

Grade 7 Vocabulary

Word Meanings

Week 29

Directions: Look at the words in the list below. There is a definition and two phrases to help you learn the new vocabulary.

Word	Meaning	Examples
breakaway (noun)	when an attacker with the ball frees themselves from defenders and faces the goalkeeper one on one	"scored a goal after a breakaway"; "breakaway goal by the away team"
heralded (verb)	to signal or announce something is about to happen	"heralded their victory"; "heralded their presence"
defender (noun)	an outfield player whose is focused on stopping attacks during the game to stop the other team from scoring	"chosen as a defender"; "starting as a defender"
whetting (verb)	to excite or stimulate curiosity	"whetting the appetite of the crowd"; "whetting their curiosity"

Word	Meaning	Examples
momentum (noun)	the velocity of an object times its mass, determines how far the ball will go	"had great momentum"; "momentum of the ball"
pace (noun)	speed of the player, game, or ball	"going at a good pace"; "he is setting a fast pace"
penetration (noun)	breaking through the opponent's defense	"penetration of the defensive players"; "penetration of the line"
plyometrics (noun)	form of training to toughen tissues and train nerve cells to strengthen muscle contraction	"plyometrics training"; "plyometrics exercises"
shielding (verb)	when a player with the ball positions themselves between the ball and opponent as a barrier	"shielding the ball"; "shielding was used"
sweeper (noun)	tough, fast player who is allowed to roam to stop breakaways and give the defense recovery time	"played as sweeper"; "strongest sweeper in the league"

Word	Meaning	Examples
streamlined (verb)	to make efficient or organized	"streamlined registration"; "streamlined practice"
volley (verb)	a kick of the ball before it rebounds	"volley the ball"; "learned to volley"
peripheral vision (noun)	side vision, seen out of the side of the eye while looking forward	"impaired peripheral vision"; "noticed in my peripheral vision"
outswinger (noun)	a kick that curves away from the target	"kicked an outswinger"; "outswinger toward the goal"
instep (noun)	soccer kick for long distance, non-kicking foot used as support	"an instep kick won the game"; "practicing the instep kick"

