

Essential Content Knowledge for a Soccer Unit

1. Basic rules of soccer and modified soccer
 - Kickoff
 - Fouls: direct and indirect free kicks
 - Restarts: throw-in, corner kick, goal kick, penalty kick
 - Positions: goalkeeper, fullback (sweeper), forward (striker, wing), midfielder (stopper)
 - Field markings, lines, areas
 - Length of game
 - Substitution
 - Scoring
2. Critical performance elements
 - Dribbling with the inside, outside, and instep of the foot
 - Passing, kicking, and shooting with the inside, outside, and instep of the foot or with the head
 - Trapping a moving ball with the foot, thigh, head, and chest
 - Tackling: front tackle and side tackle (poke tackle)
 - Punting and throwing the ball down field
 - Catching or deflecting the ball when playing goalkeeper: ground ball, line drive, ball kicked overhead
 - Throw-in
3. Basic offensive tactics
 - Off-the-ball movement to create open passing lanes
 - Off-the-ball movement to spread the defense
 - Leading the receiver with the pass
 - Moving into open spaces
4. Basic defensive tactics
 - Marking the offensive player with and without the ball
 - Blocking passing lanes and moving into passing lanes to intercept passes
5. Elements of good sporting behavior
6. Working cooperatively as a member of a group to accomplish a goal