Task Sheet- Soccer Pass

Names: Individual 1 Individual 2 Individual 3

Each of you will have the opportunity to be the kicker, the observer, the passer. (rotate after 6 passes)

**Kicker**: From about 4 giant steps away, gently kick the ball to the passer, so they can pass right back at you.

**Passer:** Using the cues I have provided, you will pass the soccer ball back at the kicker.

**Observer:**

1. Your job as the observer will be to watch how the passer passes the soccer ball using the cues I provided below.
2. After every **three** passes, your job as the observer will be to give the passer feedback on **cue** for the soccer pass.

**Knees bent point and shoot toward partner**

**Follow through inside foot/outside foot contact**

**Eyes on the ball balance**

**Stop the ball extend your legs**

**Sample feedback:**

1. **“you are bending knees properly,” or “knees are slightly bend, but I want you to bend your knees more for power.”**
2. **“Great job on watching the ball.”**
3. **“Good stop by using the outside/inside of your foot,” or “you need to stop the soccer by using the inside of foot or the outside of your foot.”**
4. After **12** passes, write down below how the passer did on the sheet below.

Enrollment in local colleges, 2005

|  |  |  |  |
| --- | --- | --- | --- |
| Soccer Cues | Passer 1 | Passer 2 | Passer 3 |
|  | Acc Nmt | Acc Nmt | Acc Nmt |
| Knees Bend |  |  |  |
| Extend your legs |  |  |  |
| Eyes on the ball |  |  |  |
| Point and shoot toward partner |  |  |  |
| Inside foot |  |  |  |
| Outside foot |  |  |  |
| BalanceStop the ballFollow through |  |  |  |

Acc= accomplished, nmt= needs more time