

SOCCER STUDY GUIDE

(revised 07/08)

I. HISTORY

- A. Soccer is a game of very early origin. The Greeks played a form of Soccer called Harpaston which the Romans adopted and changed somewhat. When the Romans invaded Great Britain, the British adopted the game and as they subsequently colonized new lands, the game spread around the globe.
- B. As early as 1830, a form of Soccer was being played in American Colleges. By 1860, most of the colleges along the east coast were playing Soccer under one set of rules. In 1919, Bryn Mawr College was the scene of the first Soccer game for women.
- C. In 1908, Soccer became an Olympic sport.
- D. In 1930, the first World Cup was played in Uruguay with 13 countries teams.
- E. The **World Cup** is held every four years and involves 24 countries. Those nations play 52 games over a one-month span in 12 cities. It is every soccer player's dream to play in the World Cup for his/her country. In 1994, the World Cup was played in the United States. In 1999, the Women's World Cup final was played in Los Angeles before 90,185 fans. The USA beat China to win the World Cup.
- F. Today, Soccer is by far the world's number one sport: in popularity, participation and all round fun. Spectator crowds of 150,000 or more are common in Europe and South America.
It is said "the sun never sets on the game of Soccer".

II. SOCCER PLAYER POSITIONS

- A. **Goalkeeper:** The goalie or keeper. They are the only players allowed to touch the ball with their hands.
- B. **Defenders:** Their primary role is to take the ball away from the offense and start the attack in their team's favor. Their secondary role is to shut down the attack of the offensive team. Defenders should be good at man to man defense, cutting the angle of the attack and assisting the goalie in defending the goal.
- C. **Midfielders:** They are often among the most hard-working players. They play both offense and defense. Midfielders should be good tacklers and passers.
- D. **Forwards:** They finish the attack and try to score. They must be willing to come back and help the midfielders to start an attack. Forwards should be good at dribbling, heading, passing, and shooting.

III. RULES OF THE GAME

- A. **Soccer** is a game played by two teams with 11 players each.
Player positions: forwards (attackers), halfbacks (midfielders), fullbacks (defenders) and goalkeeper.
- B. **Field size:** 100 meters by 73 meters
- C. **Scoring:** A goal is scored when the whole ball passes over the goalline between the uprights and under the crossbar. Each goal counts one point. The team scoring the greatest number of goals wins the game.
- D. **Starting the game (kickoff):** A toss of a coin results in the choice of the end of the field or the right to kick off. On the referee's whistle, the kicking team plays the ball from the center of the field into their opponents' half of the field. The ball must be touched by another player before the player taking the kickoff is allowed to play the ball again. After a goal is scored play is restarted by a kick off by the team who was scored upon (from the center of the field).
- E. **Playing the ball:** Except for throw-ins, the goalie is the only player allowed to play the ball with his or her hands/arms and he/she may only do so within his/her own penalty area. All other players must use their feet, head, thigh, or chest in order to stop, control the ball, pass the ball, dribble, or score.
- F. **Out of play:** Play is restarted by a throw-in when the ball has crossed the sidelines or by either a goal kick or corner kick when it has crossed the endlines.
 - 1. **Throw-Ins:** The ball must be thrown into play with both hands, from behind and over the head. The thrower must face the play and as he/she releases the ball part of each foot must be on the ground, behind the sideline. The player is not allowed to pass his/her own self and the ball must be touched by another player before he/she is allowed to touch it again. A player cannot score directly off a throw-in (throw the ball into the goal).
 - 2. **Goal Kick:** Is awarded to the defending team when the ball crosses their goal line after having been touched last by the attacking team. The ball is placed on the ground at the corner of the 6 yard area. It may be kicked by a defender or the goalie.

3. **Corner Kick:** Is awarded to the attacking team if the ball crosses the goal line having been last touched by one of the defending team players. The ball is placed on the ground on the corner of the field and opponents must be 10 yards away. A goal may be scored from a Corner Kick.

G. **Free Kicks:** Is either direct or indirect and is taken from where the mistake occurred. At any free kick ALL players must be ten yards away from the ball. The ball is placed on the ground and kicked.

1. **Direct Free Kick:** a kick from which a goal may be scored directly. It is awarded as a result of a **PERSONAL FOUL:** kicking, tripping, pushing, or holding.

2. **Indirect Free Kick:** Awarded for violations of playing rules such as unsportsmanlike conduct, delay of game, off-sides, and dangerous play. For a goal to be scored as a result of an indirect free kick, the ball must be touched by another player.

H. **Penalty Kick:** Awarded for any direct fouls or intentional handling of the ball by defensive players within their own penalty area. The kick is taken from the designated spot 12 yards from the goal line in the center of the penalty area, with only the goal keeper defending against it. A penalty kick score is one point.

I. **Length of the game:** The game is played in two halves of 45 minutes each.

III. TERMINOLOGY

A. Center:	A pass from the outside of the field near the sideline into the center in an attempt to score.
B. Clear:	The act of moving the ball away from the goal and out of scoring range.
C. Cross:	A pass from one side of the field to another.
D. Dribbling:	A way of moving the ball along the ground by using the feet while keeping the ball under control.
E. Hands:	An illegal act of intentionally touching the ball (on purpose) with the hands or arms (from shoulder to finger tips).
F. Heading:	An act of directing the ball with your forehead.
G. Tackling:	Taking a ball from an opponent by using the feet.
H. Trapping:	The act of stopping the ball and bringing the ball under your control.
I. Save:	The goal keeper's stopping of a goal.
J. Dangerous Play:	Ruled by the referee when a player does something that is likely to cause injury. Example- bringing the foot up above shoulder level or putting the head down to head a low ball.
K. Yellow Card:	Issued when a player commits a foul that is considered dangerous to the opposing player (unsportsmanlike conduct) or delaying the restart of play (holding the ball too long).
L. Red Card:	Issued when a player has already received a yellow card and commits another foul. A red card is the most serious punishment in soccer. The player who receives the card will be kicked out of the game. Examples: Violent conduct, serious foul play, hitting the ball while in the goalie's hands, and using profane, offensive, insulting, or abusive language or gestures.
M. Offsides:	When an attacking player has two or fewer defending players between him/her and the goal he/she is attacking.

FITNESS BENEFIT

Soccer is considered a lifetime sport, meaning you that can be played throughout your life. The game has a high degree of movement and requires good muscular endurance and cardiovascular endurance.

It is an excellent sport for heart health and overall body conditioning.