

# Soccer Study Sheet

Soccer, or futbol as it is known in most of the world, is thought to have begun around 200 B.C. The Chinese, Japanese, Italian, Ancient Greek, Persian, Viking, and many more played a form of soccer long before our era. It is a team sport played between two teams of eleven players using a spherical ball. The game is played on a rectangular grass or artificial turf field, with a goal in the center of each of the short ends. The object of the game is to score by driving the ball into the opposing goal. Each goal scored is worth one point. In general play, the goalkeepers are the only players allowed to use their hands or arms to propel the ball; the rest of the team usually use their feet to kick the ball into position and occasionally using their torso or head to intercept a ball in midair. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extra time and/or a penalty shootout, depending on the format of the competition.

## Terms

**Offensive Team** – the team that has the ball

**Defensive Team** – the team that does not have the ball

**Kick Off** – the way the ball is put into play by a forward with a small kick to another forward from the center of the field 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 by an official 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 two defensive players between that player and the goal line.

**Heading** – hitting a ball that is in the air with the head

**Marking** – another name for guarding. Each defensive player is responsible for guarding an offensive player on the opposite team.

**Handball** – when a player, other than the goalie, touches the ball with their hands or any part of the arm from the shoulder down

## Positions

Generally speaking, there are 5 forwards, 3 midfielders, 2 fullbacks, and 1 goalie.

**Goalie (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

step outside the penalty area. Goalkeepers have six seconds to get rid of the ball after gaining possession of it.

**Fullbacks (defense only)** – act as extra guards to protect the goal.

**Midfielders/Halfbacks (offense and defense)** – assist all other players on the field with *anything*. The midfielders/halfbacks play between the forwards and fullbacks.

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

## Game Play

Opposing captains call toss of a coin. The captain who wins the toss may kick off or choose the goal.

**Kickoff** – The game starts by a *place kick* from the center of the field. The ball must travel in a forward direction towards the opponent's goal the length of its circumference (27 inches). Opponents of the kicking team may not enter the circle until the ball is kicked. Following the kickoff, 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. If a goal is scored, the team scored upon starts the play again with a kickoff from the center of the field.

**Throw In** – An offensive player stands with both feet outside the sideline, holding the ball with both hands completely behind his/her head, and throws the ball in bounds. The thrower may not play the ball again until another player has played it.

**Direct Free Kick** – occurs anywhere on the field except the goal box. A free kick is awarded for any foul that is committed intentionally or for an extremely harsh foul. Opponents must keep 10 yards away from the ball until it has been kicked. The kicker may not play the ball until another player has played it. A goal *may* be scored from a direct free kick. Direct free kicks are awarded for: tripping, kicking an opponent, handling the ball with hands, pushing, holding an opponent, charging, kicking dangerously high, etc.

**Indirect Free Kick** – occurs anywhere on the field. An indirect free kick is given when a foul is committed unintentionally or for other smaller infractions. Indirect free kicks are awarded for: kicking the ball more than once by the same player on a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw in.

**Penalty Kick** – whenever a defensive person within their penalty area commits a foul such as tripping, handball, pushing, or high kicks. The ball is kicked from a point 12 yards in front of the goal. The only players allowed in the penalty area are the kicker and goalkeeper. Anyone on the field may take the kick. A goal *may* be scored from a penalty kick. If a goal is not scored, the kicker may not play the ball until played again by another player.

**Corner Kick** – When the defensive team kicks the ball out of bounds on the end line, the offensive team gets to restart the play from the corner of the field by the goal they are trying to score.

**Goal Kick** – When the offensive team kicks the ball out of bounds on the end line, the goalie or fullback may restart the game with a goal kick.