

SOCCER



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Kick

When you play soccer, you need to kick the ball well. A good kick can score a goal. A good kick can also get the ball to a player on your team. Then they might have a shot to score too.

You can kick with the side of your foot for a soft pass. You can kick with your toes to shoot hard. You can even kick the ball high in the air to get over other players.

The best players train how to kick every day. When you kick, keep your eyes on the ball. Try to kick with both feet, not just your strong one. Good kicks win games!



Pass

Soccer is about teamwork. You need to pass the ball to win. When you pass to a friend, they can move closer to the goal. You can pass with the inside of your foot for the best control. Short pass, long pass - both help your team. When you pass, aim at your friend's feet. A good pass is not too hard and not too soft. Pass the ball and then run to a new spot to get it back!



Run

You need to run a lot in soccer. Players run up and down the field for the whole game. You run to get open for a pass. You run to catch up with fast players. You run to get back and help your team. Good players know when to run fast and when to save energy. When you run with the ball, take small kicks to keep it close. Running makes you tired, but it makes you a better player too.



Block

A good player knows how to block shots. When someone tries to score, you can block the ball with your body. You can block with your chest, your legs, or your feet. You don't put your hands on the ball to block. Only the goalie can use hands to block.

When you block a shot, your team gets the ball back. To block well, stand strong. Block the path between the ball and the goal.



Shoot

The most fun part of soccer is to shoot and score goals! You can shoot with your right or left foot. When you shoot, kick the ball hard with your laces, not your toe. Aim your shot for the sides of the goal. That makes it hard for the goalie to get to the ball.

Don't just shoot from far away. Get as close to the goal as you can. When you shoot and score, your whole team cheers! Practice shooting every day to get better.