Soccer

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History

Soccer is the most popular sport in the world. Soccer was played in ancient times. Its origin traces to the ancient Chinese game of *tsu-chu*, or kickball (2,500 BC). The Egyptians (2000 B.C.), Japanese (600 B.C), ancient Greeks, and Romans have also been intimately linked with the evolution and spread of the game. The modern game with its rules and regulations as we know today was formed in October 1863. The world cup is soccer’s most prestigious international competition and takes place every four years. Soccer became part of the Summer Olympic Games in 1900(men) and 1996(Women).

How to play

The game is played by two teams of 11 players each. One player on each team is a goalkeeper. The object of the game is to get 1 point by putting the ball in the opponent’s goal. The game is split into two halves of 45 minutes each. The game is started with a **kick-off** between the centers. All the players must be on their side of the center line when the kick-off takes place. The center cannot play the ball until it is touched by another player.

**Out –of-bounds:** If the ball goes **out-of –bounds at the sideline it must be thrown into play.** Both feet must be planted on the ground and both hands over the head. They play it from where it went out. The team who did not touch the ball last gets to do the **throw-in.** If the ball is kicked out of bounds by the **goal line by the offense,** the goalie puts it back into play by a punt, kick, or throw-in. If it goes out of bounds by the **goal line of defense**, offense does a **corner kick**.

**Fouls:** A form of misconduct or illegal behavior, the opposing team is awarded a direct or indirect free kick.

 **Direct kick-** Is awarded for intentionally fouling an opponent (kicking, tripping, holding/pushing, hand ball, or jumping at an opponent). The kick is taken at the spot the player was fouled and a goal can be scored.

 **Indirect kick**- Less severe of a foul (off sides, goalkeeper taking extra steps, goalie box, and high kicking). A goal cannot be scored until another player has touched it.

**Penalty kick-** a penalty kick is awarded when any of the fouls mentioned are committed by the defending team in their own penalty area.

**Soccer terms:**

1. Attacking team- The team that has possession of the ball.
2. Defending team-The team trying to gain possession of the ball.
3. Dribbling- Forward pushes or touches in which the player moves and keeps the ball under control.
4. Dropkick- A ball that is dropped on the ground by the goalie and kicked right after it bounces.
5. Throw-in- To put the ball in play from the touchline by a two-hand overhead throw.
6. Trapping- To gain possession and control of the ball.

**Players (11 players):**

Forward (Wings)- There are usually 5 and they usually run the length of the field and score the goals.

Midfield (halfbacks) – There are usually 3, they cover the middle of the field and play offensively and defensively.

Back/ defense (Sweepers)- There are 2 and they help defend against the attacking teams forwards. They stand before the goalie box.

Goalkeeper – Only player allowed to use their hands. Can catch, throw, and/or punt the ball.

**Ways to advance the ball:**

* Kicking (passing or shooting the ball),
* Dribbling
* Heading (using head or forehead).

