

Name:

7.0 Forces in Soccer

Data Table

Drill	Observations	Time
Dribble ball with inside of the foot		
Trap the ball with the bottom of the foot		
Stop the ball with the inside of the foot		
Pass the ball with the outside and inside of the foot		
Shoot with the top and inside of the foot		

Evaluate

Rate drills from highest energy transfer (most motion) to least.

- 1.
- 2.
- 3.
- 4.
- 5.