





Self-Check

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

ASSESSMENT

Practice the skills below using the Think About... for cues. Then try the activity alone or with a partner 10 times. Circle the number of times you did everything in the Think About... Look for improvements each time you do a Self-Check. When you have reached "Professional," you are ready to show your stuff to a friend for sign-off to "All Star" status.

	Rookie 	Semi-Pro 	Professional 	All Star  <i>Have your friend sign below.</i>
Top Taps	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
Side Taps	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
Drop Taps	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
Drop Trap	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	

MIDDLE SCHOOL

THINK ABOUT...

Top Taps

- Keep 1 foot on the ground while the sole of the other foot taps the top of the ball
- Put little to no weight on the ball as you tap it
- Hop and switch feet

Side Taps

- Straddle ball
- Tap from R to L with the inside of each foot

Drop Taps

- Hold ball shoulder high
- Drop ball and use the top of 1 foot to tap the ball back to your hands
- Point toes to make a flat surface (on laces) for tapping
- Alternate feet every 3 taps

Drop Trap

- Hold ball shoulder high
- Drop ball and traps it under 1 foot
- Alternate feet

Coulda, Shoulda, Woulda!

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____



While playing a game of soccer you are hit with the ball in the upper leg. Someone on the other team says that the ball hit your hand and that it is their ball. You did not feel the ball hit your hand.

Coulda: What could you do? Briefly list 3 things you could do.

1. _____
2. _____
3. _____

Shoulda: What should you do? Write 2-3 sentences describing what you should do in this situation.

Woulda: What would you do? Write a full paragraph describing in detail what you would actually do in this situation.

Peer Coaching

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

ASSESSMENT

Directions

- One of you is the Performer, while the other is the Coach
- Performer follows the cues for each skill
- Coach watches at least 5 trials and gives the Performer a checkmark for each cue done properly
- Switch roles
- When finished, continue to practice each skill

Drop Taps

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Holds ball shoulder high					
Uses top of 1 foot to tap ball back to hands					
Points toes to make a flat surface for tapping					
Alternates feet					

Pull Backs

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Places 1 foot on top of ball and body weight on other foot					
Pulls ball slightly backward with sole of foot and rotates body position					
Continues short circular pull backs to form circle					

Dribbling

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Taps ball lightly with inside and outside of feet					
Keeps head up, looks for open space and watches for others					
Keeps ball close when dribbling for control					

MIDDLE SCHOOL