

## Soccer Study Guide

### HISTORY:

- Records trace the history of soccer back more than 2,000 years ago to ancient China. Greece, Rome, and parts of Central America also claim to have started the sport; but it was England that transitioned soccer, or what the British and many other people around the world call "football," into the game we know today. The English are credited with recording the first uniform rules for the sport, including forbidding tripping opponents and touching the ball with hands. The penalty kick was introduced in 1891. Red and yellow cards were introduced during the 1970 World Cup finals.

### RULES OF THE GAME:

- The object of soccer is to kick or head the entire ball into the goal. Players are not allowed to touch or carry the ball with their hands. A soccer game consists of two 45 minute periods with one half-time break. There are no 'time-outs' in a soccer game. The soccer playing field is approximately 100-120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide. A soccer team is made up of 11 players. The game is started with a kickoff. Kickoffs are taken to start play at the beginning of each half and after a goal is scored.

### POSITIONS:

- Goalkeeper:** Defends the goal. A goalie should be able to punt the ball a great distance from the goal (s)he is protecting. The goalie is the only player who may contact the ball with his/her hands and then only inside the penalty box. They may not however, pick up a ball that has been passed to them directly from a teammate. Once (s)he picks up the ball (s)he has six seconds to punt it or release it. (S)he is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. Once the goalkeeper has possession of the ball an opponent may not attempt to take it away until the ball has been released.
- Defenders:** Also called backs, play closest to their own goal. They help protect the goalkeeper and defend the goal. They must also be able to kick the ball a long distance from the goal they are protecting.
- Sweeper:** Usually the deepest field player and the last defender before the goalie. A fast and tough player whose job is to cover the space between the backs and the goalkeeper and to stop breakaways, "sweep up" the ball or kick long "through balls" out of bounds so the defense has time to recover.
- Stopper:** Often a strong, tough, brave player. A center back or a player who plays between the other backs and midfielders who is good at stopping attacks up the center. A stopper can refer to a defender who marks the opponents' most dangerous striker.
- Midfielders:** Also known as halfbacks. They play between the forwards & defenders, supporting both positions. They run more than any other position and are in constant motion throughout the game. They are in charge of trying to steal the ball back from the other team.
- Forwards:** Primary scorers who play closest to the other team's goal.
- Strikers:** play the middle positions; they excel at accurate passing as well as precision shooting with either foot.
- Wingers:** Play the outside right and left positions

### DIFFERENCES BETWEEN INDOOR/OUTDOOR:

- The team: Outdoor soccer is played with 11 players on the field. Indoor is played with six.
- The field: Outdoor fields have solid, defined boundaries. Indoor fields are frequently smaller and have walls around them with no boundary lines. The ball can be kicked at the wall causing it to rebound back into the field. The goals are smaller on an indoor field.

- Free kick: If the ball hits the roof of an indoor facility, a free kick is awarded to the opposite team.
- Corner kicks: A corner kick is awarded to your team when the ball hits the netting above your opponent's goal.
- Substitutions: Outdoor soccer allows substitutions when play is stopped while indoor soccer substitutes while play continues (on the run), similar to hockey.

#### KEY TERMS:

- Throw-in: Taken when the ball goes out of bounds over the sideline. A player from the team that did not touch the ball last will throw it in to a teammate. The ball must be thrown from over the head with both hands in contact with the ball and both feet in contact with the ground. A goal cannot be scored directly from a throw-in.
- Corner kick: Taken when the defensive team touches the ball last before it crosses the goal line. It is put back in play by the offense with a kick from the nearest corner area.
- Goal kick: Taken when the offensive team touches the ball last before it crosses the goal line. It is put back in play by the defensive team with a kick taken in their goal area. All opponents must remain outside the penalty area until the kick is made and the ball is not in play until it leaves the penalty area.
- Direct free kick: A free kick awarded to a team after a foul is called against the other team. A score may be made directly from a direct kick. All opposing players must be at least 10 yards from the ball until the kick is made. Direct free kicks are awarded for handballs, holding, pushing, tripping, using hands on the opponent when trying to reach the ball, charging from behind, or kicking an opponent. All direct free kicks are awarded from the point of the foul except those that occur in the penalty area, which are awarded a penalty kick.
- Penalty kick: The player is awarded the ball in the middle of the field 12 yards from the goal. The goalie is the only defensive player who can attempt to prevent a goal.
- Indirect free kick: A free kick from which a goal cannot be scored directly. The ball must first touch another player. All opposing players must be at least 10 yards from the ball until the kick has been made. An indirect free kick is awarded for less physical fouls such as touching a ball twice before it has been played by another player on a kick-off and other improper procedures on a penalty kick, corner kick, or free kick. All indirect free kicks are awarded from the point of the violation.

#### CLASS RULES:

- No player may push, grab or trip an opponent in an attempt to play the ball.
- Goalies may not punt the ball indoors. The throw must land in the defensive half of the gym.
- Goalies may use their hands only in the designated penalty box area.
- The entire ball must cross the goal line for a goal to be counted.
- Balls passed back to the goalie cannot be play the goalie using their hands
- We usually play 7v7. Everyone on the team must take a turn and be subbed out. Plans your substitutions accordingly since they are made on the run.
  - When you sub in again, it must be for a different position.
- You may not change your goalie on a penalty kick.