

# Soccer Unit Study Guide

## HISTORY

In 1815, a major development took place that made soccer popular in Universities, Colleges and Schools. The popular English School and Eton College came forth with a set of rules, known as the Cambridge Rules. Football was segregated into two groups; some colleges and schools opted for Rugby rules that allowed tripping, shin kicking and also carrying the ball. These rules were exclusively prohibited as per the Cambridge rules.

The history of modern-day soccer was established in 1863. In October 1863, eleven representatives from London clubs and schools met at the Freemason's Tavern to set up common fundamental rules to control the matches amongst themselves. The outcome of this meeting was the formation of the Football Association. In December 1863, the Rugby Football and Association football finally split as the supporters of the Rugby School rules walked out.

Firmly establishing the foundation of soccer in 1869, the Football Association strictly banned any kind of handling of the ball. Soccer's popularity spread rapidly during the 1800s as British sailors, traders and soldiers introduced the sport to different parts of the globe.

Italians, Austrians and Germans drew to Europe, while Argentina, Uruguay and Brazil adopted the sport in South America. FIFA was established in the year 1904 and by early 1930s, different leagues were operating from various countries. FIFA is credited with organizing the first world cup in Uruguay. The history of soccer is rich with events, development and its growing craze all over the world. You will find yourself amazed as you learn about different times of this wonderful sport that has held our awe and admiration for over 3000 years

## VOCABULARY

**Corner Kick-** a method of restarting the game when the ball goes over the goal line after last touching a defensive player. Kick is taken from the corner nearest where the ball went out.

**Center Circle-** A circle marking a 10 yard radius in the center of the field. Point where game is started or restarted.

**Defense-** Players whose first priority is to defend their goal area.

**Direct Kick-** A free kick in which the ball does not need to touch a second player before crossing the goal line (i.e. hand ball, tripping, holding, kicking, pushing, or striking an opponent)

**Dribbling-** Running with the ball at a players feet and maintaining control.

**Free Kick-** a kick for a personal foul. There are two types of free kicks. Indirect and Direct, a direct kick can be scored from without another player touching the ball, whereas an indirect kick must touch another person before going into the goal.

**Field Player-** Any player other than the goalie.

**Forward-** Players who are more offensive minded.

**Goal-** A goal is scored when the entire ball enters the net.

**Goalkeeper-** The player positioned directly in front of the goal. It is their job to prevent shots from getting into the net. This is the only player allowed to use their hands and arms during the game in the penalty area.

**Goal Kick-** Method of returning the ball into play after the offense moves the ball across the end line.

**Hand Ball-** Occurs when a field player (any player besides the goalie) used an arm or hand to control the ball. This results in a free kick.

**Indirect Kick-** A free kick in which the ball must touch a second player before crossing the goal line (i.e. obstruction or dangerous play).

**Match-** A soccer game.

**Midfielder-** Players who control the middle of the field. They support both the offense and the defense.

**Pass-** Sending the ball to another player.

**Penalty Area-** Large rectangular area around the goal. Goalies can use their hands only in this area and defensive fouls committed in this area result in a penalty kick.

**Penalty Shot-** A direct kick from the penalty line for a foul committed in the penalty area.

**Punt-** The ball is dropped from the hands, by the goalie, and then kicked with the laces.

**Red Card-** Given for the most severe, deliberate rule infractions. The player is removed from the game. Also given after two yellow cards

**Save-** Preventing a goal.

**Scrimmage-** A practice game.

**Substitution-** replacement of one player with another.

**Throw In-** A method of continuing play after the ball has crossed the touch lines (sidelines). The player must throw the ball in at the point of which the entire ball crossed the line out of bounds. The player must have both feet on the ground and throw the ball with two hands over their head.

**Touch Line-** Sideline running the length of each side of the field.

**Wall-** A line of players protecting the goal from a free kick.

**Yellow Card-** Given for a severe, deliberate penalty. Another yellow card results in an ejection.

## **RULES**

A match is played in two 45 minute halves, by two teams of eleven players each. The game begins with the toss of a coin, and the winning captain decides which goal to defend or to take the first kick off.

All players must use their feet head or chest to play the ball. Only the goalkeeper is allowed to use their hands, and only within their designated goal area. The aim of the game is to score a goal, which is achieved by kicking or heading the ball into the opposition team's goal.

If the ball touches or crosses the side line, it is thrown back in by the team that was not the last to touch the ball.

The game is controlled by a central referee, and two linesmen. They award free kicks and penalties when rules are broken. For continual breaking of rules or for a bad foul, the player may be sent off.

## **PENALTIES**

### Direct Kicks

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent to gain possession of the ball
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

### Indirect Kicks

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence, not previously mentioned, for which play is stopped to caution or dismiss a player

## **OUT OF BOUNDS**

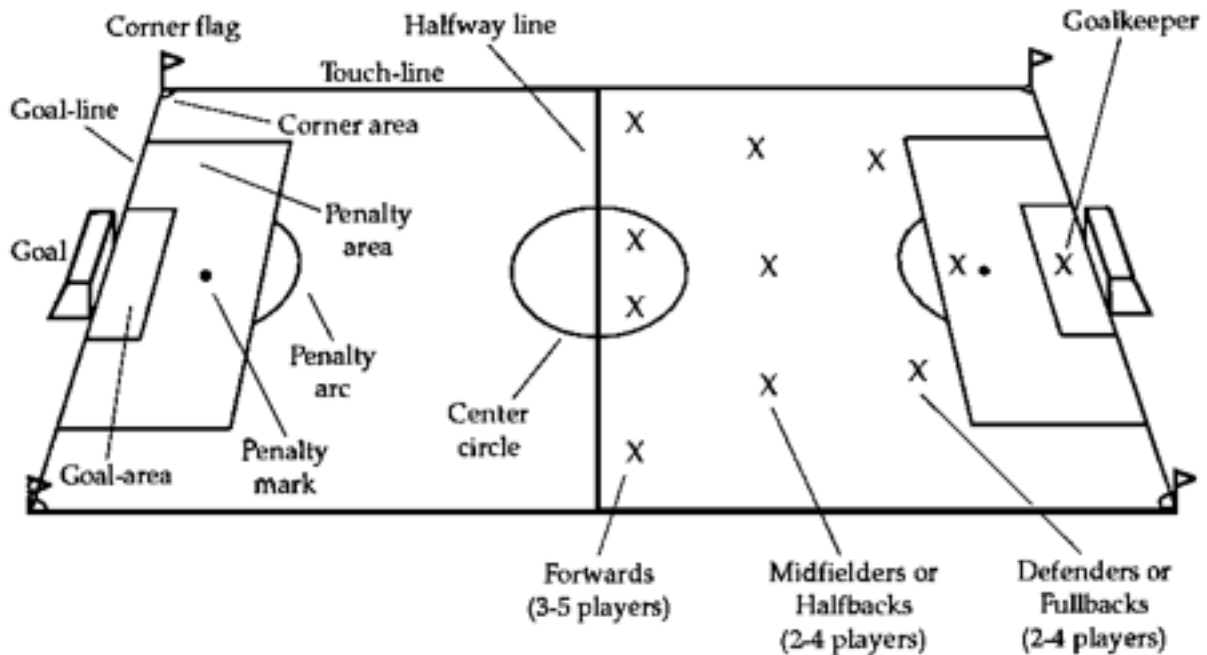
- Throw-in: taken by the other team when the ball is kicked over the sideline
- Goal kicks: taken when the ball is kicked over the goal line by the offensive team
- Corner kicks: taken when the defensive kicks the ball over their own goal line

## **BASIC SKILLS:**

- 1) Dribbling: touching the ball with various parts of the foot with the purpose of maintaining possession and/or advancing the ball.
- 2) Heading: a skill used to strike the ball with the upper half of the forehead.
- 3) Juggling: using various parts of the body to keep the ball in the air but still under control.
- 4) Passing: using various body parts to move the ball to a teammate.

- 5) Tackling: taking the ball away from your opponent.
- 6) Trapping: bringing the ball under control when it is passed to you.
- 7) Shooting: kicking the ball into the opponents goal.

## Field/Players



Resources:

<http://www.topendsports.com/sport/soccer/basics.htm>

[http://teachers.d181.org/~timklayum/P.E./Study\\_Guides\\_files/Soccer.pdf](http://teachers.d181.org/~timklayum/P.E./Study_Guides_files/Soccer.pdf)

[http://worldsoccer.about.com/od/soccer101/a/Soccer101\\_Fouls.htm](http://worldsoccer.about.com/od/soccer101/a/Soccer101_Fouls.htm)

<http://www.jusasoccer.org/Default.aspx?tabid=149751>