

SOCCKER STUDY GUIDE

Soccer is a game played by two teams of 11 players each.

The game consists of two equal periods of 45 minutes.

The object of the game is for each team to advance the ball legally down the opponents half of the field and score a goal by sending it between the opponents' goalposts. A player may dribble, volley, block, trap or pass the ball in order to advance the ball legally.

Heading and shouldering are types of volleying.



Starting the game (kickoff):

- At the beginning of the game, each team lines up on its own half of the field.
- The game starts with a kick off awarded to one team.
- Each team must stay on their own half of the field and the defending players must be at least **10** yards from the ball until it is kicked.
- The ball must be kicked into the opponents territory at least the distance of it's own circumference.
- The player who kicked the ball may not touch it again until it has been touched by another player.
- No opponent shall cross the restraining line, and no teammate of the one making the kick shall cross the halfway line until the ball has been kicked.
- After a goal is scored (ball completely crossed goal line), the team scored against shall take the kickoff.

Rules

- Players (except the goal-keeper) may not touch the ball with their hands. You may only use your feet, body, and head. Any part of the limb below the shoulder is considered "hand".
- A player may not be off-sides. A player is off-sides when ahead of the ball in the opponents half of the field nearer to the goal than any two of his/her opponents.
- A player may not trip, kick, strike, hold, push, or jump at an opponent, use unnecessary roughness, handle the ball, engage in high kicking or low heading, or charge goalkeeper.
- The goalkeeper is the only one who can use their hands/arms. The goalie has 6 seconds to play the ball with either a punt or a throw; no one is allowed to block it.

TERMS

Hand ball- touching the ball with the hands or arms.

Throw-in - the ball is put into play by a throw in when the ball has gone out of bounds over the sideline. A player of the opposite team to that which played the ball out of bounds shall take the throw-in. The throw-in must be done with both hands over head and both feet on the ground.

Goal kick - an indirect free kick taken by the defense after the ball has passed over by the endline by any member of the offense. The ball is place kicked at a point where the two lines in front of the goal area meet.

Corner kick - a direct free kick taken by an offensive player when the ball is sent out of bounds over the endline by a defending player. A place kick from the corner is taken.

Fouls and Misconduct (or infringement) - is called when a player trips, kicks, strikes, holds, pushes, or jumps at a opponent, uses unnecessary roughness, or handles the ball.

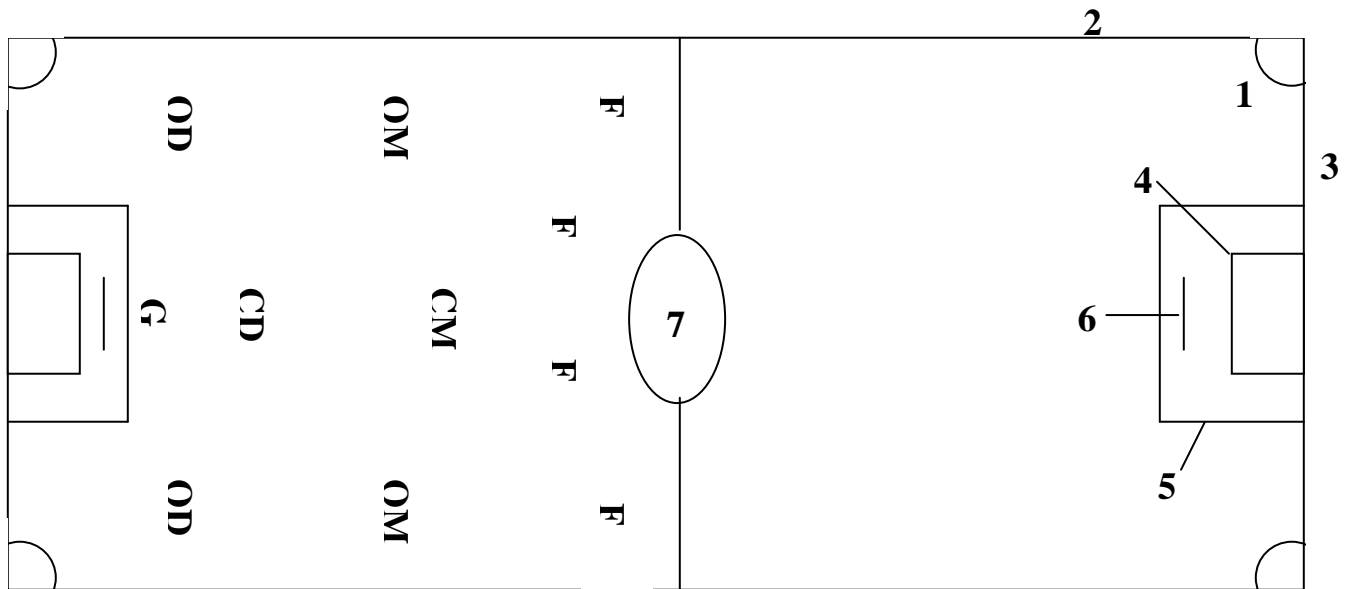
Direct free kick - an unobstructed place kick which may go directly into the goal.

Indirect free kick - an unobstructed place kick which must be touched by another player before it can enter the goal.

Penalty kick -a direct free kick taken by the offensive team in response to a foul occurring in the penalty area.

Tackling - the process of kicking or attempting to kick the ball away from an opponent.

Heading – A skill used to advance the ball in soccer. A player uses their forehead because it is flat and allows for better control.



1= Corners (corner kicks are taken here)

2= Side Line (a ball that goes out over the sideline results in a throw-in)

3= End Line (a ball that goes over the end line results in either a goal kick or corner kick)

4= 6 yard box (goal kicks are taken from the 6 yard line)

5= 18 yard box/goalie box (the area on the field where the goalie can use their hands)

6= penalty spot (12yd marker where penalty kicks are taken)

7= center circle (the area where kick-offs are taken from)

POSITIONS

F= Forward (primary responsibility is to attack the other teams defense and score)

CM= Center Midfield (primary responsibility is to cover the entire middle length of the field, attacking and defending)

OM= Outside Midfield (primary responsibility is to cover the entire outside length of the field, attacking and defending)

CD= Central Defense (primary responsibility is to mark the other teams forwards and prevent them from scoring goals)

OD= Outside Defense (primary responsibility is stop the opposing teams players from attacking/scoring goals from the outside of the field)

GK= Goal Keeper (primary responsibility is to not allow the other team to score)