

SOCCER STUDY GUIDE

History: Soccer's origin dates back to around 1700 B.C. The English invented and refined the game, as it is known today. Basic international rules have remained almost unchanged since the turn of the century.

The game: Soccer is played by two teams of eleven players each. Each goal counts for one point. The game is divided into two halves of 45 minutes each. There are no timeouts. Play is continuous except when a player is injured. Referee adds injury time to make up for stoppage of play. There is no overtime in international matches.

The field: Soccer field dimensions are slightly larger than American football. The minimum is 110 yards by 70 yards; the maximum is 120 yards by 80 yards.

Fouls and misconduct:

-Direct Free Kicks are awarded for the following:

1. Tripping
2. Holding
3. Hand ball
4. Kicking, jumping, charging, pushing, striking, or spitting at an opponent.

-Indirect Kicks are awarded for the following:

1. Dangerous play
2. Charging
3. Obstruction

Position/players:

1. **Forwards/strikers:** two to four offensive players responsible for scoring goals.
2. **Midfielders:** two to four player makers who mostly cover the middle of the field and may play defensively and offensively. Often times are expected to play the entire field.
3. **Defenders:** defensive players who cover or guard the opposing team's forwards and helps the goalie against a score.
4. **Goalie:** the only player allowed to use their hands and is the last means of defense against a goal. If the goalie leaves the penalty area they may no longer use their hands to stop the ball.

Playing the Ball: A player may use any part of the body (except hands and arms) in order to stop, control, or pass the ball, move with it or score. A player may use feet, head, thighs, and chest.

Out of Play: A ball is out of play when it completely crosses the goal lines or touchlines, whether on the ground or in the air, or when the game has been stopped by the referee. If it rebounds into the field of play from a goal post, crossbar, corner flag post or official it is still in play.

Throw In: taken along the touchline at point where the ball went out of play. Awarded against the team that last touched the ball. The ball must be thrown into play with both hands, from behind and over the head and both feet must be in contact with the ground.

KICKS:

1. **Goal Kick:** awarded to the defending team when the ball crosses their goal line after having been last touched by an opponent. It is taken from the goal area on the half closest to the point where the ball crossed the goal line. It can be brought into play by anyone, including the goalie.
2. **Corner Kick:** Awarded to the attacking team if the ball crosses the goal line having last been touched by the defending team. It is taken from the appropriate side of the goal that the ball went out from.
3. **Penalty Kick:** Awarded to the attacking team when a foul takes place within the penalty area. All players, except the kicker and goalie, must be outside the penalty area and at least 10 yards from the penalty mark.
4. **Free Kicks:** Taken from the point where the offense occurred. All players must be at least 10 yards from the ball until it is kicked. 2 types of kicks:
 - Direct Kick:** kick in which the player can score directly
 - Indirect Kick:** a goal cannot be scored until another player has touched the ball.

ADDITIONAL TERMS

Blocking/Trapping: stopping the motion of the ball with some part of the body.

Carrying: an infraction by the goalie when they take more than 3 steps while holding the ball.

Drop Kick: occurs when it cannot be determined by whom the ball went out and is dropped between two players involved.

Kick Off: an indirect kick from the center of the field that starts the game and restarts the game after a goal.

Punt: a ball kicked by the goalie within their own goal area.

Offside: a violation where an offensive player is behind the last defensive player before the ball is kicked.

Players' Basic formation

