

Soccer Study Guide

History of the Activity

Soccer is the most popular sport in the world. It is known as Football in the rest of the world. This makes sense since the game is played with the feet. There are references to the game going back 4500 years with the Greeks, Egyptians, and Chinese. England formed a set of rules in 1863 that no longer allowed playing the ball with the hands (rugby). The globalization of football is mainly due to the British colonies throughout the world. Federation Internationale de Football Association (FIFA) was formed in 1904 and governs the World Cup.

Objective of the Activity (Scoring system)

Soccer is a goal sport. Each goal is worth one point. The game is divided into two 45 minute halves. The team that scores the most goals wins. If the game is level (tied) at the end of regulation it may be decided by penalty kicks, added time, or just end in a draw.

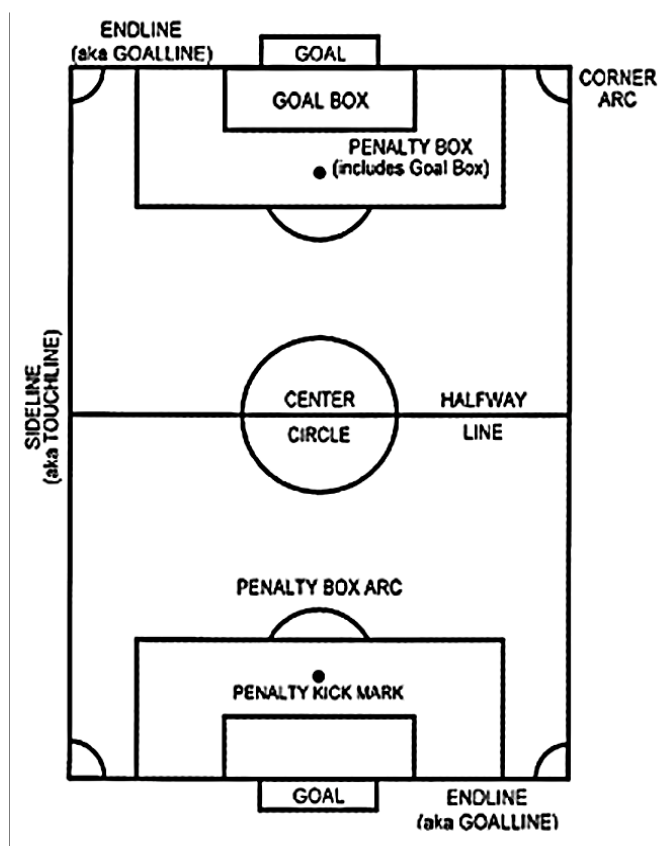
Equipment/Playing surface

The preferred surface would be grass or turf. Although due to the sport's popularity, it is also played on dirt or sand and many types of indoor surfaces. The size of the field varies depending on the age of the participants. For the same reason soccer ball sizes vary. Goalies wear a uniform that is different from the team. They also use gloves to help handle the ball. Shin guards and cleats (without a toe cleat) are the usual equipment needs. A full sized goal is 8 feet high and 8 yards across.

Players/Positions/Skills

Regulation games cannot have more than 11 players on the field. Forwards/strikers/attackers need to be quick and clever with the ball. They are primary goal scorers. Midfielders are the best conditioned players on the field because they play offense and defense from endline to endline. Defenders/Sweepers are the final line of defense to help the goalie prevent scores. Goalies/Keepers are the only players that can use their hands inside their penalty box.

- Dribbling – using all parts of the foot to move the ball around
- Heading – using the forehead for shooting, passing, or trapping
- Tackling – a sliding motion used to take the ball away from an opponent
- Trapping – using any part of the body except arms and hands to stop the ball and keep it close to the body



Rules/Faults

KICK-OFF – This is the kick that begins both halves. It is also how play is resumed after a goal. The ball is placed on the half line inside the center circle. The team that was scored upon takes a kick-off to put the ball back into play. The opposing team cannot be in the circle.

Ball out-of-Bounds – When the entire circumference of the ball crosses the line, the team that didn't touch it last puts the ball back in play in one of the following ways:

THROW-IN when it goes over the sideline

Thrown from where it went out, with both feet on the ground, and delivered straight over-the-head with both hands. The thrower may play the ball after someone else touches it.

FAULTS: Lifting a foot, twisting while throwing, stepping over the line, or throwing off to the side would give a throw-in to the opposing team.

GOAL KICK when it goes over the endline off the offense.

The ball is placed anywhere inside the goal box and must go out of the penalty area before it can be touched a second time.

CORNER KICK when it goes over the endline off the defense.

The ball is placed in the corner arc closest to the side of the goal the ball went out. Opponents must be 10 yards away.

OFFSIDE – Players may not gain an advantage in scoring by standing in front of the opponent's goal. Any offensive player that plays the ball must have two defenders between them and the opponent's goal. One of the defenders may be the goalie, but doesn't have to be. A player that is behind the ball or on their half of the field is not offside. Players are allowed to be in an offside position if receiving the ball directly from a throw-in, goal kick, or corner kick.

INDIRECT Free Kick – A less serious foul that gives the fouled team a kick that must be touched by another teammate before a goal would count. Obstructing an opponent, poor conduct (behavior), illegal substitution, or offside. The opposing team must be 10 yards away.

DIRECT Free Kick – Serious fouls that give the fouled team a kick that may be shot directly at the goal. Hand balls, holding, tripping, pushing, kicking, or charging an opponent are some examples. When the foul occurs in the defending penalty box, the direct kick is called a **PENALTY** kick. This is a kick 12 yards away from the goal. The goalie must be on the endline. All other players must be outside of the box and behind the penalty arc. The opposing team must be 10 yards away.

Components of Fitness

Soccer players are some of the best conditioned athletes in the world. Their cardiorespiratory endurance and muscular endurance keeps their bodies lean. The legs are typically muscular from the sprinting and constant kicking required to play the game well.