



Soccer Handout



History

In 400 B.C., the Chinese played a version of soccer, using a ball stuffed with hair. Julius Caesar reportedly used this game as training for his armies. Various early ball games were played during the middle ages (5th to 16th century) and are sometimes referred to as folk football, mob football or Shrovetide football. Some have tried to trace the origins of these games to the 6th century Roman sport of Harpastum. In England, such games would usually be played between neighboring towns and villages, involving an unlimited number of players on opposing teams, who would fight and struggle to move an inflated pig's bladder by any means possible to markers at each end of a town. Authorities would later attempt to outlaw such dangerous and unproductive pastimes.

It was in England however, that soccer / football really begin to take shape. It all started in 1863 in England, when two football associations (association football and rugby football) split off on their different course. Once the split was finalized, the first Football Association was founded in England.

On May 21, 1904, the Federation International de Football Association (F.I.F.A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F.I.F.A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

The Game

Soccer is played in accordance with a set of rules, known as the Laws of the Game. The game is played using a single round ball (the soccer ball) and two teams of eleven players each who compete to get the ball into the other team's goal, thereby scoring a goal. The team that has scored more goals at the end of the game is the winner; if both teams have scored an equal number of goals, then the game is a draw. The game consists of two 45 minute periods and whichever team has scored the most goals wins the game. The primary rule is that the players (other than the goalkeepers) may not intentionally touch the ball with their hands or arms during play (though they do use their hands during a throw-in restart). Players usually use their feet to move the ball around, but they may use any part of their bodies other than their hands or arms, to play soccer.

In a typical soccer game play, players attempt to propel the ball toward their opponents' goal through individual control of the ball, such as by dribbling, passing the ball to a team-mate, and by taking shots at the goal, which is guarded by the opposing goalkeeper. Opposing players may try to regain control of the ball by intercepting a pass or through tackling the opponent (taking the ball away) who controls the ball; however, physical contact between opponents is limited. Soccer is generally a free-flowing game, with play stopping

only when the ball has left the field of play, or when play is stopped by the referee. After a stoppage, play recommences with a specified restart.

At a professional level, most soccer matches produce only a few goals. The Laws of the Game do not specify any player positions other than goalkeeper, but a number of player specializations have evolved. Broadly, these include three main categories: strikers, or forwards, whose main task is to score goals; defenders, who specialize in preventing their opponents from scoring; and midfielders, who dispossess the opposition and keep possession of the ball in order to pass it to the forwards to score. These positions are further differentiated by which side of the field the player spends most time in. For example, there are center, left and right midfielders. The ten players may be arranged in these positions in any combination (for example, there may be four defenders, four midfielders, and two forwards, or three defenders, three midfielders, and four forwards), and the number of players in each position determines the style of the soccer team's play; more forwards and fewer defenders would create a more aggressive and offensive-minded game, while the reverse would create a slower, more defensive style of soccer play. While players may spend most of the game in a specific position, there are few restrictions on player movement, and players can switch positions at any time. The layout of the players on the pitch is called the team's formation.

Offense is when your team possess the ball and is attempting to move the ball down the field using dribbling and passing to teammate who shoots the ball into the goal for a point.

Defense is when your team is protecting your goal by matching up with another opposing player trying to prevent them from receiving the ball and/or scoring. The act of matching up and staying with the opposing player is called "marking" or another term for man-to-man defense.

Here's the short and simple soccer rules you need to know.

1. No Hands The players are not supposed to use their hands unless they are the goalie. There are a couple of points to clarify about this law however. First, the rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder. Second, the proper way to look at this soccer rule is that a player cannot "handle" the ball. A ball that is kicked and hits a player's hand or arm is not a hand ball. This means that the referee must use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage. There is also a situation in which the goalie cannot use his/her hands. This is sometimes called the *back-pass rule*. Goalkeepers cannot pick up a pass that came directly from one of their teammates. In this case, the goalkeeper must use his feet. Infraction of this soccer rule will result in an indirect kick from the point of the infraction.

2. Throw-ins A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head. Both feet must be in contact with the ground, both hands must be used equally and the ball must go over the head.

3. Corner Kicks & Goal Kicks A *corner kick or goal kick* is taken when the ball leaves the field across the

endline – the end of the field. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

The goal kick is taken from anywhere inside the “goalie box” as it is affectionately called. It can be taken by any player, not just the goalkeeper. The corner kick is taken from the corner nearest to where the ball left the field.

4. Fouls The common rule of thumb on fouls is “If it looks like a foul, it probably is.” A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

Bumping or going shoulder-to-shoulder while competing for a ball is not a foul until the hands or elbows come up. This is a bit of a judgment call and not all referees will call it the same way. Some soccer rules are actually not black-and-white.

5. Direct and Indirect Free Kicks The simple difference between the two is this: On a direct kick you can score by kicking the ball directly into the goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

There are many soccer rules around what causes a direct or indirect kick. In general, a direct kick comes from a contact foul or hand ball. Everything else is indirect.

6. Penalty Kick A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. The ball is placed on the penalty spot, 12 yards in front of the center of the goal. All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.

7. Two-touch Rule A player cannot touch the ball twice in a row when putting the ball in play. You will see it frequently on kick-offs or direct and indirect kicks. This also applies to throw-ins. A person cannot throw the ball in and then kick it.

8. Yellow and Red Cards This is the way punishment is given in soccer. The FIFA soccer rules give the guidelines for when to give a yellow card to a player and when to give a red card. If a player is given two yellow cards in the same game, that is equal to a red card. A red card can be given at any time without the player first receiving a yellow card. When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced.

9. Offside The first thing to know is that you cannot be offside on a corner kick, goal kick, or throw-in. Also, it is not an offense for a player to be in an offside position. The player must be involved in active play as determined by the referee to be called offside. The following statement is from the FIFA soccer rules: A player is in an offside position if: he is nearer to his opponents’ goal line than both the ball and the second last

Goalkeeper Positioned in front of the goal to prevent scoring. The goalkeeper's main objective is to prevent goals. He does that by either clearing or catching the ball.

Fullback/Defender A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition's attackers from scoring.

Midfielder/Halfback A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

Forward/Striker A player who is responsible for most of a team's scoring. They play in front of the rest of their team where they can take most of the shots.

Skills



Passing A very important skill which involves moving the ball to another teammate while using various sides of your foot. The following are five of the most commonly used passes.

1. **Inside of the foot (push pass)** Put your supporting foot about 10 cm to the side of the ball with your toes pointed in direction of your target. With your ankle locked at about 90 degrees, bring your kicking leg back and swing through the equator of the ball. Your kicking ankle must be perpendicular to your supporting foot. Contact the ball with the arch of your foot and follow-through in the direction of your target. When well executed, the ball will roll smoothly rather than bounce or skip along the ground.
2. **Outside of the foot** When planting your supporting foot next to the ball, your toes have to be directed about 15-30 degrees outward from your target. This will let you drive your other foot straight at the target, hitting the ball with the outside of your laces.
3. **Instep drive** Place your supporting foot in line with the ball and toes aimed at your target. Bring your kicking foot back and swing it forward in one swift motion. Don't pause between retracting and extending your leg. Accelerate your foot through the ball, as if it doesn't exist. The toes and the ankle of your kicking foot should be stretched and locked. To keep the shot low, meet the ball at the equator or slightly above it. Lean forward and keep your shoulders over the ball. Strike it with the inside of your shoelaces and follow through in the direction of your target.
4. **Chip** Your supporting foot should be planted next to the ball with toes pointed at your target. Quickly thrust your kicking foot back and then forward without moving your thigh too much. Sharply cut the ball from the bottom with the tip of your toes. This will produce a lofted ball, spinning vertically towards you.
5. **Backward Pass** The backward pass in soccer is very efficient when you have the opponent's goal behind you. This type of pass is performed by kicking the ball with the heel or the sole of your kicking foot.



Dribbling The way players move the ball across the field while keeping it under control. It is a series of light taps on the ball using both feet. The person dribbling the ball should keep their eyes on the ball, never letting the ball move more than a couple of feet away from the body, shielding the body between the ball and opponent players and always keeping an eye on the positions of other players around.



Shooting is kicking the soccer ball over a long distance, into the opponents' net (goal). The basic shooting steps involve keeping the eye on the ball, approaching at a slight angle, placing the non-striking foot on the side of the ball, maintaining the knee of the striking leg over the ball, making contact at the center of the ball and following through with the full swing of the leg.



Juggling The basic technique used to

juggle a ball in soccer is to use your feet. Roll the ball slightly towards you with your sole, then quickly place your foot under it and bring it up in the air. When you juggle using your feet, hit the ball with the upper part of your foot, with your knee slightly bent. Make sure you hit directly under the ball, otherwise it might run away from you. You'll have to find your tempo when juggling and you'll soon find out what force you need to apply under the ball so that you allow yourself time to retract the foot and at the same time, make sure you don't give too much height to the ball. When you've mastered juggling with your feet, you can move onto juggling with your thighs. Juggling in soccer doesn't rely on the thigh so much as the foot or the head, but there will be cases when you'll want to use your thighs.

Heading A method of passing, juggling or shooting the ball using your forehead. The area you should try hitting the ball with is the upper part of your forehead where your hairline begins. You begin by arching your back in a wide extension a few seconds before striking the ball, then push forth your upper body and propel your head forward and strike the ball.



Controlling the ball

There are two types of control, receiving and trapping. Receiving means directing the ball into space away from the body. Trapping is stopping the ball right at your feet.

Receiving Try to make contact with the middle or top part of the ball. Tap it lightly in the direction that you want to go. Good footballers can settle the ball into open space, even when under pressure. This often provides an extra step over the defender.

Trapping Trapping is typically used when the ball is going too fast to redirect with your first touch. The most important part here is staying loose and on your toes. You can't adjust to the

ball when you're stiff or flat-footed. Try keeping your hips open, facing the direction from where the ball is coming. Put your foot in the path of the ball and cushion it. To cushion the ball, gently withdraw your foot just before the time of contact.

Different methods of control

1. Inside of the foot
2. Outside of the foot
3. Sole of the foot
4. Instep
5. Thigh
6. Chest
7. Head



Throw-in When taking a throw in, the feet must be on or behind the touchline, with both remaining on the ground throughout. Stand facing the field, with your feet apart and part of both touching the ground. Place your hands firmly on either side of the ball, with the fingers apart and pointing straight ahead. Take the ball behind your head so it is touching your neck. At this point the fingers should be pointing backwards and the elbows should be pointing out to the side. Throw over your head on to the field, bending your back more for power. To enhance your throw, remember to: Drag the toes of the rear foot when taking the throw. Point elbows out to the sides. Follow through with the throw.



Additional references

<http://www.howplaysoccer.com/>

<http://expertfootball.com/training/techniques.php>

http://www.soccertricks.org/how_to_trap_soccer_ball.html

SOCCER TERMINOLOGY

<u>Corner kick:</u>	A ball that is awarded to the attacking team when the ball is last touched by a defensive player and goes over the goal line without resulting in a goal.
<u>Cross:</u>	A pass from a wing or sideline to the middle of the goal mouth.
<u>Cutback:</u>	While dribbling using the outside of the foot to change directions quickly.
<u>Dribble:</u>	Controlling and keeping the ball close using the feet.
<u>Funnel:</u>	Forcing an offensive player with the ball towards the sideline away from goal.
<u>Goal:</u>	A ball that completely crosses the goal line between the goal posts.
<u>Goal kick:</u>	A ball that is awarded to the defensive team when the ball is last touched by an offensive player and goes over the goal line without resulting in a goal.
<u>Header:</u>	A ball that is played off the forehead in order to score, pass, or control the ball.
<u>Mark:</u>	Defend or guard an opponent.
<u>Offsides:</u>	An offensive player is behind the last defender when the ball is kicked.
<u>Overlap:</u>	A midfielder or defender moving ahead of a teammate on the side in order to receive the ball by pass.
<u>Passes:</u>	
<u>2-touch pass:</u>	Receiving the ball with a trap and then passing to another teammate.
<u>1-touch pass:</u>	Receiving a pass and redirecting it to another teammate using only 1 touch.
<u>Drop pass:</u>	A pass that is sent backwards to a teammate.
<u>Flick:</u>	A one touch pass that uses the outside of the foot.
<u>Square pass:</u>	A pass that is sent sideways (90 degrees) to a teammate.
<u>Through ball:</u>	A pass that is sent between two defenders to a teammate.
<u>Pin trap:</u>	Using the bottom of the foot to trap a high pass straight to the ground (step on top of ball).
<u>Pullback:</u>	Use the sole of the foot to pull the ball back towards you while you are dribbling.
<u>Shield:</u>	Using your body to help keep possession of the ball by getting between player and ball.
<u>Shot:</u>	A ball that is kicked towards goal with intent to score a point
<u>Switch:</u>	Moving the ball from one side of the field to the other quickly in order to spread out the defense.
<u>Throw in:</u>	A ball that is put back into play by a field player using their hands.
<u>Volley:</u>	Shooting or passing an incoming ball before the ball has hit the ground.
<u>Weak side:</u>	The side of the field that the ball is not on.

PLAYERS AND POSITIONS

There generally are 18 players on a team. A regulation outdoor soccer game is played 11 vs. 11. Those 11 players consist of 10 field players and 1 goalie. The field players can not use their hands anywhere on the field. Goalies have the freedom of a field player but are the only ones that can use their hands in their penalty boxes.

There are many different formations that coaches use in order to get the most out of the 10 players on the field. The different formations aim at either being more offensive, more defensive or balanced on both sides of the field. Here is an example of some different formations. The numbers refer to the how many people are playing defense-midfield-offense in that order.

4-3-3

4-4-2

3-5-2

Fullback: The defenders that are in charge of stopping the opponents attack

Goalie: The only player that can use their hands on the field in the box to protect the goal.

Midfielders: They are in the middle of the formation and play both offense and defense.

Striker: They are the top of the offensive formation and primary goal scorers

Stopper: First defender in the middle of the field

Sweeper: The last defender other than the goalie

FOULS

There are **two** kinds of fouls, Direct Kick Fouls and Indirect Kick Fouls. If a foul is committed all defenders must be at least 10 yards away from the ball before it is touched.

Direct Kick: Is a foul that results in a free kick for the team that was fouled. This type of kick is awarded when a referee feels that the foul was committed in a manner that was "careless, reckless or using excessive force". If a direct kick is given it means that the ball can be kicked directly into the goal without touching any other person. If a foul like this occurs in the penalty box a penalty kick is awarded. This is a shot taken from 12 yards out from a spot with just the goalie defending. All other players must be outside of the box during the kick. Here is a description of fouls that would result in a direct kick:

- Kicking or attempting to kick an opponent.
- Accidentally kicking a person even if the person is going and gets a piece of the ball
- Tripping a player
- Charging into a player
- Punching or attempting to strike an opponent
- Jumping into a player and not jumping straight up (especially while heading a ball)
- Holding or pulling of a player or their jersey
- Pushing or shouldering a player before playing the ball

Indirect Kick: Unlike a direct kick a ball must be touched by at least two people before a goal can be scored. Here is a description of fouls that would result in an indirect kick.

Dangerous play:

- When a person puts themselves or others in danger of being hurt, i.e. high kick, heading a low ball, & slide tackling with spikes up.
- Obstructing a person from running or getting to a spot without the ball being playable.
- Standing or trying to disrupt the goalie from putting the ball back in play.
- Using inappropriate language, arguing or unsportsmanlike behavior.
- Stalling the game.
- When a player is offside's.
- If a player intentionally passes the ball back to their goalkeeper using their feet (any other body part can be used to pass back).
- If a goalkeeper picks the ball up off their own team's throw-in before it is touched by any other players.

Yellow Card - Indicates a formal "caution" for any of the following 7 offenses:

1. "Unsporting behavior" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent; jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; & adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behavior which in the Referee's judgment is unsporting or causes an unfair advantage,
2. Dissent by word or actions,
3. Persistently breaking the rules,
4. Delaying the restart of play,
5. Defenders failing to stay the proper distance away from the kicker on a corner kick, free kick or throw-in
6. Entering or re-entering the field without the referee's permission
7. Deliberately leaving the field without the referees permission.

A player who receives 2 Yellow Cards is given a Red Card & ejected. FIFA rules do not require a player to leave the field for the first yellow card. However, some leagues' rules do. You must go by your league's rules.

Red Card - A player **must** be shown a Red Card and "sent off" (i.e., made to leave the field) for the 7 offenses listed below. A player shown a "Red Card" & sent off may not be replaced during that game (i.e., his team must play a player "short" for the