## Grade 7 Vocabulary

### Use of Vocabulary Words in Context

#### Week 29

Directions: Read the passage below to better understand the vocabulary words.

# Vocabulary Words

breakaway

heralded

defender

whetting

momentum

pace

penetration

plyometrics

shielding

sweeper

streamlined

volley

peripheral vision

outswinger

instep

Hint. When learning new terms. look for context clues to help determine the meaning. If the sentence you find the word in is not helpful keep reading to see if it can be understood.

#### Trying Out for Soccer

I am excited to try out for the soccer team this year! I have been whetting my own excitement by watching matches online and trying to mimic the moves. I ever started doing plyometrics to strengthen the right muscles and train my nerves and tendons. The process of trying out is supposed to be streamlined this year only requiring a physical and a single information sheet to be filled out. I am hoping to be a sweeper, but I am not sure if I am strong enough as a newer player. The goal was penetration of the league, no matter what position I played.

When I got to the field, it was amazing to see players already practicing different moves. One older player was demonstrating an **instep** kick which is a specialty move. The coach was **heralded** as one of the best, but I just hoped I'd make the team. We were asked to play a quick mock game to determine our skills. All the kids trying out were put into small groups for the trials. As I took my turn, I had the chance to show a **breakaway** from the **defender** on the opposing side. Unfortunately, I also tried to make a goal, but the kick was an **outswinger**.

The pace of tryouts was intense and we seemed to build momentum with each new skill that was asked. I learned about shielding, protecting the ball, and how to volley. I think I did well and hope to make the team, but I will not know until next week. Until then I will work on paying attention to what is in my peripheral vision to further enhance my skills.