



Soccer Study Guide



History

Soccer—played in various forms since ancient times, is by far the most popular game in the world. Civilizations throughout history all played some form of soccer. The modern game with its rules and regulations as we know them today was established by the London Football Association in England in 1863. It wasn't until the 1970's that participation in soccer became widespread in the United States. It is known to the rest of the world as "football" while here in the United States we refer to it as soccer. The World Cup is soccer's most prestigious international competition and takes place every four years. Soccer has been a part of the Summer Olympic Games since 1900 for men and 1996 for women.

Rules of the Game

The game is played by two teams of 11 players each. Object of the game is to put the ball into the opponent's goal to score 1 point. The game is divided into two halves of 45 minutes and there are no timeouts.

The ball is placed in the center of field on center line at the beginning of the game. The game is started with a **kickoff** between the centers. All players must be on their own side of center line during the kickoff. The center may not replay the ball until it is touched by another team player.

Out of play – A ball is out of play when it completely crosses the goal lines or sidelines, whether on the ground or in the air. If the ball is **out of bounds at the sidelines**, the ball must be thrown into play with both hands over the head and feet in contact with the ground at the place where the ball went out of play by the opposite team that last touched the ball. If the ball is kicked **out of bounds at the goal line by the offense**, the goalie puts ball back in play by either a punt, kick or throw in. If the ball is kicked **out of bounds at the goal line by the defense**, the offense puts it back in ball by a **corner kick**.

Fouls – Infractions during the game can result in a free kick to the player that was fouled.

There are two kinds of free kicks:

Direct free kick – taken for severe fouls such as tripping, holding, kicking, handling ball with arms or hands, charging or pushing an opponent. The kick is taken at point of where foul occurred. A goal may be scored directly on this free kick.

Indirect free kick – taken for less severe infractions such as playing the ball a second time on kick off, throw in or corner kick, offsides, goalie carrying the ball more than 4 steps. A goal may not be scored on this kick until the ball is touched by another player. In both types of kicks, the kicker may not replay the ball until another player touches it.

A **penalty kick** is awarded when any of the fouls mentioned are committed by the defending team inside their own penalty area.

Soccer Terminology

Attacker – any player on the team that has possession of the ball.

Center circle – area in middle of field where kickoffs are taken to start the game

Charge – to run into an opponent; it is legal if done from the front or side of the ball carrier, illegal against a player without the ball or from behind.

Corner arc – area at the four corners of the field where a corner kick is taken

Defender – any player that does not have possession of the ball.

Direct free kick – a kick awarded to a player for a serious foul committed by the opposition; the player must kick a stationary ball with opposing players 10 yards away from him; a goal can be scored directly from this kick

Dribbling – the basic skill of advancing the ball with the feet while controlling it.

Drop kick – when goalie drops ball from his hands and kicks it just after it hits the ground.

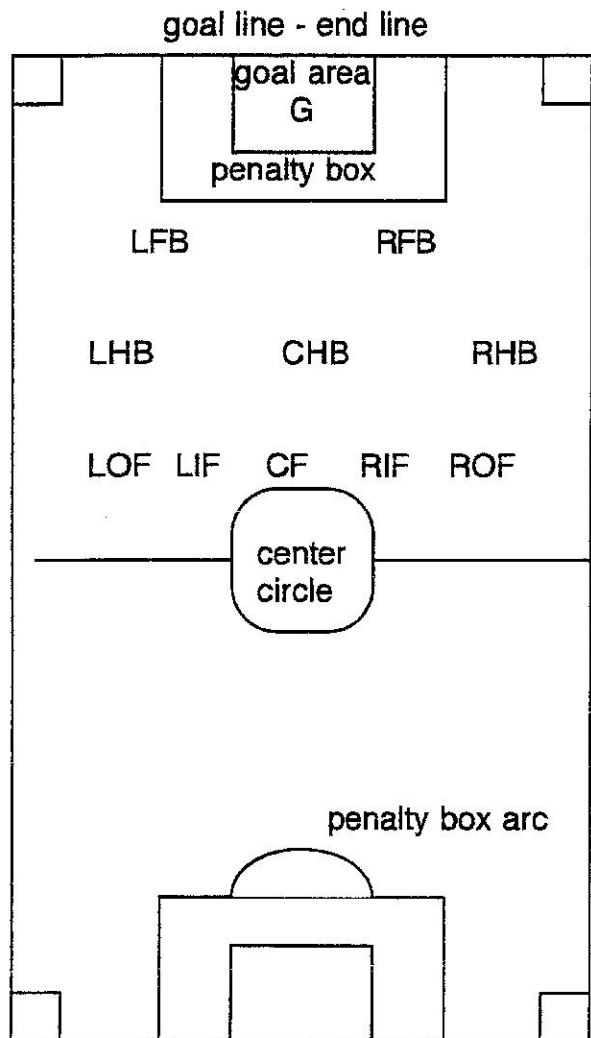
Foot trap or trapping – when a player uses his foot to control or stop a rolling or bouncing ball.

Heading – the striking of the ball in the air by a player's head

Indirect free kick – a kick awarded to a player for a less serious foul committed by the opposition. A goal can not be scored on this kick unless it is first touched by another player.

Pitch – A British term for soccer field.

Playing field diagram



corner kick area

Playing field is slightly larger than an American football field. The minimum is 110 yds x 70 yds, maximum is 120 yds x 80 yd.

Play is started in the **center circle** by the center forwards. All other players must stay outside circle until the ball is contacted

End line - when the ball goes out of play over this line, it is either put in play with
 1. A goal kick if the offense last touched it
 2. A corner kick if the defense last touched it

Sideline - A ball going out of bounds over this line is put into play by a throw in by the opposite team which last touched the ball.

Penalty area - Only area where the goalie is allowed to use hands.

Penalty box arc - area where penalty kicks are taken.

Team composition

A soccer team is made up of **11 players**

- * There are **5 (five) forwards** - right and left inside forwards, right and left outside forwards; sometimes referred to as wings. They are considered the attackers/strikers.
- * There are **3 (three) halfbacks** - right, center and left. Referred to as midfielders. They cover the middle of the field and play both offensively and defensively.
- * There are **2 (two) fullbacks**. They are the defensive players who cover or guard the opposing team's forwards, along with the halfbacks and help the goalie. Referred to as sweepers.
- * **Goalie** - The only player allowed to use their hands and prevents the opposing team from scoring. He can catch, throw or punt the ball.

Ways to advance the ball

1. Kicking - used for passing to another team player, shooting or clearing the ball downfield
2. Dribbling - short, quick kicks controlled by one player as he advances down the field
3. Heading - playing the ball off head or forehead.