

SOCCER STUDY GUIDE

HISTORY:

Soccer is the fastest growing sport in the world, and the most popular. In some parts of the world it is also called “Futball” (pronounced “football”). It all began in Great Britain, then called “Association Football” and spread throughout the world in no time. The governing body we know as the F.I.F.A. was formed in 1904, the same year that the first International match was played between Belgium and France. The first World Cup was played in 1930 in Uruguay. Soccer came to the United States in 1918 at the Bethlehem Pennsylvania Steel Company. Youth soccer began in the early 1940’s. Today, thousands of adults and children play soccer at various levels.

BASIC RULES:

- Each team may have 11 players including a goalie.
- You may score from anywhere on the field.
- The ball may not touch a player from the shoulders to the fingertips.
- The game begins with one team gaining possession in the center circle as a result of a coin toss.
- An official game is divided into halves.
- There are no “time-outs” in soccer.
- Penalties include tripping, aggressive play, handballs, etc.
- If an offensive player is fouled in the box, the result is a penalty kick.
- Penalties result in free kicks (direct, indirect) and the defense must stand 10 yards away.

TERMS:

Assist- Making a pass to a teammate that allows them to score.

Corner kick- Putting the ball back into play when it goes out over the end line by the defensive team.

Direct kick- A free kick that may directly enter the goal.

Dribbling- Moving the ball with your feet.

Goalie box- The area in which the goalkeeper may use his/her hands.

Goal kick- Putting the ball back into play when it goes out over the end line by the offensive team.

Hand ball- When the ball touches a player from the shoulder to the fingertips. The opponent receives a free kick.

Heading- Contacting the ball with your head; usually to win the ball in the air.

Indirect kick- A free kick that must touch another player before entering the goal.

Off-sides- You must have at least 2 opponents goal side of you when not in possession of the ball, and you are on your offensive half of the field.

Penalty kick- As a result of a flagrant foul or overtime play. It is a free kick taken from the penalty mark, 12 yards in front of the goal.

Passing- Moving the ball from one player to another.

Square Pass- passing to the player across from you.

Trail Pass- passing to the player behind you.

Lead Pass- passing to the player ahead of you.

Punt- A method of putting the ball back into play by the goalie after a save.

Throw-in- Putting the ball back into play when it goes out of bounds on the sideline. Both hands must be holding the ball, and both feet must be touching the ground during the throw.

Trapping- Stopping and/or controlling the ball.

STRATEGIES:

- Stay spread out on offense and tight on defense.
- Communicate with teammates.
- Be responsible for covering your area or player while playing defense.
- Always work to “get open” when on offense.
- Try to keep your head up and not look down at the ball.
- When shooting, you should plant your opposite foot next to the ball and get your kicking knee over the ball.
- Shin Guards are the only protective equipment a player is required to wear.
- You should use the inside of your foot for better control and the instep (laces) for more power.
- Have fun!!