m. How long does your body have to digest the food before game time?

5. The coach is going to give you 20 minutes of warm-up activities. When will these activities start?

6. Your warm-up has 2 minutes of stretching at the start. How long do you have for the other activities?

7. During warm-up you spend 10 minutes doing ball skills. How much time do you have for stretching, jogging, etc?

8. The game starts on time! If it's a one-hour game, when is half time?

9. What time will the game end?

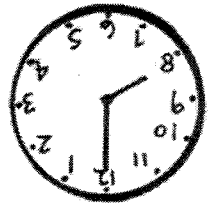
10. If you spend 15 minutes in post-game activities and then go straight home, what time will you be home?

28. Playing with Time & Warming Up for the Game

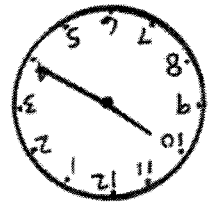
Players should not just get out of bed and go straight to their soccer game – they'll be half asleep when the game starts.

Getting ready for an 11:00 a.m. game

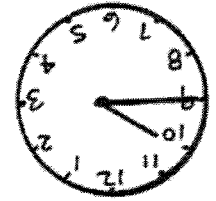
They should get up at least three hours before a game and eat a light but nutritious meal.



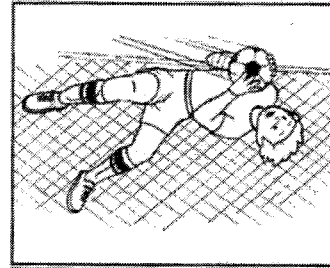
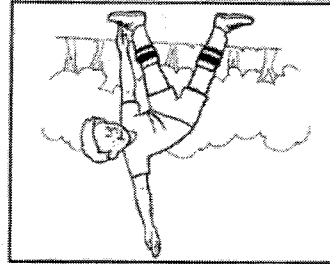
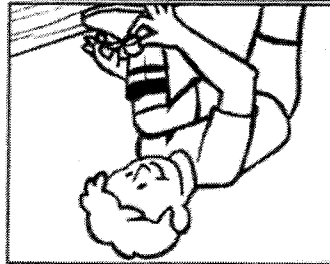
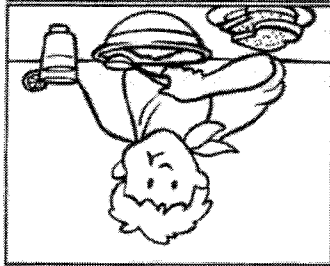
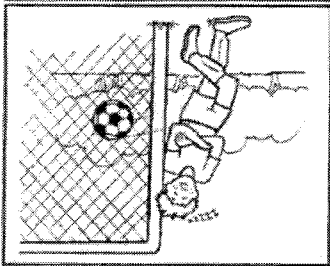
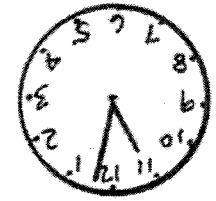
Arrive at the game in good time – 30 to 40 minutes before kick-off – so that all uniforms, shoes, shin pads and other equipment are ready.



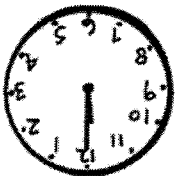
Warm up for at least 15 minutes. Stretch, jog, sprint, pass and shoot.



Then you are ready to go when the whistle blows to start the game.



29. Warm-Up Math



Today you have an important game at 12:00 noon and you want to be well prepared.

1. You get up at 9:00 a.m. You must be at the field by 11:30 a.m. How long do you have to be ready?

2. If it takes you 20 minutes to get there from your house, when do you have to leave home?

3. If it takes you 10 minutes to get dressed, what time must you start dressing?

4. You finished breakfast at 9:30 a.m. How long does your body have to digest the food before game time?

5. The coach is going to give you 20 minutes of warm-up activities. When will these activities start?

6. Your warm-up has 2 minutes of stretching at the start. How long do you have for the other activities?

7. During warm-up you spend 10 minutes doing ball skills. How much time do you have for stretching, jogging, etc?

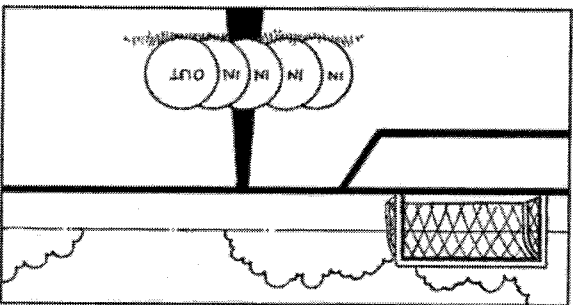
8. The game starts on time! If it's a one-hour game, when is half time?

9. What time will the game end?

10. If you spend 15 minutes in post-game activities and then go straight home, what time will you be home?

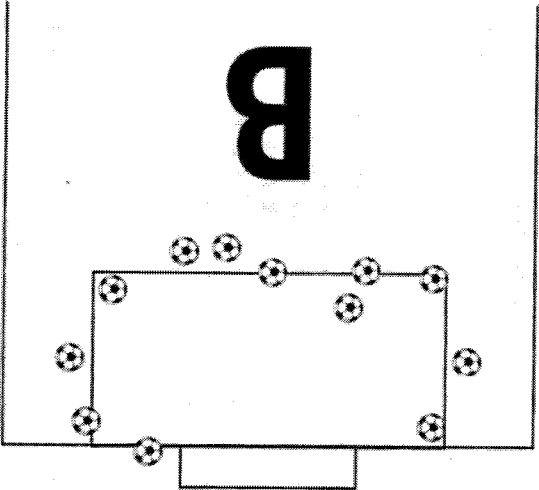
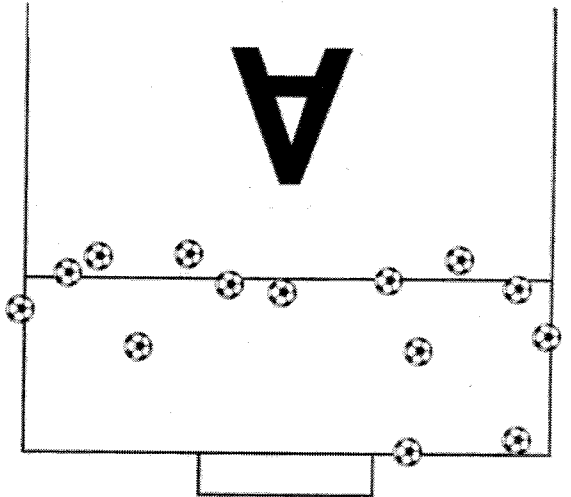
30. Goalie Handling Zone

3 vs. 3 and 4 vs. 4 soccer have a goal box at each end of the field. This is where the goalkeeper of the defending team is allowed to handle the ball. Later, with a larger number of players the goal box is changed to become the penalty box or penalty area.



Goalkeepers are allowed to handle the ball in their goal box or penalty area. The lines marking the goal box or penalty area are considered part of the box. The ball has to be completely out of the area to be either a hand ball or out of play. (See illustration above).

If the goalkeeper handled the ball each place it is shown in the drawings:



1. How many times would it be illegal? A: _____ B: _____
2. How many times would it be okay? A: _____ B: _____
3. How many times did the goalie handle the ball altogether? A: _____ B: _____
4. Did the goalkeeper have more hand ball calls in A or B? _____

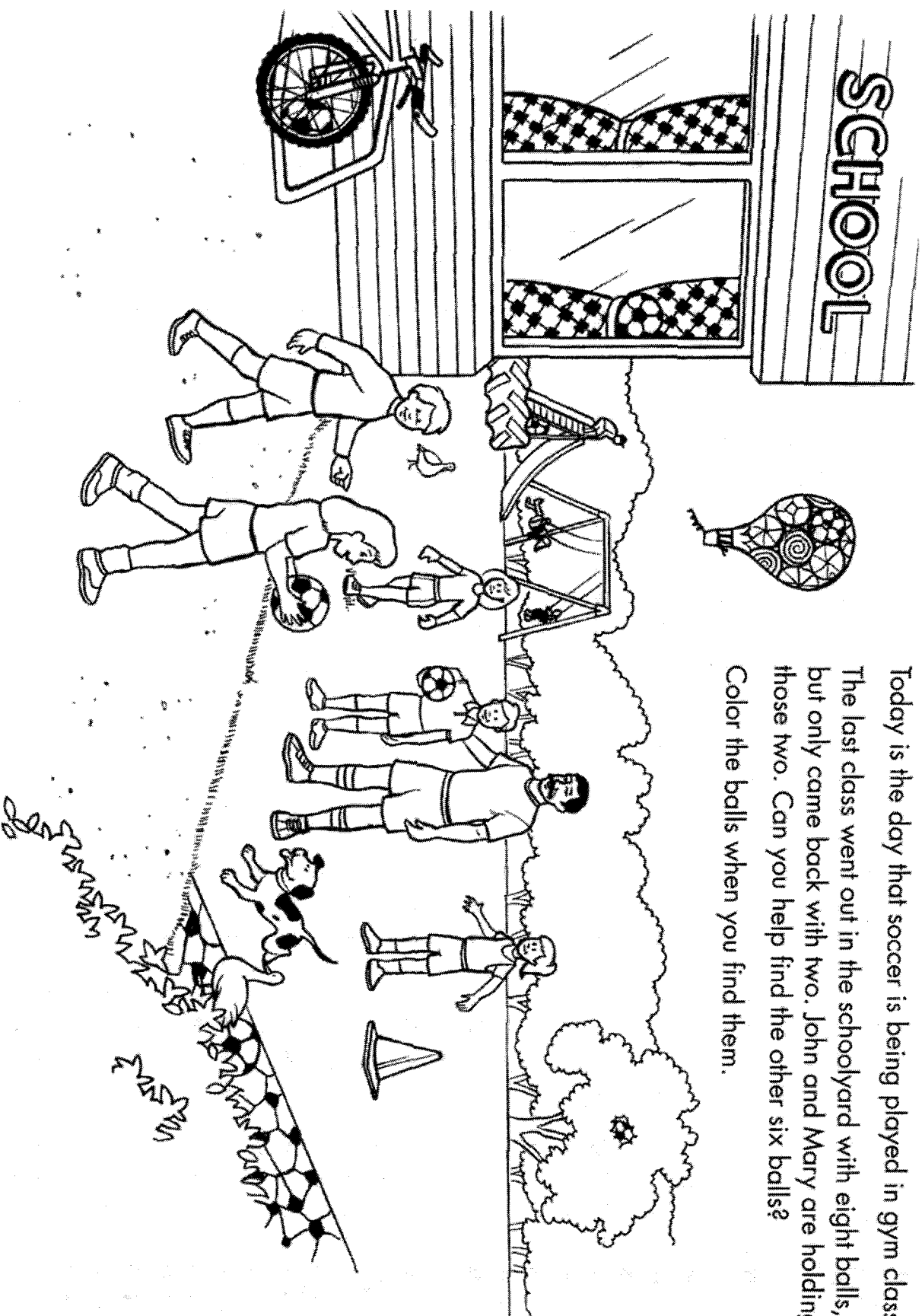
31. School Yard Soccer

© World of Soccer

1-866-SOCCER-8

WWW.WORLD.OF.SOCCER.COM

WWW.BYTESIZECOACHING.COM



Today is the day that soccer is being played in gym class. The last class went out in the schoolyard with eight balls, but only came back with two. John and Mary are holding those two. Can you help find the other six balls? Color the balls when you find them.

32. Word Search II

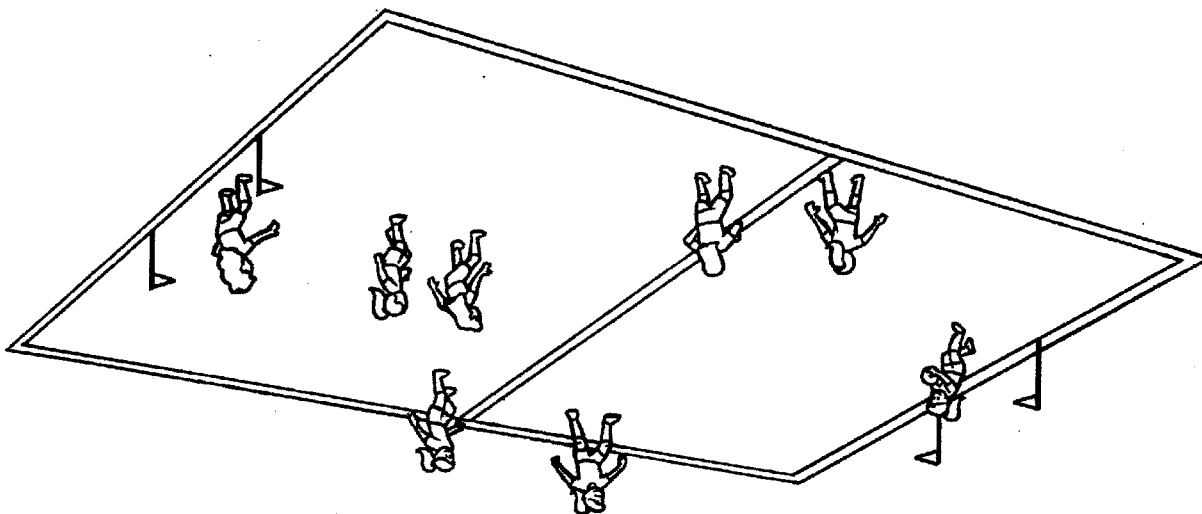
You'll need to search in all directions to find the 20 words listed below.



Remember to circle the ones that you find and then tick them off on the list.



33. Four vs. Four



4 Players are on one team, 4 on another. Both the attacking team and the defending team are in good position. Can you tell by the way they are positioned who is on one team and who is on the other?

YES

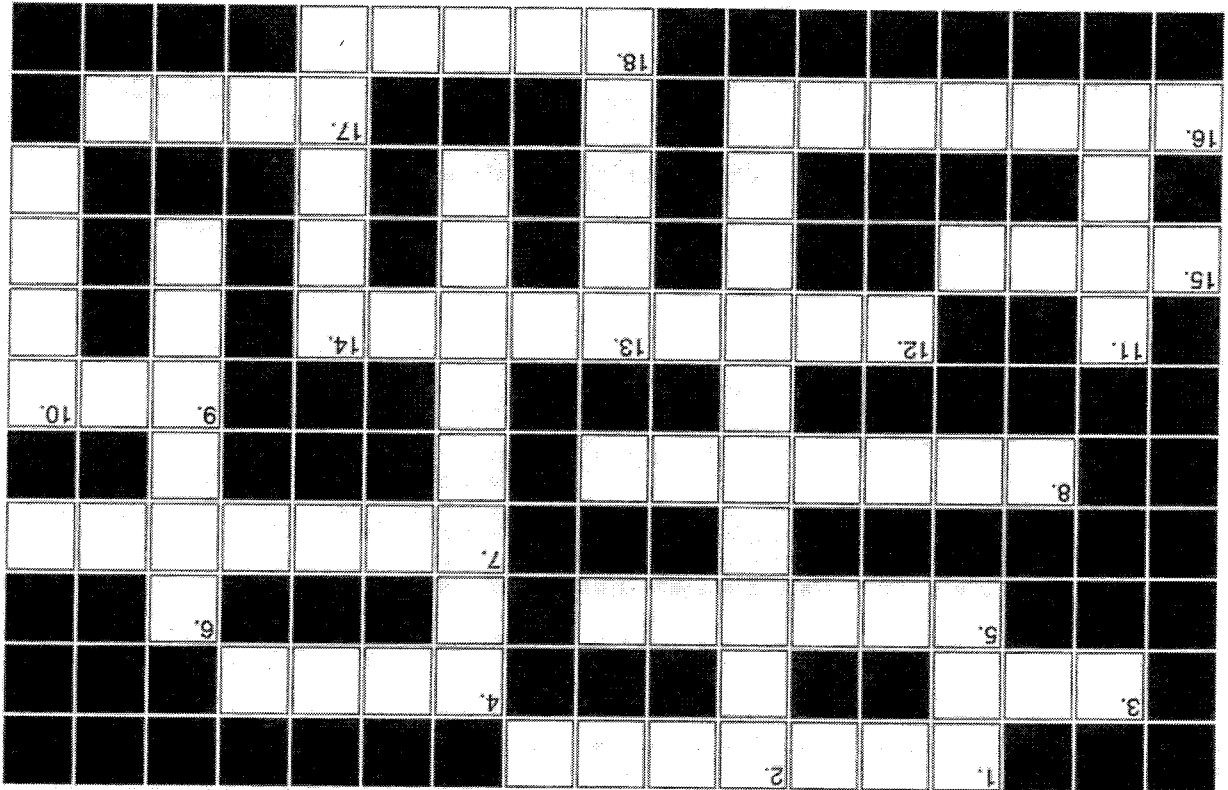
NO

If you circled YES explain how you can tell?

If you can't tell and circled the NO, look at the answer page for help.

Outline the players in colors that distinguish the teams.
Remember that the goalkeeper can be in different color.

34. Crossing Words



ACROSS

1. It is blown by the referee.
3. It means "three."
4. A kick to score.
5. It's on the back of your jersey.
7. A shape made in 4 vs. 4 soccer.
8. One of four equal parts.

9. It stops the ball after a goal.

12. The opposite of defending.
15. A way of giving the ball to a teammate.
16. He makes sure you play by the rules.
17. The opposite to win.
18. Only the goalkeeper may use these to stop the ball.

DOWN

1. The opposite of lose.
2. A player not on the field.
4. You take a throw from here.
6. A triangle has three of these.
10. It's done with a coin.
11. The name given for successful handling action by the goalkeeper.
13. The person who helps you learn to play soccer.
14. What you need to win.

35. Going the Distance

Soccer fields are in the shape of a rectangle.

In 4 vs. 4 play, players are positioned in **diamonds**. Both of these shapes are called

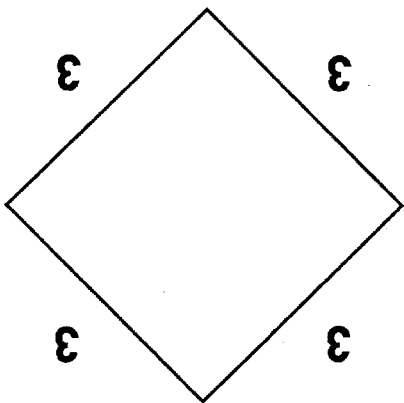
quadrilaterals.

Quadrilaterals are closed shapes with four straight sides. The distance around these shapes is called **perimeter**.

We measure the perimeter by measuring each side then

adding the measurements together.

The perimeter of the diamond is $3+3+3+3=12$



QUESTIONS:

Find the perimeter of both of the following shapes.

Measure the sides, add them together and then put the answer inside the shape.

SHAPE 1 – RECTANGLE

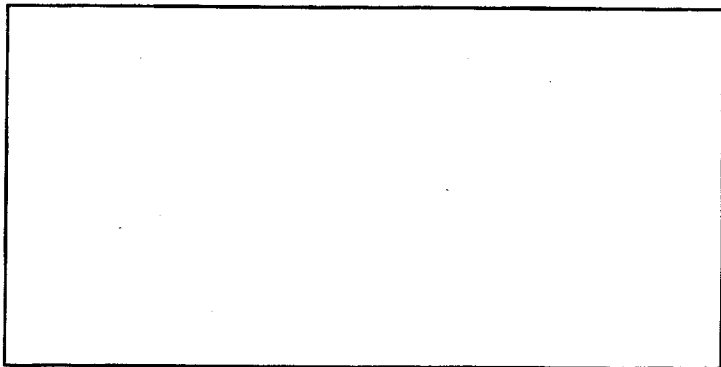
Top: _____ inches.

Bottom: _____ inches.

Left Side: _____ inches.

Right Side: _____ inches.

Perimeter:

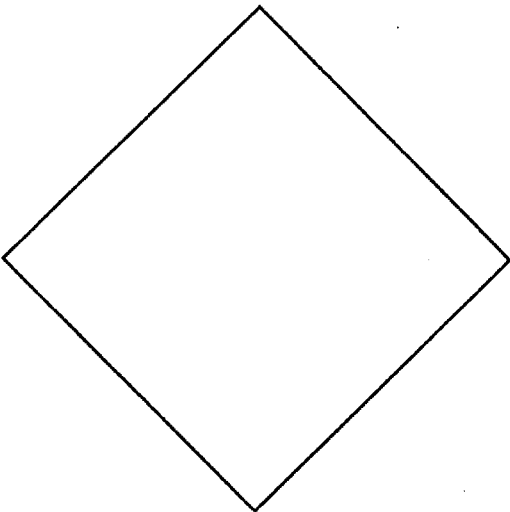


_____	+	_____	+	_____	+	_____	=	_____ inches/cm
-------	---	-------	---	-------	---	-------	---	-----------------

36. Keep on Going

SHAPE 2 – DIAMOND

Top Left Side: _____ inches.
 Bottom Left side: _____ inches.
 Top Right side: _____ inches.
 Bottom Right Side _____ inches.



Perimeter

_____	+	_____	+	_____	+	_____	=	_____ inches/cm
-------	---	-------	---	-------	---	-------	---	-----------------

Distance

Now let's look at some distances.

*Pretend that each inch represents a yard or each centimeter represents a meter.

1. If the coach asked me to run around Shape 1 three times as part of my warm-up, how far would I run? _____ yds/m
2. If my friend only ran twice around Shape 1, how far would my friend run? _____ yds/m
3. How much further would I have to run than my friend? _____ yds/m
4. If we dribbled the ball around Shape 1 and then around Shape 2, what distance have I and the ball covered? _____ yds/m

37. You Are What You Eat?

Soccer is great fun to play. However, if you are tired and hungry you won't play well and won't feel good about yourself or the game. When this happens, it's not fun any more.

As a team player it's your responsibility to be well prepared for each game. To be your best you must get plenty of REST and EAT properly before playing.

FOOD GROUPS

The foods you eat can be classified in 4 basic groups. To eat a balanced diet, make sure that you have something from each food group every day.

Among other things, the nutrients in food provide energy and build and repair muscles, both of which are needed for active sports like soccer.

The nutrients called carbohydrates serve as our main source of energy. Carbohydrates include sugar and starch and are found mainly in the **BREAD GROUP**. Fats and proteins are other nutrients providing energy and they're found mainly in the **MEAT GROUP and MILK GROUP**.

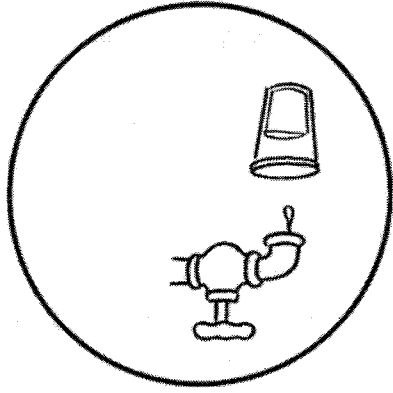


38. You Are What You Eat!

The Vegetable Group is another important part of everyone's diet and includes fruit too. Vegetables and fruits give you the vitamins that you need to keep healthy!



Water is very important as it helps take these nutrients to the different parts of the body. Your body is actually made mostly of water!



WHAT TO EAT BEFORE A GAME

Before a game players should eat a light, energizing meal consisting mainly of carbohydrates with a "sprinkling" of fats and proteins and lots of water to help digestion.

Get an adult to help provide you with nutritious food before a game.

39. Car Pooling

We all have to solve many problems each day. Some relate to sports we play or coach. Some relate to school and home. All need to be solved! Let's practice some problem solving, and help this soccer team get to the game!

You may need to work with a friend or two to get a solution. Sometimes there is more than one answer.

INFORMATION

There is a soccer team of 10 players. All have to get to the game on time and all need to get there by car. All the players live fairly close to each other so they can be picked up easily.

The team players: John, Peter, Matt, Mike, Sarah, Emily, Robyn, Laura, Nicole and Devin.

Car Capacity : how much each car can hold using seatbelts for each player and one for the driver.

These are the car capacities for everyone on the team:

John's Car	4	Sarah's Car	2
Peter's Car	3	Emily's Car	4
Matt's Car	5	Robyn's Car	5
Devin's Car	6	Laura's Car	3
Mike's Car	3	Nicole's Car	6

Now you're ready for the questions on the next page.

40. Getting to the Game

Problems:

1. The parents of Nicole, John, Mike, Sarah, Emily and Robyn can't drive today. If only 3 cars are going, whose 3 cars could go? Remember they have to take 10 players and each car needs an adult driver

ANSWER:

_____	's car	With	_____	Players
_____	's car	With	_____	Players, and
_____	's car	With	_____	Players

2. Another game is coming up for these 10 players and Devin, Nicole, Matt, John, and Robyn have parents who can't drive today. How can a car pool be arranged among the other players? Remember each car needs an adult driver with a seatbelt.

ANSWER:

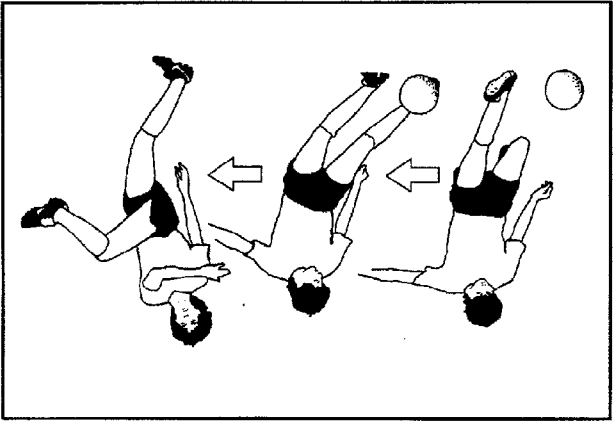
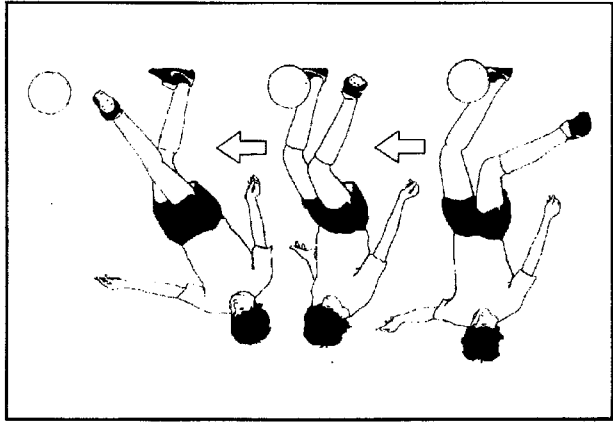
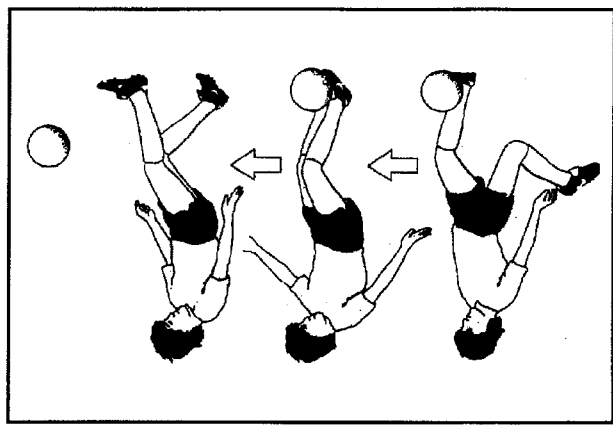
_____	's car	With	_____	Players
_____	's car	With	_____	Players, and
_____	's car	With	_____	Players
_____	's car	With	_____	Players
_____	's car	With	_____	Players

41. Three Kicks/Free Kicks

A free kick in soccer is awarded after a deliberate foul like a hand ball, or tripping or pushing a player. This is unsporting play. At a free kick, the offending team must stay 10 yards away until the ball has been kicked. If the free kick is near the goal, it makes for a great chance to score.

Look at the three boxes below which show a kick in sequence. In each box one player is shown developing a kick. Color the players in different uniforms, one uniform per box. Name the kick shown by putting its number above the box.

1. Push Pass
2. Chip Pass
3. Lofted Drive Pass



Answer Page 2

Page 21
 *Names can vary, but each player must appear once in each place

Field	Field	Goal	Sub
1 st Qt	John	Peter	David
2 nd Qt	Peter	John	Mike
3 rd Qt	David	Mike	John
4 th Qt	Mike	David	Peter
	John	Peter	John

Page 22
 The shot is a chip shot.

Page 24
 1. Three players on each team.
 2. A shovel and three buckets.
 3. An umbrella, an oar, a Frisbee and a picnic basket.
 4. By drawing four lines in the sand.
 5. Six spectators.
 6. 11 soccer balls.
 7. Gravel, rocks, glass, sharp metal.
 Other answers are possible.

Page 29
 1. 2hrs 30 mins
 2. 11:10 am
 3. 11:00 am
 4. 2 hrs 30 mins
 5. 11:40 am
 6. 18 mins
 7. 10 mins
 8. 12:30 pm
 9. 1:00 pm
 10. 1:35 pm

Page 30
 1. A - 3 B - 4
 2. A - 11 B - 8
 3. A - 14 B - 12
 4. B

Page 31
 1. In the bicycle spokes
 2. In the hot air balloon
 3. In the windows curtains
 4. In the tree
 5. Under the slide
 6. In the sidewalk

Page 32

1. 36 yds or 90 meters
 2. 24 yds or 60 meters
 3. 12 yds or 30 meters
 4. 24 yds or 60 meters
 5. 20 yds or 50 meters

In inches: 2+2+2+2=8
 In cm's: 5+5+5+5=20

Shape 2

In inches: 2+4+2+4=12
 In cm's: 5+10+5+10=30

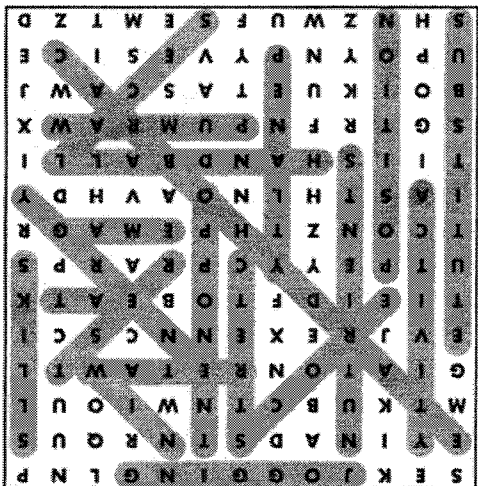
Shape 1

Page 35 - 36

ACROSS
 1. Whistle 3. Tri 4. Shot 5. Number
 7. Diamond 8. Quarter 9. Net 12. Attacking
 15. Pass 16. Referee 17. Lose 18. Hands
DOWN
 1. Win 2. Substitute 4. Sideline 6. Points
 10. Toss. 11. Save 13. Coach 14. Goals

Page 34

Page 33
 The defenders are marking the attackers, and are behind them. (Other answers possible)



Glossary

GOALKEEPER: The only player who can handle the ball in the goal box (or penalty area in 11-a-side play).

HAND BALL: Handling the ball on the field of play is illegal in soccer, except for the goalkeeper. The "hands" include arms up to the shoulders.

HEADER: A pass or shot made with the forehead.

JOGGING: Running at a comfortable pace as compared to sprinting which is going very fast.

KICK-OFF: The way a game is started, or restarted after half time or after a goal is scored. The ball is kicked off from the center of the field.

LOFTED DRIVE PASS: A long pass that is played in the air to prevent interception.

NARROWING THE ANGLE: A phrase used in relation to goalkeeping where a goalkeeper advances off the goal line to make it more difficult for the shooter.

NUTRIENTS: Qualities of food or drink that are healthy and/or energy producing.

OFFSIDE: A special rule for 11-a-side soccer which places some restrictions on when and where the attacking players can go in the attacking half of the field.

OPPONENTS: Players on the opposing team.

PASS: The movement of the ball from one player to another — usually by kicking.

PENALTY: A free shot at the goal after a deliberate foul in the goal box

POSSESSION: Keeping the ball from the opposing team is called "possession" of the ball

POSITION: Is where players spend most their time, e.g., defender, goalkeeper, midfielder.

PUSH PASS: Pass played with the inside of the foot. It's like using your leg and foot like a hockey stick.

QUADRILATERAL: A geometric figure (shape) having four straight sides e/g, square, diamond, rectangle.

QUARTER: When the game is divided into 4 equal periods of play, each period is called a quarter.

RECTANGLE: A four-sided figure with two sides that are longer than the other two; the shape of a soccer field.

REFEREE: The person who makes sure the rules of the game are followed, and decides if the goals count.

ROTATION: A system of substituting players so that everyone has equal time.

SHINPAD: A piece of protective equipment worn over the shin and under the socks.

SHOT: An attempt to score a goal by kicking or heading the ball.

SHAPE: In soccer the word "shape" is used to describe the arrangement of players in the team, such as triangular shape and diamond shape.

SOCCER BALL: A round, leather ball usually hand stitched, with a bladder inside and a valve to allow the ball to be inflated or deflated

STRETCHING: Exercising in a way that stretches and warms up the muscles.

SUBSTITUTE: A player who is waiting for his/her turn on the field.

TEAM: A group of players who combine together with a common purpose.

TEAMMATES: Players on the same side.

THROW-IN: A special way of re-starting the game after the ball has gone out of play over the sideline.

TRI: The starting three letters of a word that indicates three of something, e.g., triangle — 3 sides; tricycle — 3 wheels.

TRIANGLE: A figure with three straight sides; a shape that is used in soccer to form a team play between three players.

UNIFORM: The standard jersey, shorts and socks worn by every player except the goalkeeper, who has a different color.