

SOCCER STUDY GUIDE 2009

Soccer is known internationally as football. The sport of soccer dated back to 1700 B.C., but the game was refined by the English.

THE GAME: Soccer is played between two teams each consisting of eleven players on a field at one time. Goals are worth one point. Play only stops after a goal. If an injury occurs during game play, the clock continues to run and time is added on to the end of the half.

THE FIELD: The playing field in soccer is typically larger than that of an American football field. A soccer field's length can be as short as 100 yards or as long as 130 yards. The width of a soccer field can be up to 100 yards but as short as 50 yards wide. A goalie's net is eight feet high and twenty-four feet wide.

BALL HANDLING: A player may use any part of the body to play the ball with the exception of their hands and arms.

GOALKEEPER: A goalie may use any part of their body **including** their hands and arms to block or secure a ball, however, the goal-keeper can only use their hands inside the penalty area. The **cannot** use their hands: outside the penalty area, when a ball is played back to them by teammates, or when a teammate throws the ball in from the sidelines.

RULES:

Direct free kick: A free kick is awarded after a foul. The kick is made with no obstruction by the opposing team. The opponents can use as many players as they wish to stand in front of the line of the kick, as long as they are ten yards away from the ball. This is commonly referred to as a wall. The kick can be put into play by either a pass or shot on goal. Direct free kicks will be given after the following situations:

Tripping: Hitting a person from behind and taking their legs out from under them.

Holding: Grapping an opponent's shirt or arm and not letting go.

Use of hands: This is when an opponent pushes someone in the back or knocks down a ball in flight with their hands.

Offside: an offensive player must be even with or in front of the last defender when the ball is played. This only applies when the ball is in your team's offensive half of the field. It does not occur on your defensive half of the field.

Indirect free kick: A free kick is awarded after a foul. The kick is made with no obstruction by the opposing team. The opponents can use as many players as they wish to stand in front of the line of the kick, as long as they are ten yards away from the ball. The kick must touch someone before it can enter the goal. Indirect free kicks will be given after the following situations:

Dangerous play: Kicking your leg above your midsection or playing a ball while lying on the ground.

Charging: Running into a player with no intention of playing the ball.

Obstruction: Preventing your opponent from playing the ball, with no intention of playing the ball.

Throw in: When the ball rolls out of bounds on the sides of the field, you must use a throw in to put the ball back in play. It is taken along the *touchline* (sideline), at the point where the ball went out. The ball must be thrown into play with both hands from behind and over the head. Your feet must be planted on the ground and facing the direction you are throwing.

Corner kick: Ball goes over then end line last touched by a defensive player. The ball is placed in the corner of the playing field and the ball is put into play with a direct free kick. The ball can go into the goal without it touching any player.

Goal kick: Ball goes over the end line last touched by the offensive team and is placed anywhere in the goal box. This is a direct free kick and no opposing player can be in the penalty area during the goal kick. Any offensive player can take the kick.

Penalty kick: A free kick is awarded to the offensive team for a foul that would result in a direct free kick inside the penalty area. Any offensive player can kick the ball and must be twelve yards out with no obstructions. The goalie **must** stay on the goal line until the whistle blows and the offensive player has only one chance to score the goal. All other players must stay behind the penalty area. Once the ball is struck, it is a live ball. If the ball is touched and saved by the goalie, it is a live ball and anyone can touch it. If the ball hits a post or crossbar, the shooter is the only one who cannot touch the ball.

Kickoff: This is how each half starts begins. It is also what is done after a goal is scored. All players must be on their defensive half of the field. The defensive team players can align themselves any way they want, as long as they are outside the center circle. The offensive team must have two players by the ball. The rest of the team can align themselves any way they wish outside the center circle. To put the ball in play, one player must tap the ball forward, then the second player may play the ball anywhere they wish.

Goal: A goal is scored when the ball goes completely over the goal line. Any part of the ball still touching the goal line is not a goal. A goal can be scored on a kickoff.

Drop ball: Method of putting the ball into play when simultaneous fouls have been committed or when a referee cannot determine who kicked a ball out of bounds. A player from each team will face each other at the point of infraction and the referee will drop the ball between the two and the players are able to play the ball once it touches the ground. All other players can stand anywhere they want but must be five yards away from the drop.

Yellow card: A caution given to a player for repeated fouls or foul language.

Red card: Results in the rejection of a player. Players receiving two yellow cards will be given a red card. The player ejected from the game is not allowed to be replaced on the field.

Positions:

Forwards (strikers): Offensive players responsible for scoring goals.

Halfbacks (midfielders): There are usually your most technical players. They are usually the most conditioned player on the team and are known for ball control.

Fullbacks (defense): Defensive players who guard the opposing team's forwards.

Goalkeeper: This is the only player allowed to use their hands to prevent opponents from scoring. Goalies must wear a different color than their teammates to distinguish themselves from other players.

THE SOCCER FIELD AND POSITIONS



