

THROWING TASK CARD 1

One Handed Underhand Throw

1. Feet together, arms at each side of the body, ball in throwing hand
2. Arm with ball swinging backward
3. Step with opposite foot that the ball is in
4. Swing arm forward and follow through



THROWING TASK CARD 2

Overhand Throw

1. Point your non-throwing shoulder towards your target
2. Step forward with the opposite foot than your throwing arm
3. Bring the ball back toward your head
4. Extend your non-throwing arm toward the target
5. Lead the throw with the elbow of your throwing arm
6. Follow through with your throwing arm across your body



THROWING TASK CARD 3

Shoulder Pass

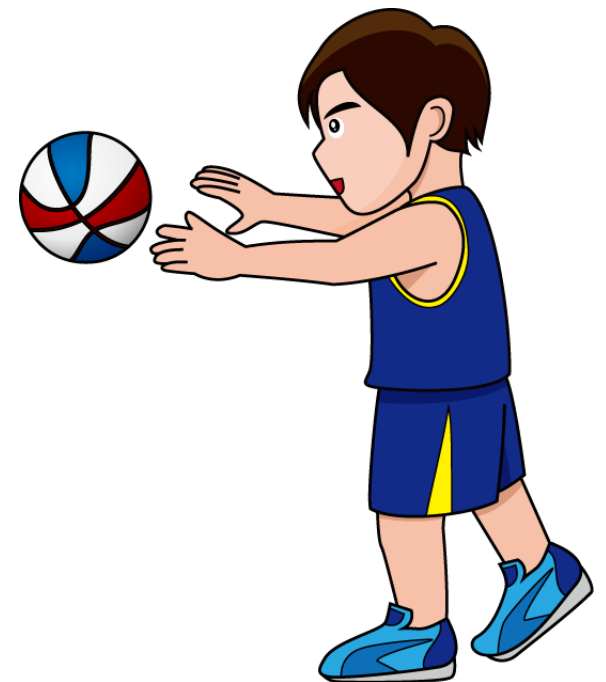
1. Stand sideways towards the target
2. Ball in throwing hand placed by the ear
3. Non-throwing shoulder facing the target
4. Slight bend in knee
5. Step with non-dominant Leg
6. Bring throwing arm forward and release the ball



THROWING TASK CARD 4

Chest Pass

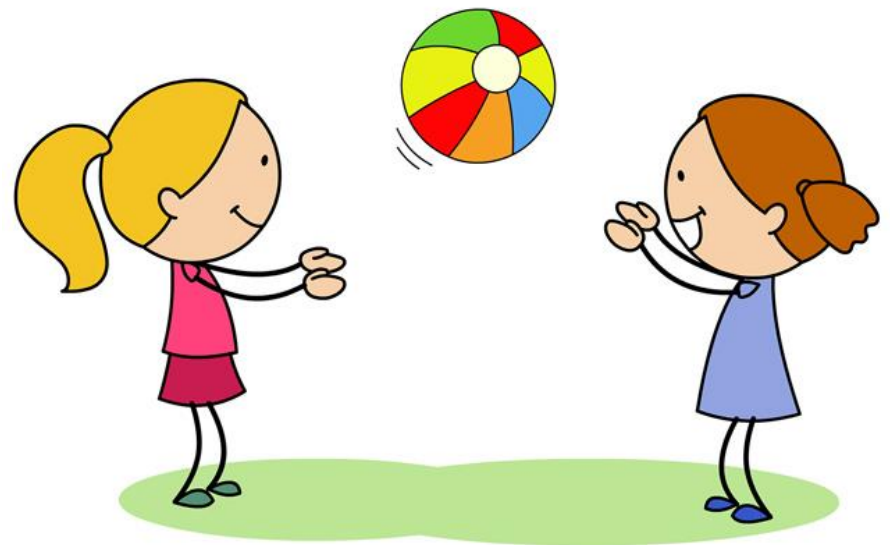
1. Square body to target.
2. Thumbs against chest--elbows bent and out.
3. Step toward target.
4. Extend arms fully releasing ball to target.
5. Thumbs should now be pointing down.
6. Bend, extend, release.



CATCHING TASK CARD 1

Catching a ball with arms and chest

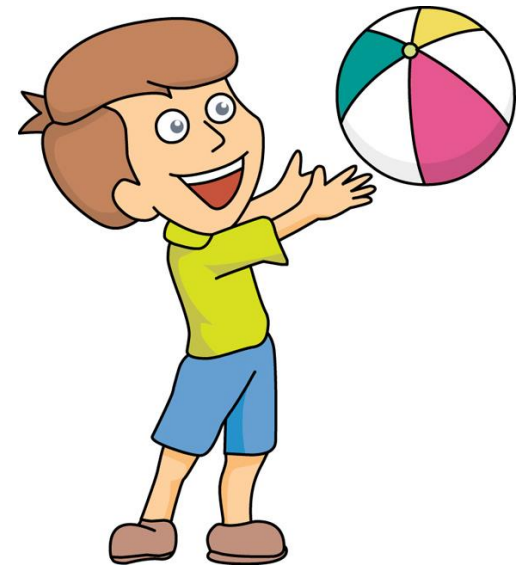
1. Bounce the ball and catch it
2. Throw the ball in the air, let it bounce on the floor and then catch it
3. Throw the ball in the air and catch it before it hits the floor



CATCHING TASK CARD 2

Catching a ball with hands only

1. Keep Eye on Ball
2. Reach arms towards ball
3. Give with ball as ball hits hands (bring ball into body)
4. Pinkies together if ball is below waist
5. Thumbs together if ball is above waist



STOPPING/TRAPPING TASK CARD

Stopping and trapping a rolling ball

Trap a rolling ball:

Simply step on top of it or use the side of the foot to trap it.

Trap a bouncing ball:

Estimate where the ball will hit the ground, move to that spot turning your foot sideways and off the ground.

Trap the soccer ball with your instep as the ball hits the ground, allowing the backspin of the ball to bring it to you.



STRIKING TASK CARD

Striking occurs when an object is hit with an implement

Basic Striking Skills

1. Keep Eye on Object – Focus your attention on the object you're going to strike
2. Ready Position – Feet shoulder width apart, knees bent, weight on toes, racquet out in front of you
3. Shift Weight – Shift weight from back foot to front foot as you make contact
4. Follow Through – Continuing motion after the object has been contacted for aim and power
5. Aiming/Placement – Control over where you want the object to land
6. Grip – The placement of your hand on the handle of the racquet. This is different for the forehand and backhand strokes. The forehand grip is similar to the handshake grip.



ROLLING TASK CARD

The movement pattern of ball rolling involves force to an object in such a way that it travels along the ground

- Forward – one hand
- Backwards – two hands
- Rolling along a line
- Rolling at a target/object
- Rolling a ball in various directions



DRIBBLING TASK CARD

Using one hand at a time, the ball is bounced onto the floor

- Dribble a ball using your hand
- Dribble a ball using your foot
- Dribble a ball using your foot and hand
- Dribble a ball along a line
- Dribble a ball around a circle
- Dribble a ball weaving through cones
- Dribble a ball while avoiding an opponent



KICKING TASK CARD 1

The definition for kicking is; using the foot to propel an object an object from a stationary or moving position

- Kick for distance
- Kick for accuracy
- Kick for distance and accuracy
- Kick with body stationary
- Kick with body moving
- Kick ball in the air
- Kick ball on the ground
- Kick ball bouncing along the ground
- Kick ball dropped from hands
- Kick ball inside of foot
- Kick ball outside of foot
- Kick ball top of foot forwards
- Kick ball top of foot-over the head
- Kick ball heel of foot – backwards

KICKING TASK CARD 2

The definition for kicking is; using the foot to propel an object an object from a stationary or moving position

- Kick for distance
- Kick a ball to a stationary partner
- Kick a ball to a moving partner
- Kick a ball along a line
- Kick a ball rebounding off a wall
- Kick a ball over an opponent to a partner
- Kick a ball between objects
- Kick a ball into objects