

SOCCER STUDY SHEET

History - It is not certain when or where the idea of soccer first originated. There is evidence that man has played kicking type games for many centuries. Long ago, when these games were played, the teams represented walled towns or castles. The playing field was often the entire area between the towns, with the town gates left open for the period of the game as goals. To place the ball through one of these goals symbolized the capture of the town or fortress.

Positions - Goalkeeper (defense only) - Attempts to stop the ball from going into the goal. The "goalie" may use any part of the body when playing the ball as long as he/she does not pass outside of the penalty area.

Fullbacks (defense only) - There are two fullbacks who act as extra guards to protect the goal.

Halfbacks or midfielders (offense & defense)- The halfbacks play some distance behind the forwards. They advance or retreat with the ball.

Forwards (offense only) - They advance the ball and when possible, score goals.

Game Play - Kick-Off - Opposing captains call toss of coin. Captain who wins the toss number choice may kick-off or have choice of goals.

The game starts by a **place kick** from the center of the field. *The ball must travel in the direction of the opponents goal, and forward the length of its circumference (27 inches).

*Opponents of the kicking team must not enter the circle until the ball is kicked.

*No player may pass over the center line until the ball has been kicked.

*Following the kick-off the ball is kicked on the field until a goal is scored, the ball goes out of bounds or the referee whistles the ball dead for some reason. The team scored upon starts play again by kicking- off from the center of the field.

Throw In - A ball passing over the side lines is out of play. The ball is then thrown in by the team which did not cause it to be out. **The halfback throwing the ball in must stand with both feet outside the sideline, holding the ball with both hands completely behind his/her head.** The thrower must not play the ball again until it has been played by another player.

Direct Free Kick - A free kick is awarded for any foul committed outside the penalty area. Opponents must keep 10 yards away from the ball until it has been kicked. The halfback may not play the ball until it has been played by another player. A goal may be scored from a direct free-kick. **Direct Free Kicks are awarded for:**

*Tripping

*Kicking an opponent

*Handling ball with hands

*Pushing

*Holding an opponent

*Charging

Indirect Free Kick - The description is the same as for the direct free- kick except a goal cannot be scored from an indirect free- kick. **Indirect Free Kicks are awarded for:**

- *Kicking the ball more than once by the same player on kick off, free kick, penalty kick, goal kick, corner kick or by thrower following a throw in.
- *A player being offside
- *Attempting to kick a ball that is in possession of the goal keeper.
- *A goalkeeper taking more than 4 steps before releasing the ball.
- *Unsportsmanlike conduct.

Penalty Kick - Whenever a foul is committed by a defensive person within their penalty area; a penalty kick is awarded to the offensive team. The ball is kicked from a point 12 yards in front of the goal. Other players cannot be in the penalty area except the kicker and goalkeeper. The goalkeeper may not play the ball until it has been kicked. The kick must be forward. **A goal may be scored from a penalty kick.** The kicker may not play the ball until played again by another player.

Terms

Offensive Team - The team which has the ball.

Defensive Team - The team which does not have the ball.

Own Goal - The goal which a team defends.

Kick Off - The way the ball is put into play with a place kick from the center at the start of each quarter and after each score.

Dribble - A group of short kicks forward in which the player keeps the ball under control with the feet.

Trapping - Stopping the movement of the ball with the feet or legs.

Drop Ball - A ball that is dropped from waist high between two opposing players. Neither player may kick the ball until it touches the ground. A drop ball is used when the ball goes out of bounds off two opposing players or for a foul committed at the same time by two opposing players.

Offside - An offensive player may not be in the opponents half of the field without the ball unless there are at least 2 defensive players between that player and the goal line.

Heading - Hitting a ball that is in the air with the head.

Marking - Is another word for guarding. Each backfield player is responsible for guarding one forward line player on the opposite team.