

7th Grade P.E. Review Sheet: Soccer

The following materials will help you study for the test:

1. P.E. Review Sheet
2. Soccer Study Guide available on the OOJH Website (go to Physical Education → Handouts → Study Guides)
3. Instruction given in class and on the field

What to know:

POSITIONS:

1. What are the four main positions on a soccer team and their main responsibilities?
2. Where should each position be on a kickoff as well as the **AREA** on the field which they are responsible for covering?
3. Be able to properly label each position on a soccer field (HINT: Be specific! i.e., right fullback, left wing/outer forward, center half-back/mid-field)
4. What are the special privileges given to a goalie?
5. Define: OFFENSE and DEFENSE

RESTARTS:

6. Define restart
7. What are the four most common restarts?
8. Where do these restarts happen on the soccer field (Be able to place and/or locate)
9. What needs to happen for any of these restarts to occur?
10. Know the difference between indirect and direct kicks and apply examples to each

STRATEGY:

11. What is proper dribbling technique?
12. Is it better to dribble ball closer or farther from body? Why?
13. When can a goalie NOT pick up the ball?
14. Why it is important to play your position, in your area, and keep proper spacing with your teammates?