Health / Skill Component:
AGILITY and coordination are two SKILL-RELATED FITNESS components that are essential for skillful play in soccer, speedball, football, and softball. Agility is the ability to change the position of your body quickly and control your body’s movements. Coordination is the ability to use your senses together with your body parts or two body parts together. An example is eye-hand or eye-foot coordination. One inherits certain skills in agility and coordination, but they can be improved through practice.

SPEEDBALL
Is a combination of soccer and basketball emphasizing the skills of passing and kicking.

TERMS
Aerial Ball: One that has been converted from a ground ball to the air; legal to play with hands; ball raised into air from kick or pass.

Air Dribble: A player throws the ball in the air and catches it again before it touches the ground or another player.

Dribble: Advancing the ball with successive kicks on the ground.

Dropkick: Dropping the ball to the ground and kicking it just after the bounce.

Foul: An infringement of the rules for which a free kick, throw, or penalty kick is awarded.

Kick Up: Converting a ground ball to an aerial ball.

Passing: Exchanging the ball from one player to another.

Place Kick: Kicking a stationary ball.

Punt: Ball is dropped from hands and kicked before it hits the ground.

Tie Ball: Occurs when a player from each team catches the ball at the same time. Referee stops play and a jump ball follows.

Trapping: Stopping the motion of the ball with feet or shins.

Ground Ball: One that is rolling or bouncing on the ground.

Double Foul: An infringement of the rules at the same time by members of the opposing team.

SCORING
1. Field Goal: 3 points, ball is drop kicked successfully over the goal posts.
2. Touchdown: 2 points, ball is passed to a teammate in the football end zone.
3. **Kick:** 1 point, ball is kicked under the football goal posts similar to a soccer goal.