**Soccer:**

Each team has 11 players one of whom must be the goalkeeper.

On a throw in both feet must remain in contact with the ground. Both hands must be used and the ball must be thrown directly overhead.

When the ball changes possession it is called a turnover.

Soccer is called football in other countries

**Trapping** – a method of receiving the ball and controlling the ball.

**Heading** – all players may hit the ball off of the center of their forehead to move, pass, score and control the game.

**Dribbling** – a method of moving the ball down the field by using a series of short, controlled kicks.

**Clear** – used primarily by the defense to move the ball from one end of the field to the other end.

**Cross** – Strategy of moving the ball from one side of the field to the other side.

**Passing** – used to send the ball from one teammate to another.

**Shooting** – used to attempt to score on the goalie.

**Goalkeeper**: Keeps the ball out of the goal and organizes team defense. Uses hands and arms within the penalty area. Possesses sure hands to catch, deflect, or punch shots away from the goal. Also called goalie or keeper.

**Forwards**: Attack the opposition to create scoring opportunities. Take the majority of shots. Also called attackers.

**Midfielders**: Enable the transition from the fullbacks to the forward. Constantly in motion, both defending and attacking. Also called halfbacks.

**Fullbacks**: Provide last line of defense before the goalie. Stop the opposition before a shot is taken. Some coaches assign a single defender, called a sweeper, who plays closest to his own goal behind the fullbacks.

**Frisbee:**

The game was started in 1967 by students at Columbia High School, in Maplewood New Jersey.

A regulation game has 7 players.

The player has 10 seconds to toss/throw the frisbee.

After a point is scored, the non scoring team walks to the opposite end of the field to **receives** the toss.

The players are responsible for calling fouls.

Ultimate frisbee is a **non-contact** sport.

To score a player must complete a pass in the end zone.

A player may pivot on one foot while in possession of the frisbee but may not run with it.

A frisbee is also referred as a disc.

**Fitness:**

**Four** laps around the track is a mile.

A dynamic stretch is when moving.

Toy soldiers is a dynamic that stretches the hamstrings.

The gastrocnemius is a calf muscle.

Crunches, Sit-ups, and planks are exercises that can tone and strengthen the abdominal muscles.

Two functions of the abdominal muscles is to protect the organs and help support.