

Soccer study guide



SOCCER is played by 2 teams of 11 players each. It is a non-stop, fast moving test of skill, speed, coordination, and endurance. The ball can be advanced by any part of the body except the hands (including the arms). The object of the game is to score goals by sending the ball into the goal that is defended by the opponent.

HISTORY: Most ancient cultures, including the Chinese, Greeks, and Romans, played a game that involved kicking a ball-like object. In the 1800's different forms of the game were played in England where popularity grew and rules were developed.

THE GAME:

Kick-off: a centered kick used at the beginning of the game and after a goal is scored. Performed from the center spot inside the center circle.

- * Each player must be on their own half of the field for a kickoff.
- * Opposing players must be outside the center circle and 10 yds. away.
- * The ball may be kicked in any direction.
- * The kicker may not touch the ball again until it is touched by another player.

Scoring: a goal is scored when the ball passes over the goal line between the uprights and under the crossbar. Any part of the body may be used to score a goal except the hands and arms. Each goal counts as 1 point.

SOCCER TERMS:

Hands (handball): carrying, striking, or pushing the ball with the hand or arm.

Dribbling: advancing the ball by a series of short taps with the foot.

Passing: kicking the ball to a teammate.

Trap: stopping or controlling a moving ball using your foot, thigh, chest, or head.

Throw in: a 2 handed overhead throw where both feet must be in contact with the ground. Used to put the ball back in play after being kicked out a sideline by the opposing team.

Marking: guarding or covering a player on the opposing team.

Clearing: a hard defensive kick or throw that removes the ball from the area in front of the goal.

Goal kick: a kick taken by the defensive team from the corner of the goal box. It is a result of the ball going out over the goal/end line that was last touched by an offensive player. All opposing players must stay outside the penalty area until the ball clears the penalty area.

Corner kick: a kick taken by the offensive team from the corner arc. It is a result of the ball going out over the goal/end line that was last touched by a defensive player.

Free kick: a kick awarded as a result of a foul or rule violation. It is taken at the spot where the foul or violation occurred. The ball is stationary and kicked from the ground. All other players must stay 10 yds. away.

Penalty kick: a kick awarded when a foul occurs within the offending team's penalty area. All players except the goalie and the kicker must be outside the penalty area and 10 yds. away. A goal can be scored off this kick.

SOCCKER POSITIONS:

Goalie: a defensive player who guards the goal and prevents a score. Unlike other players, a goalie may use their hands to pick up or block the ball within the penalty area. The goalie may punt or throw the ball.

Defenders: or fullbacks. Defensive players assist the goalie in preventing goals, mark the forwards on the opposing team, and play in their own half of the field.

Midfielders: play the middle of the field, assist on both offensive and defense, and mark the midfielders on the opposing team.

Forwards: offensive players who do most of the scoring and play in the opponents half of the field.

