



319 S. Naperville Road Wheaton, IL 60187 www.questionsgalore.net
Phone: (630) 580-5735 E-Mail: info@questionsgalore.net Fax: (630) 580-5765

STUDY GUIDE: SOCCER

Basics

Each team has 11 players on the field at one time. The team consists of five forwards, three halfbacks, two fullbacks and one goalie. Substitutions can be made twice per game. The forwards are the players who usually score. The fullbacks defend, and their goal is to get the ball. The halfbacks play both offense and defense. The goalkeeper prevents the other team from scoring and is the only player who can hold or bounce the ball in the penalty area.

There are several types of penalties. The four main types are an indirect free kick, a direct free kick, a goal kick, and a corner kick. The referee drops the ball in the center, 10-foot circle to start the game, and after each score. The object is to get the ball into the opponent's goal. There are two periods per game.

Glossary

Assist:	The last one or two passes that lead to a goal.
Attacker:	The player with possession of the ball.
AYSO:	Acronym for American Youth Soccer Organization.
Back:	A defender.
Back Header:	Using one's head to make the ball go backwards.
Backswing:	The distance that the kicking foot goes behind the kicker's body before he or she kicks.
Back Tackle:	Swinging a leg in front of the ball from behind to get it away from another player.
Ball Carrier:	The player with the ball.
Banana Kick:	A kick that gets the ball around a goaltender or another obstruction.
Baseball Throw:	A type of throw the goalie uses.
Bicycle Kick or Scissors Kick:	An impressive shot where a player kicks the ball in mid-air backwards over his or her own head.
Blind Side	The player's side that is away from the ball.
Bomb	A desperate, long shot that actually scores a goal

Page 2, SOCCER

Break:	A team quickly advances the ball down the field to get the advantage.
Breakaway:	A sole attacker goes against a goalkeeper, who has no help from his or her defense.
Call:	A decision by the referee.
Carrying the Ball:	The goalkeeper takes four steps while holding or bouncing the ball.
Caution:	A yellow card.
Center (or Cross):	A pass from a player near the sideline towards the middle of the field to get the ball closer to the goal.
Center Circle:	The circle in the middle of the field where kickoffs occur.
Center Line:	The mid-field line.
Central Defender:	The player who guards the area right in front of his own goal in a zone defense.
Charge:	To run into an opponent. This is actually legal in soccer as long as the victim has the ball and it isn't done from behind.
Chest Trap:	Using one's chest to slow down a ball going through the air.
Clear:	To kick the ball away from the team's own goal.
Cleats:	The traction spikes on the bottom of a soccer shoe.
Clinical:	A perfectly scored shot that makes a goal.
Collecting:	Catching and controlling a soccer ball with a body part.
Corner Arc:	The corner area that is a quarter-circle with a radius of one yard located at each of the four corners of the field from which corner kicks occur.
Creating Space:	When an offensive player tries to get the defenders away from the player in possession.
Cross or Crossing Pass:	A pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field.
Crossbar:	The 24-foot beam that rests on top of the goalposts.
Cushioning/Deadening:	Stopping the ball's momentum with your body before kicking it.
Cut Off:	A defensive player inserts his or her body between an attacker and the goal.
Defensemen:	The three or four players on a team, also known as fullbacks, who must prevent the other team from scoring.
Deflection:	A ball bounces off a player.
Direct Free Kick:	A free kick that is awarded when the other team commits a serious foul. A player gets to kick a nonmoving ball with no players within 10 feet in hopes of scoring a goal.
Draw:	A tied game.
Dribbling:	Controlling and advancing the ball with one's feet.
Drop Ball:	The referee drops a ball between two players to restart the game.
Drop Kick:	The goalie drops the ball and kicks it before it lands.
Endline:	The goal line.
Fake or Feint:	To mislead the other team about the next play.
Far Post:	The goalpost furthest away from the ball.
Field Players:	Any of the players except for the goalkeeper.
First Time Ball:	Passing a ball without bothering to stop it first.

Page 3, SOCCER

First Touch:	Shooting a ball without stopping it first.
Flanks/Wings:	The sides of the fields. See also Wings.
Flick Header:	Using one's head to deflect the ball.
Foot Trap:	Using the bottom or sides of the shoe to get control of a slow-moving ball.
Forward Pass:	A pass in the direction of the opposition's goal.
Forwards:	The three or four players who play the front and do most of the scoring. They are also known as the forward line and include two wingers and one or two strikers.
Foul:	A rule infraction that results in a free kick.
Free Kick:	Kicking a stationary ball with no opposition within 10 feet of the kicker. This is awarded because of a foul.
Front Header:	Using one's forehead to contact the ball.
Front Tackle:	Kicking the ball away from a player from the front.
Fullbacks:	Defensemen.
Give and Go Pass:	Passing to a teammate and then running forward to get his or her pass in return. It's also called a Wall Pass.
Goal Area:	The 20- by 6-foot rectangular area in front of the goal from which goal kicks must be done. Players can only charge a goalie if the goalie has possession of the ball.
Goal Kick:	The defensive team gets to kick the ball away from their goal area because the offense was the last to touch a ball that crossed the goal line.
Goal Line:	The end line in front of a goal that must be crossed to score.
Goalie/Goalkeeper:	The player who protects the goal and the only player allowed to use arms and hands to touch the ball when in the penalty area.
Goalmouth:	The opening of the goal.
Goalposts:	The beams that support the crossbar.
Grass Cutter:	A shot that skids across the field on its way to the goal.
Handle:	The goalie's right to pick up the ball in the 18-yard box.
Hacking:	Kicking an opposing player's legs.
Halfback:	A midfielder.
Halftime:	Intermission. The break period between the two halves.
Hand Ball:	Contacting the ball with hands or arms. This foul results in a direct free kick for the other team.
Hand to Ball:	When a player intentionally goes towards the ball in the penalty area with the hands, he or she is penalized. If the ball accidentally comes towards the hands, there is no penalty.
Hat Trick:	One player scores three or more goals in one game.
Header:	Hitting the ball with one's head.
Hook:	The curve of a ball due to its spin.
Hospital Ball:	A pass that is too soft to be received easily.
Hospital Pass:	A pass that could cause the receiver serious injury. See also 50/50 Ball and Hospital Ball.
Illegal Slide Tackle:	Tackling with cleats.

Page 4, SOCCER

Indirect Free Kick:	A kick results from a minor foul on the other team's part. A player gets to kick a stationary ball with no players within 10 feet of him or her, but another player has to assist in order for the goal to count.
Injury Time:	Time that is added to a period by the referee if he or she thinks a team is stalling, or a lot of time was lost due to injuries.
Instep Pass:	Passing the ball with one's instep.
Interception:	Getting control of a ball that an opposing player was trying to pass to a teammate.
Intermission:	A five-minute break.
Jockeying:	To buy time by getting in the way of the attacker.
Juggling:	A practice method of keeping a ball in the air by using anything except the hands or the arms.
Keeper:	Another name for the goalie.
Kickoff:	The method used to start or restart each game.
Lead Pass:	A pass sent where a teammate is going, not where he or she is.
Linkmen:	Midfielders.
Lock In:	Double-teaming an attacker on the touchline.
Lock On:	Picking up and marking an attacker.
Loft or Lob:	A kick with a high arc.
Man-to-Man:	The most common defense strategy, where each player covers one player on the opposite team.
Mark/Marking/Mark-up:	Covering players on the opposite team, whether or not they have the ball.
Midfield Line or Center Line:	The line dividing the field in half widthwise.
Midfielders:	Two, three, or four players who play behind their forwards, as liaisons between the team's defense and offense.
Missile:	A hard, straight hit. It's also called a laser.
"Numbers Down":	Having fewer defenders on the field than the opposite team has attackers.
"Numbers Up":	Having more attackers on one's team than there are defenders on the opposite team.
Nutmeg:	Passing the ball through a defender's legs.
Obstruction:	Using one's body to block an attacking player instead of to get the ball.
One Time:	Same as First Touch.
Onion Bag:	Another term for the net.
Open:	A player with the ball who is not being marked.
Outlet Passes:	The goalie or another player passes the ball in the opposite direction of his or her own goal.
Overtime:	An extra period that is played if a game ends in a tie.
Penalty:	A penalty kick due to rules violation.
Penalty Arc:	The circle where the other team can't encroach before the penalty kick.
Penalty Area:	The 44- by 18-yard area along the goal line that is the only area where the goalie can use his or her hands.

Page 5, SOCCER

Penalty Shot/Penalty Kick:	A kick with no players closer than 10 yards away due to a severe rule violation.
Penalty Spot:	The small circular spot 12 yards in front of the center of the goal line from which all penalty kicks occur; the center of the penalty arc.
Penetrate:	To get the ball behind the opposition and in front of their goal.
Pitch:	The field.
Periods:	The two halves into which each game is divided. Each half lasts 45 minutes.
PK:	The abbreviation for penalty kick.
Polished Finish:	A perfectly scored goal. It's also called a Clinical Goal or Top-Drawer Strike.
Power Kick:	A hard, fast kick.
Professional Foul:	An intentional foul that doesn't result in a penalty shot. It is a maneuver used to prevent the other team from scoring.
Push Pass:	Pushing the ball with the inside of one's foot to pass it to a teammate.
Put Away:	To score.
Red Card:	The referee holds up this card after a player has already had two yellow cards for bad behavior or multiple violations. The player is then removed for the remainder of the game.
Robbed:	The ball is taken by the defense from under the attacker's feet.
Save:	The goalkeeper blocks a shot.
Scissors Kick:	A synonym for bicycle kick.
Sending Off:	A player is removed from the field for serious misconduct.
Set Play:	A team's strategy after a restart
Shielding/Screening:	The player carrying the ball puts his or her body between the ball and the defending player.
Shin Guards:	Lower-leg pads that protect a player from kicks.
Shooting	Kicking the ball at the opponent's net in order to score.
Shootout:	A procedure used to break a tie after overtime. The players who were on the field at the end get five alternating shots at the opposing goal and goalie. The team ahead at the end of five shots by both teams is the winner.
Shorthanded:	A team playing with fewer than all 11 players.
Shoulder Charge:	A defender is allowed some contact shoulder-to-shoulder with the attacker unless he or she touches the ball first.
Shutout:	A score where the other team scores no points during the game.
Side Tackle:	Redirecting the ball away from the person running with it, while running in the same direction.
Sliding Tackle:	Sliding feet-first into the ball along the ground to get it away from the ball carrier.
Soft Goal:	An easy goal missed by the goalkeeper.
Square Pass:	Passing to a teammate while running alongside him or her.
Starter:	The best 11 players, who are usually the first set of players on the field.
Steal:	Taking the ball away from the opposite player.
Striker:	The team's best-scoring forward that plays the center field.
Substitution:	Replacing one player with another. This only happens two times a game.

Page 6, SOCCER

Sunday Shot:	Another term for a bomb.
Sweeper:	The defensive player who plays closest to his or her own goal and in front of the goalie.
Tackling:	Taking the ball away from another player.
Target Man:	A tall, attacking player to whom teammates make forward passes.
Thigh Trap	Using one's thighs to slow down and control a ball.
Through Pass:	A pass sent to get the ball behind the line of defenders.
Timeout:	There are no timeouts in soccer.
Touchline:	Another word for the sideline.
Trailing:	Running behind another player.
Trap:	Using one's body to control the ball.
Turnover:	One team loses possession of the ball.
Underhitting:	Kicking the ball too softly.
Volley:	The ball is kicked when it is off the ground.
Wall:	Two to six shoulder-to-shoulder defenders who protect their goal against a free kick at close range.
Wings or Wingers:	The outside forwards who play to the sides. They are usually the fastest team members and the most proficient dribblers.
Winning the Ball:	Successfully intercepting the ball.
Withdrawn Forward:	The most forward-playing midfielder.
World Cup:	The international soccer competition that takes place every four years between teams from various countries.
Yellow Card:	A warning or caution card, two of which equal an automatic red card and the removal of a player from the game.