Name/Title: **Soccer shooting skills**

Purpose of Event: To access the skills of shooting a soccer ball.

Suggested Grade Level: 9-12

Materials Needed: Soccer rubric and handout (provided below), soccer balls, soccer field, soccer goal, cones.

Time Needed to Complete: 60 minutes

Description of Idea

Students will perform 5 shots on the goal without a goalkeeper for this assessment. The assessment will take place on the soccer field or another appropriate and safe area. Cones will be placed directly outside the 18yrd. Box (Penalty Area), where the soccer ball will be positioned for shooting (as shown below).

The students will be assessed using the rubric below. The rubric and the proper technique illustration handout will be giving out to students a week prior to their assessment. Students will be expected to study the techniques and practice before the assessment.

Click here for the assessment sheet you can print for your students (PDF Document)
You will need Acrobat Reader (download now--it is free) to view.

Scoring Rubric:

Level 1: Recreational Soccer Player Student's shooting foot is not extended at the ankle. Student's planting foot is parallel to soccer ball. Student does not keep their shooting knee over the ball and head up. Student does not strike the ball with their laces and does not follow through.

Level 2: High School Soccer Player Student's shooting foot is extended at the ankle. Student's planting foot is parallel to soccer ball. Student does not keep their shooting knee over the ball and head up. Student does not strike the ball with their laces and does not follow through.

Level 3: College Soccer Player Student's shooting foot is extended at the ankle. Student's planting foot is parallel to soccer ball. Student keeps their shooting knee over the ball and head up. Student does not strike the ball with their laces and does not follow through.

Level 4: Professional Soccer Player Student's shooting foot is extended at the ankle. Student's planting foot is parallel to soccer ball. Student keeps their shooting knee over the ball and head

down. Student strikes the ball with their laces and follows through.

Submitted by **Christie Martell** in Niagara Falls, NY. Thanks for contributing to PE Central! **Posted on PEC: 8/24/2004**.

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