

# SOCCER

## HISTORY:

- Soccer gained its renowned shape and identity in London, England in 1863.
- Soccer is the focus of the largest sporting event in the world, The World Cup.
- The World Cup, the international professional soccer championship held every four years, draws crowds in the millions.
- The United States Women's National Soccer Team won their first World Cup championship in Beijing, China in 1992.

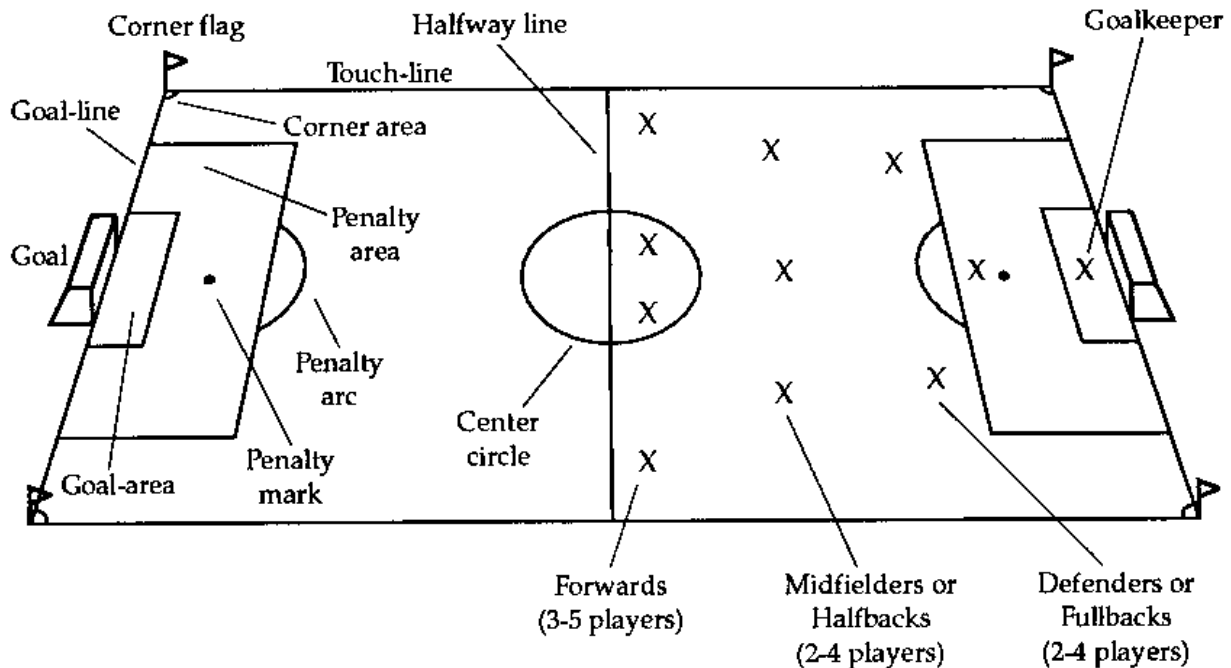
## DIMENSIONS:



Ball- (size 5) 14-16 ounces in weight and 27 to 28 inch circumference

Field- 100 yards long and 70 yards wide

Goal- 8 feet high by 24 feet long



**BASIC RULES/STYLE OF PLAY:**

- **No hands** (fingertips to the top of shoulder).
- **Fouls** include: A kick, trip, jump at, charge, strike, push, hold, or spit at an opponent. When competing for a ball it is legal to bump and go into the player shoulder-to-shoulder but as soon as the hands or elbows come up it is considered a foul.
- A team is composed of eleven (11) players.
- A goal is worth one point. A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar; provided that it has not been thrown directly propelled by hand or arm, or carried by a player of the offensive team.
- The goalkeeper may throw, punt, or take steps with the ball in their hands as long as they are inside the penalty area. But they must get rid of the ball within 6 seconds of gaining possession. Goalkeepers may not pick up a pass played with the foot that came directly from one of their teammates.
- **Kick-offs** happen at the start of the game, after a goal is scored, at the start of each period and at the start of each overtime period. There is a coin toss before the start of the game to determine who defends what goal. At each kick off, the ball is placed in the center of the "Center Mark" (on the half-way line) & both teams must be on their own half of the field & the receiving team must stay outside the center circle until the ball is "kicked". However, the ball must move forward on the "kick off".
- Before any dead ball is kicked, the opposing players should be a minimum of 10 yards away. Also the same player cannot touch the ball twice in a row when putting the ball in play.
- **One soccer match** consists of **two** 45 minute halves.

**TERMINOLOGY:**

**CAUTION/YELLOW CARD** – A disciplinary action in which the referee shows a player the yellow card (for violating a soccer rule, obviously). A second caution in the same match results in the player being shown the red card (ejected from the game).

**CORNER KICK** – If the defensive team kicks it out at the **end line**, play is restarted with a corner kick by the offense.

**DANGEROUS PLAY**- an action by a player that the referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in possession of the goalkeeper.

**DEFENDERS**- players closest to the goal; primary job is to stop opponents from scoring.

**DIRECT FREE KICK** – A type of "free kick" given after severe fouls such as hitting or kicking. On a direct kick, a goal can be scored by kicking the ball into the goal without it first touching another player.

**DROP BALL** – Method of initiating play when a specific rule has not been violated or a double personal foul has resulted.

**FORWARDS**- plays closer to opponent's goal; primary job to score goals

**GOAL KICK** – If the offensive team kicks it out over the **end line**, play is restarted with a goal kick by the defense. The kick is taken by any defensive player from inside the goal area/box.

**INDIRECT FREE KICK** – A type of "free kick" given after minor fouls such as obstruction. On an indirect kick, another player (on either team) must touch the ball before a goal can be scored.

**MIDFIELDERS**- plays between defenders and forwards; these players have both the responsibility to create opportunities to score offensively and to stop the opposing players from scoring.

**OBSTRUCTION**- a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing the ball.

**OFFSIDES**-an offensive player cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper. A player cannot be offside on a corner kick, goal kick or throw-in. The offside rule applies to the position of the offensive player when the ball is kicked.

**PENALTY KICK**- a place kick taken from the penalty mark 12 yards from the goal. A penalty kick is awarded to the attacking team as a penalty for a rules infraction by the defending team inside the penalty area. All players except the one making the kick and the goalkeeper must remain outside the penalty area and in the field of play. The goalkeeper must stand on the goal line between the posts until the ball is kicked. After the shot if the ball rebounds off the keeper and stays on the field the ball is "live" and anyone can play it.

**RED CARD** – A referee shows a player a red card to signal that the player has been banned from the rest of the match. A red card can be shown for a single serious offense or as the result of being shown a second yellow card in the same game. After a player is shown a red card, the player must leave the field of play and cannot be replaced by a substitute, meaning that his or her team must finish the match with one player fewer.

**STOPPER**- plays between defenders and midfielders; this player helps add layers of strength and support in the center of the field for defending.

**STRIKER**- most forward attacking player;

**SWEEPER**- last defender before goalkeeper; plays in the center of the field

**TACKLE** – To attempt to get the ball away from an opponent, to make him lose control of it, or to cause him to hurry his pass.

**THROW-IN** - When a team permits a ball to pass completely over the sideline. The throw-in is made with both hands on the sides of the ball, with the ball being thrown from behind and over the head. The player who throws the ball must have both feet on the ground. The ball may not be touched by that player until another player has touched the ball.

**WALL** –defensive tactic in which several players’ line up 10 yards from a direct or indirect free kick in the defensive third of the field.

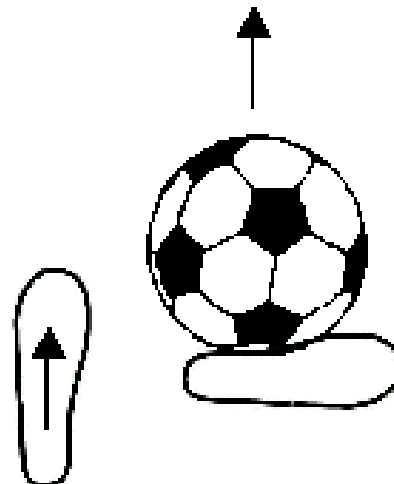
### BASIC SKILLS

**Dribbling** – one way that players move the ball on the field by tapping the ball with the inside, outside and top of the foot. Ball should be kept under the player’s body while moving. Principles to follow when dribbling include: dribble into open spaces, create passing angles, attract opponents, change direction and/or speed to beat opponents.



**Passing** – most commonly, the inside of foot “push” pass is used.

- Square-up to target
- Place plant foot approximately 4 inches from the ball (centered or a little towards the back of the ball)
- Plant foot points in the direction of the target
- Head over the ball looking down
- Knees bent
- Striking leg swings backwards and forwards
- Striking foot contacts the center of ball
- Follow-through towards target



## Shooting

- Head down – eye on the ball. You have to look up to pick out your target and then look back to the football as they actually shoot. This is because it is virtually impossible to strike the ball correctly if you're not looking at it.
  - Plant non-striking foot alongside the ball. Helps to keep ball trajectory low and straight.
  - Keep the knee of the kicking leg over the ball. This technique determines the correct body position. Often, students will be standing too far behind the ball when they shoot. This results in too little power.
  - Approach the ball slightly from the side.
  - Contact ball with instep or top of foot.
  - Strike the middle of the ball.
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- Follow through. Kick continues towards target.



