



**TRAIL  
LIFE  
USA**

# Soccer

Name \_\_\_\_\_

- \_\_\_\_1. Do the following to learn about soccer:
  - \_\_\_\_a. Explain the basic rules of soccer. Be familiar with the different positions on the field.
  - \_\_\_\_b. Demonstrate at least ten referee signals and explain what they mean.
  - \_\_\_\_c. Identify and define each of the major positions played on the soccer field.
  - \_\_\_\_d. Explain the differences in the rules between indoor and outdoor soccer.
  - \_\_\_\_e. Explain about the basic soccer equipment including: ball size, shin guards, and shoes.
  - \_\_\_\_f. Draw a diagram of either an indoor or outdoor soccer field showing the lines, areas, circles, flags, and other markings.
  - \_\_\_\_g. Explain the difference between indoor and outdoor soccer fields. List the dimensions of each.
- \_\_\_\_2. Do one of the following:
  - \_\_\_\_a. Read a biography of a famous soccer player.
  - \_\_\_\_b. Attend or watch a soccer game played by professional, college, or World Cup players.
- \_\_\_\_3. Demonstrate the following skills:
  - \_\_\_\_a. Ball handling: dribbling, trapping, and passing
  - \_\_\_\_b. Restarting play: throw-ins and corner kicks
  - \_\_\_\_c. Penalty kicks

\_\_\_\_\_4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:

- Team practice for an organized team
- A game for an organized team
- A professionally coached skills session, lesson, or class
- At least one hour of pick-up games, skill improving games, or skills practice

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Trail Badge Mentor Signature

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Date

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