

## **Essential Skills and Abilities for a Soccer Unit**

- Dribbling the ball and maintaining control with the inside and outside of the foot while moving at various speeds, distances, and pathways, both alone and against an opponent
- Placing the body between the ball and defender to shield the ball while dribbling or maintaining possession of the ball
- Passing the ball to a stationary or moving teammate with a defender nearby (using the inside, outside, or instep of the foot)
- Shooting the ball with the foot from a dribble or pass at the goal from various angles and distances against a defender with enough accuracy to score
- Trapping or stopping the ball on the ground or in the air to gain control of it with the foot, thigh, or chest
- Closely marking an opponent who is in possession of the ball and using a front or side tackle to gain possession
- From the sideline, performing a legal throw-in to a teammate so she gains possession of the ball
- As a goalkeeper, catching or deflecting a ball kicked on the ground or into the air by an opponent and then either throwing or punting the ball to clear it away from the goal area
- Performing a legal throw-in from the sideline of the field so that a team member can gain possession of the ball
- Performing a stationary kick for distance and for accuracy: free kick, goal kick, corner kick