



Soccer Study Guide

HISTORY

Soccer, or football as it is known in most of the world, is thought to have begun around 200 BC. The Chinese played the game early on as a form of military training. Eskimos played aqsagtuk, in which they played football with goals 10 miles apart. During the 1300s, football became popular in England. And in 1863, the London Football Association was formed. Then, in 1904, the Federation Internationale de Football Association was founded in Paris.

FUN FACTS

- ❖ Mia Hamm is the all-time leading international goal scorer for females.
- ❖ Just Fontaine & Archie Thompson hold the record for most points scored in a single game.
- ❖ Men's Major league Soccer (MLS) began in 1996.

THE OFFICIAL GAME

Two teams of 11 players play the game of soccer. The object of the game is to score by using the head, feet, or body. Handling the ball with the hands is prohibited for all players with the exception of the goalkeeper (keeper). The keeper is only allowed to use their hands in the goal area. Generally the lineup for soccer includes one goalkeeper, 2-4 defensive players, 1-3 midfielders, and 2-5 strikers (forwards). A goal counts as 1 point.

RULES/TERMINOLOGY

- The ball is out of bounds once it completely passes the sideline or goal line.
- The game starts at the centerline, and in PE the ball must be passed to a teammate before the defense can mark.

Attacking Team (Offense)- Team that has possession of the ball.

Defending Team (Defense)- The team that is trying to get possession of the ball.

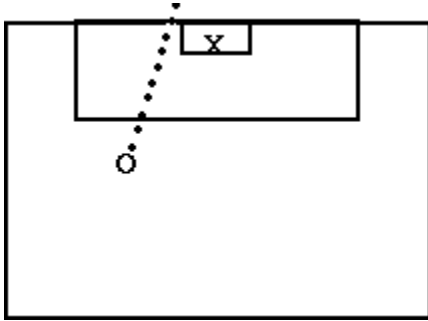
Direct free kick- A free kick from which a goal may be scored directly. Occurs after a **deliberate foul** at the point of infraction.

Indirect free kick- A free kick from which a goal can **not** be scored directly. Occurs after an **unintentional foul** at the point of infraction. Defense must be 10 steps away.

Penalty-kick- A free shot at the goal. Just the kicker and the keeper are involved. A penalty kick is awarded if an offensive player is fouled in the goal area. Defense must be 10 steps away.

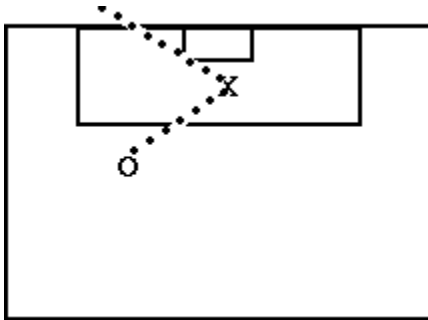
Foul- pushing, tripping, slide tackling, hand ball

Goal kick- A kick that is sent towards the goal line (end line), which is kicked back into play by the goalie or a defender.



Player O the offensive player kicks the ball pass the goal line. Therefore, the defense (figure X in diagram) is allowed to kick the ball from the top of the goal area.

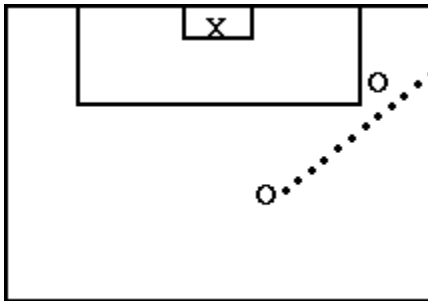
Corner kick- When the defending team kicks the ball out behind the goal line (end line), the opposing team then takes a corner kick.



If the defense (figure X in diagram) touches the ball and goes pass the goal line then the offense (figure O in diagram) places the ball at the corner of field and kicks.

SKILLS

Throw-in- To put the ball in play from the sideline by a two hand overhead method. Both feet must remain in contact with ground.



O passes to teammate and it goes out of bounds on the sideline. The other team has a throw-in from the point it went out of bounds.

Dribbling- Forward kicks in which the player keeps the ball under control.

A player uses both feet and the inside and outside of foot to dribble. Using your toes gives a player less control.

Passing- Moving the ball from one player to another. Can use head and feet to pass.

Trapping- To stop the progress of the ball. Trapping is done with the foot or body.

Heading- Using the hairline part of the forehead to pass, block, or score.

Mark- To stay close to an opponent for defensive purposes (mark-a-person)

