AMERICA SCORES
Bay Area

POET-ATHLETE PLAY BOOK

NAME OR NICKNAME: _____

GRADE: _____ **SCHOOL:** _____

Welcome to the Team!

Poet-Athlete Contract

As a member of the SCORES team, **I will follow these team agreements:**

Commitment - I'm always here

- ★ I will be at every soccer practice, soccer game, and writing class on time. If I cannot be there, I will tell my coach.
- ★ I will do my best for my community and myself in soccer, poetry, and service.

Leadership - I'll take you there

- ★ I will help my teammates and my whole community to be best we can be.
- ★ I will encourage my teammates when they make mistakes. I will try again when I make mistakes.

Sportsmanship - I will play fair

- ★ I will respect my teammates, my coaches, all other SCORES players and coaches, and the referees.
- ★ I will show great sportsmanship whether I win or lose.
- ★ I will follow the 3 Golden Rules at all times:
  1) No put downs. 2) Be Honest. 3) Keep your hands and feet to yourself.

Teamwork - Because we care

- ★ I will work together with my teammates and I will pass the ball to everyone. I will try new and different positions and I will listen to my coaches and teammates.
- ★ I will help my teammates up when they fall down, and I will encourage my teammates on and off the field.

I will follow these rules to be a part of this team. I will learn new skills, make new friends, play in the soccer games, write poetry, and do a project to help my community.
I understand that <u>IF I DO NOT FOLLOW THESE AGREEMENTS, I MAY LOSE THE OPPORTUNITY TO BE ON THE TEAM.</u>

Poet-Athlete Autograph:_____ **Date:**_____

Team Agreements

1. Finish the sentence! Say how you will show commitment to the team.

I will show my commitment to the team by... _____

_____

_____. I'm always here.

(For example: showing up to every practice and every game, always working hard.)

2. Finish the sentence below! Say how you will be a leader on your team.

I will be a leader on my team by... _____

_____

_____. I'll take you there.

(For example: being kind to all my teammates and the other team, encouraging my team.)

3. Say how you will have good sportsmanship this year.

I will have good sportsmanship by... _____

_____

_____. I will play fair.

(For example: always being honest, having a positive attitude.)

4. Say how you will show good teamwork.

I will show good teamwork by... _____

_____

_____. Because I care.

(For example: passing the ball to my teammates, having good communication with my team.)

My Goals

1) Think about why you joined the team, who you want to be, what you want to learn, and what skills you want to have. These are your goals.
2) Write down your goals.

I have many goals and I will work hard to reach my goals.

1) Soccer Goals: I will...

_____

_____

2) Poetry Goals: I will...

_____

_____

3) Helping My Community Goals: I will...

_____

_____

4) Other Goals: I will...

_____

Soccer Positions

Goalkeeper – The goalie's main job is to stop the other team with their hands and/or feet. Goalies also kick the ball away from the goal area "clearing" and pass the ball with their hands or feet to teammates.

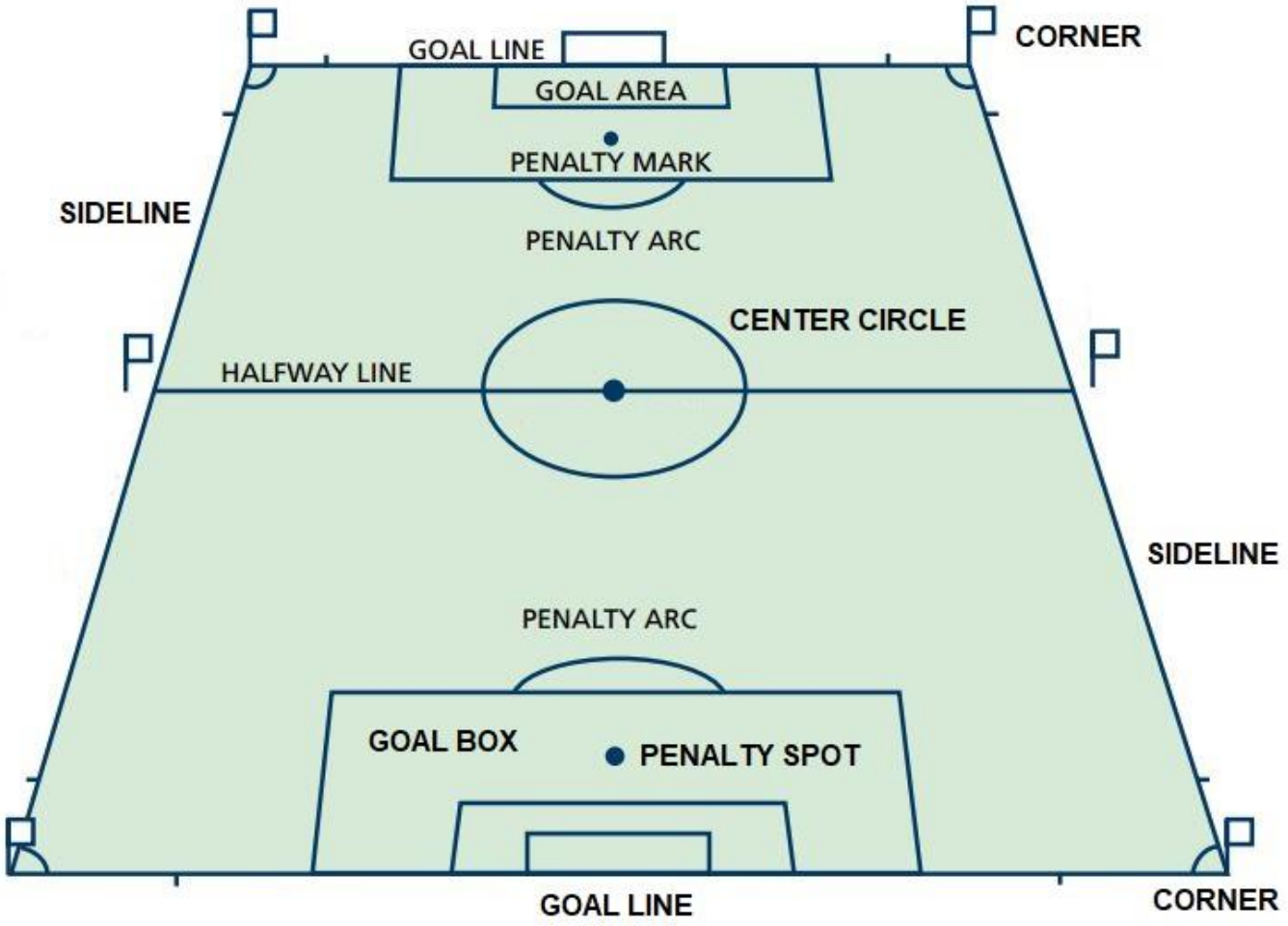
Defenders – The main job of a defender is to stop the other team from scoring a goal by stopping the other team from passing, dribbling, and shooting. Defenders usually stay behind midfielders, but they can also move forward to control the ball, help in the attack, and make passes to midfielders and forwards.

Midfielders – The job of a midfielder is to help the defenders defend and to help the forwards attack. They are positioned in front of the defenders and behind the forwards. Midfielders try to steal the ball from the opposing team and pass it to their teammates to keep control of the play.

Forwards – Forwards are the players who stay closest to the opposing team's goal. The main job of forwards is to score goals and to create scoring chances for other players. Forwards can also help the team defend by trying to steal the ball.

What is your favorite position? _____

_____



Draw what you see in the field when you play soccer!

Dribbling

When you are dribbling, try to:

- Keep your body over the ball.
- Your arms should be out to the side for balance while running with the ball.
- Your head should be moving to look at the ball and also to look for open space, defenders, or teammates.
- Use different parts of the foot to move the ball. You can use the top, inside, outside, and bottom of the foot.
- Always keep the ball moving.
- Run with the ball into space, not into defenders.
- Use fakes to get past defenders.
- After getting past a defender, quickly run with the ball into open space.

Fakes & Tricks

Practice with both feet!

SOCCER BOXING - Using the inside of your feet, kick the ball back and forth quickly between your feet.
- The ball should never stop as your kick it from side to side between your feet.

ROLL BACK - Using the bottom of your foot, step on the ball and roll it back to change direction.

PULL BACK / PUSH FORWARD - Use the bottom of your foot to stop the ball and start to roll the ball back.
- Then quickly use the same foot (the top of your foot) to push it forward.

INSIDE ROLL - Put the bottom of your foot on the outside edge of the ball and roll your foot over the ball.
- Put the rolling foot on the ground briefly and repeat.

OUTSIDE OF THE FOOT CUT (The Messi) - Fake an outside of the foot pass with one foot.
- Shift your weight to the foot you just faked a pass with, dribble away quickly with the outside of your other foot.

INSIDE OF THE FOOT CUT - "Cut" or "chop" the ball by using the inside of your foot to change the direction of the ball.
- When changing direction, keep the ball close to you and dribble away fast.

What is your favorite soccer trick? _____

_____

Passing

When you are passing, try to:

- Place one foot next to the ball with your toe facing the direction of the pass.
- Use the inside of your foot to kick the ball with accuracy
- Keep the ankle and leg of your kicking foot strong so you can kick the ball with power.
- Keep the inside of the kicking foot facing forward.
- Your kicking foot and your body should face in the direction you want the pass to go.
- Follow through the kicking motion with a full swing in the direction of the pass.

Controlling the Ball

"Trap" the ball with your foot

- Stop the ball with the inside of your foot with your receiving foot a few inches off the ground.
- If the ball is moving slowly you can control the ball with the bottom of your foot.
- Cushion the ball with the inside of your foot (like catching a water balloon or an egg) so that the ball stays close to you.
- Keep the ball under control; don't let it bounce away from you.
- Keep the ball in front of you to prepare your next move.
- Practice juggling the soccer ball to improve your ball control.

Who is your favorite soccer player? _____

_____

Shooting

When you are shooting, try to:

- Keep your head down
- Place one foot next to the ball, pointing in the direction of the shot.
- The knee of your kicking leg should be over the ball.
- Your upper body should lean over the ball.
- The toes of your kicking foot should be pointed toward the ground.
- The ankle of the kicking foot should be strong for power.
- Your body should face in the direction of the goal.
- Make contact with the ball of the top of your foot (on the laces).
- The kicking foot should follow through with a full swing in the direction of the kick.

How will you celebrate when you score a goal? _____

_____

_____

Soccer Rules

Kick-off – Do Rock-Paper-Scissors and the team that wins gets to start the ball from the center of the field. When a goal is scored, the team that got scored on does a kick-off.

Out of Bounds – When the ball goes out, it's a throw-in, goal kick, or corner kick, depending on who touched it last. The ball is out when it goes all the way over the line. On the line is still in.

Throw-Ins – If the ball goes out on the sideline, a player will do a throw-in. The player holds the ball with both hands behind the head and throws it while keeping both feet on the ground.

Goal Kick – If the attacking team kicks the ball out across the other team's end line, the goalie will do a goal kick. The goalie places the ball on the ground in front of the goal and kicks the ball. Players from both teams must stand back at least 12 yards.

Corner Kick – If the defending team kicks the ball out across their own end line, the attacking team takes a corner kick. A player places the ball on the ground near the corner and kicks the ball into the middle near the goal for their team to try to score.

Fouls – Always follow the **3 Golden Rules: 1) No put downs. 2) Be honest. And, 3) Keep your hands and feet to yourself.** Only the goalie can use their hands. Players may not push or trip other players. There is no sliding on the ground.