

## SOCGER

- 1st period - 1-Divide into squadrons, each one having two lines facing one another.  
a-All cadets go through the procedures on the command of instructor, without a ball.  
1-Inside kick, outside kick, instep kick.  
2-Pair off in four's or five's and take a ball around a designated area, passing it from one to the other.  
2-Squadron competition.
- 2nd period - 1-Divide by squadrons-explain rules of soccer  
a-Trapping  
1-Trap with sole of foot  
2-Trap with side of foot and lower leg  
3-Stomach trap  
b-Split into small groups for game of "take away" within a designated small area.  
2-Squadron competition.
- 3rd period - 1-Divide by squadron and review:  
a-Trapping  
b-Kicking  
2-Take up dribbling  
a-Use drill taking ball to certain spot and back  
3-Squadron competition
- 4th period - 1-Divide squadrons  
a-Review trapping and kicking without ball  
b-Take up heading the ball  
1-Straight forehead  
2-Side of head  
3-Heading under ball.  
2-Squadron competition.
- 5th period - 1-Divide squad evenly into 4 or more groups.  
a-Review kicking, and trapping.  
b-Take up shooting for goals  
1-Execute with goalie on guard.  
2-Squadron competition.
- 6th period - 1-Divide squad into two equal groups  
a-Take up charging (removing him from ball)  
b-Review heading, and dribbling  
2-Squadron competition
- 7th period - 1-Explain and demonstrate the following  
a-Throw in from side line  
b-Team offensive and defensive positions  
c-The offside rule  
d-Free kick  
2-Squadron competition.