

Grade 7 Vocabulary

Week 29: Worksheet 4

**Directions:** Choose the word that best completes each sentence. Write it on the line.

- 1) There are many forms of training used in soccer, but \_\_\_\_\_ (*shielding, plyometrics, sweeper*) is the only one that focuses on toughening tissues and strengthening muscle contraction.
- 2) When learning to play soccer, part of the skills you build are learning to gauge the \_\_\_\_\_ (*momentum, pace, sweeper*) of the ball so the kick will place it right where you are aiming.
- 3) Both teams \_\_\_\_\_ (*breakaway, pace, heralded*) their ability by showing with practice drills before the match.
- 4) The team captain was able to maneuver a \_\_\_\_\_ (*breakaway, defender, sweeper*) and then had a face off with the goalie, but his shot was blocked.
- 5) This was my first attempt at being a \_\_\_\_\_ (*sweeper, defender, breakaway*), but I was not successful in stopping most of the attacks.
- 6) Surrounded by the opponent, it was imperative to find an area of \_\_\_\_\_ (*plyometrics, penetration, shielding*) to be able to pass the ball or score.
- 7) Some people believe \_\_\_\_\_ (*pace, penetration, shielding*) should be an illegal move, but it is just a way to protect the ball for a moment.



## Answer Key

### Worksheet 4

1. plyometrics
2. momentum
3. heralded
4. breakaway
5. defender
6. penetration
7. shielding