

SOCCKER STUDY GUIDE

History

Soccer, or futbol as it is known in most of the world, is thought to have begun around 200BC. During the 1300's, futbol became popular in England and in 1863 the London Futbol Association was formed. The initial meeting of FIFA (Federation Internationale de Football Association) was held in Paris in 1904, and attended by representatives of seven nations, all from Europe (Belgium, Denmark, France, the Netherlands, Spain, Sweden and Switzerland). Even though the first World Cup was a relatively small affair involving just thirteen countries, it is now a majority event in the international sporting calendar. Soccer is now played so widely throughout the world that it takes more than 2 years and in excess of 250 preliminary games simply to determine the participants in the final stages of the competition. Today there is little doubt that soccer's World Cup, together with the Olympic Games (of which soccer was the first team game to be included in the Olympics) are now the world's premier sporting events. It wasn't until 1994 that the United States hosted the World Cup Finals.

Terminology

Direct Free Kick- a kick, in which a goal can be scored without a second player touching the ball. This type of kick is awarded for a major foul. Opposing team players must be 10 yards away from kick area.

Indirect Free Kick- a free kick in which a goal cannot be scored unless it touches a second player first. This is awarded for minor fouls. Opposing team layers must be 10 yards way from kick area.

Goalkeeper (Goalie) - the only designated player of each team who may handle the ball within his/hers penalty area and may use their hands to touch the ball.

Goal Kick- when the ball crosses the endline by the offense, the goalie or a defensive player may kick the ball from the box area.

Corner Kick- awarded to the offensive team when the defensive team kicks the ball out of bounds over their own endline. The offensive team will kick the ball from the corner closest to where the ball went out of bounds. A goal can be scored from this type of kick.

Penalty Kick- awarded when a foul, which ordinarily results in a direct free kick, but it occurs within the offending team's penalty area. It is the offensive player and the goalie and the kick is taken from the penalty line within the penalty box.

GAME

Number of players- 11 players one of which is a goalie

Field Dimensions- 100 -120 yards long and 55 -75 yards wide

Length of Game - 2 halves lasting anywhere from 20 to 90 minutes per half depending on the level of play.

Start of Game and after each goal the game is started with a **kick off**. The ball must go one rotation and touch another player before the kick off player can touch it again.

One point per goal is awarded for each time the ball crosses the goal line with in the goal area.

Major Fouls Resulting in a Direct Free Kick

- *Tripping
- * Kicking an opponent
- * Handling the ball with hands
- * Pushing
- * Holding an opponent
- * Charging
- * High Kicking
- * Intentionally touching the ball with any part of the arm/hand by a player other than the goalie

Minor Fouls resulting in Indirect Kick

- * Kicking the ball more than once by the same player on a 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 goalkeeper
- * Unsportsmanlike conduct
- * Accidental touching of the ball on the arm/hand by a field player

Basic Skills

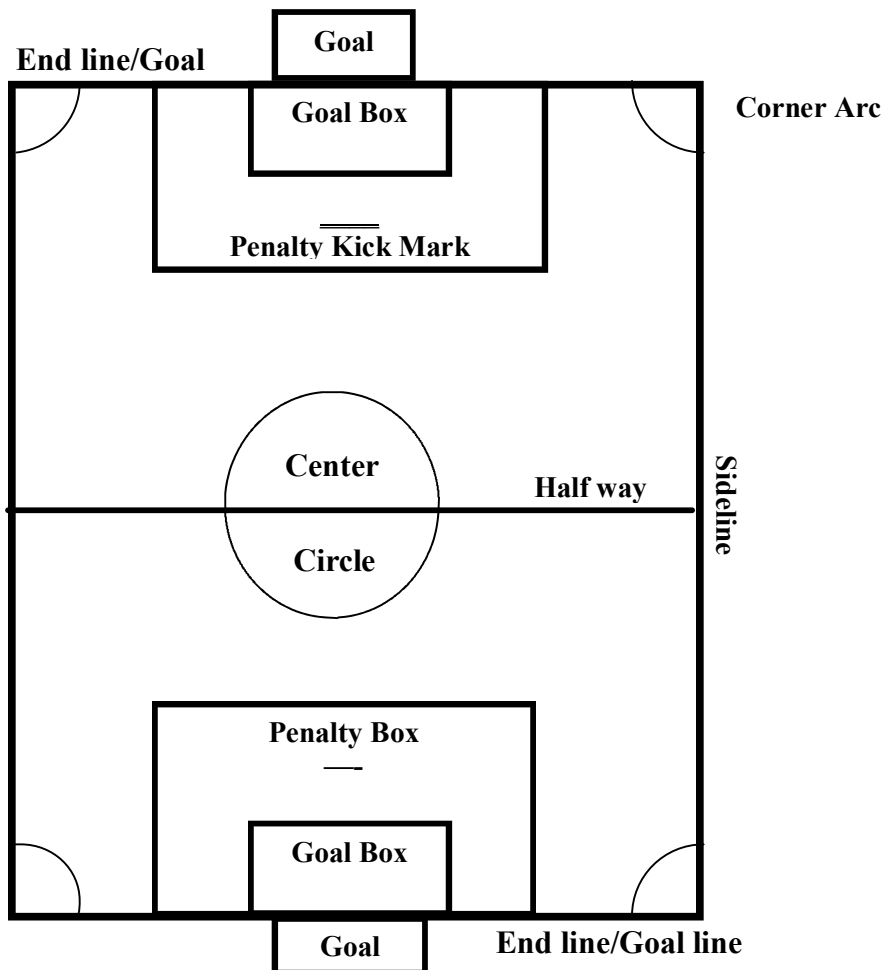
Dribbling – the technique used to advance the ball with the foot (inside and outside of the foot) maintaining control while moving from one spot to another.

Passing – moving the ball from one player to another.

Heading – the technique of playing the ball with the head. Contact with the ball should be near the hairline and above the eyebrows.

Trapping – a technique used for receiving the ball and bringing it under control.

Throw-in - awarded to the opposing team when the other team kicks the ball out of bounds on the sideline. The throw-in must be thrown in with both feet staying in contact with the ground, both hands on the ball coming from behind the head.



Soccer Field