

5th Grade Soccer Study Guide

BIOMECHANICS:

1. Newton's 2nd Law: FORCE of an object is dependent on the MASS and SPEED by which it is moving.

- Mass= how heavy an object is
- Speed = how fast or how slow an object is moving
- Force= how hard you kick or hit an object, how much muscle you use.

2. Newton's 3rd Law: For every action there is an EQUAL and OPPOSITE reaction.

- Action – kick bottom of soccer ball Reaction – ball goes up
- Action-kick side of soccer ball Reaction-ball moves forward on ground

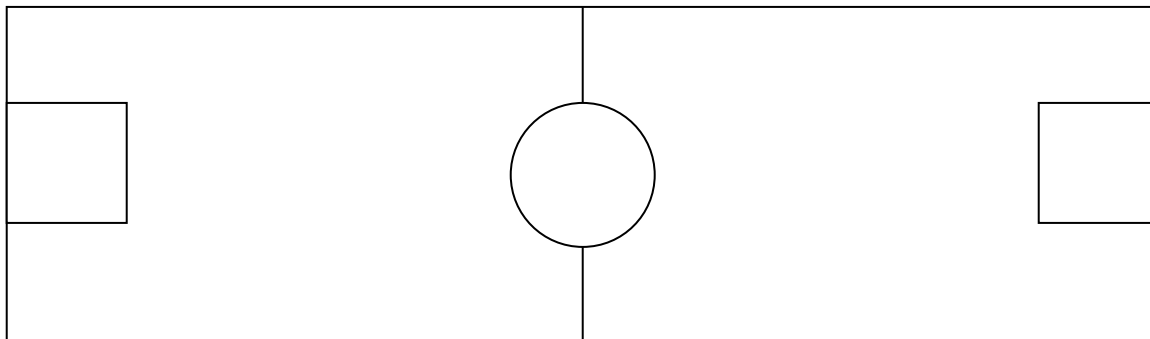
PLAYER POSITIONS: (note, we did not use all positions on a soccer team; we had smaller teams and used less positions.)

- Forward – Offense position, tries to score a goal.
- Defender – Defense position, tries to stop other team from scoring, passes ball up to forwards.
- Goalie – Defense position, tries to stop other team from scoring, can use hands.
- Offense – Your team has the ball and is trying to score.
- Defense – Your team does not have the ball, your team is trying to get the ball back and stop the other team from scoring.
- Positions: Know the positions and where each player plays on the field.

G = Goalie

D = Defender

F = Forward



RULES:

- Ball starts in center of field, one team will start with ball.
- After every goal is scored, both teams rotate positions and ball goes back into middle and team that did not score will start with the ball.
- Throw-In – is used when one team kicks the ball out of bounds, the other team gets to throw the ball back into play. Must keep both feet on the ground when performing a throw-in.
- Goal Kick – when the team with the ball kicks the ball over the defender's goal line, the defense is awarded a goal kick.
- Corner Kick – when the defense kicks the ball over his/her own goal line, the offense is awarded a corner kick from the nearest corner on the field.
- Hand-ball – when someone touches the ball with their hands the ball is placed on the ground at that spot and the other team gets to kick the ball to start play again.
- A Goal is worth 1 point

