

Questions

SOCCER STUDY GUIDE

What are the four soccer positions,

1 _____

2 _____

3 _____

4 _____

What position generally does most of the running

What is another name for midfielders. _____

What is another name for Fullbacks _____

The game is started with a _____?

What is the only position that can use their hands?

A _____ is done when a team kicks the ball over the sideline.

What are the 3 things that should be done during a throw-in.

What does "trapping" mean? _____

Why don't you want to use your toes when passing? _____

Soccer is the most popular athletic sport played in the world today.

A regulation soccer game will have eleven players (per team) on the field. Positions consist of:

- **Forwards**- they are the offensive attackers. Primary objective is to score.
- **Mid- Fielders (half backs)**- they play offense and defense and have to cover the whole field. They do the most running.
- **Fullbacks (defenders)**- they play defense by staying back and help the goalie.
- **Goalie**- stay inside the goal box and prevent the other team from scoring. They may use their hands, punt, or throw the ball while in the penalty area.



Objective

Players may not use their hands /arms (except for the goalie). They may use their feet, legs, chest and head in attempt to move the ball down the field by dribbling, passing, heading and trapping ultimately scoring a goal.

Definitions of Rules and Terms

Kickoff- putting the ball in play with a forward kick at the midline/ center circle. Ball must travel 1 yard, and the kicker cannot touch it again until another player has kicked it. The defensive team must be 10 yards away from the kicker. After each score, the team that did not score will **kickoff**. Both teams must be onside at the kickoff.

Goal- a point scored by forcing the ball across the opponent's goal line.

Free Kick- on a foul or violation, the ball is given to the offensive team at the spot of the foul. The defensive team must be at least 10 yards from the ball. There are 2 types of kicks, "direct kick" and "indirect kick"

Direct Free Kick- the ball may be kicked directly into the goal and is awarded for the following fouls- hand ball, holding, pushing, charging and tripping.

Indirect Free Kick- the ball must be touched by another player before a goal can scored.

Penalty Kick- awarded when a foul is committed by the defensive team inside of the penalty area. The kick is taken from the penalty mark.

Goal Kick- when the ball is kicked out of bounds at the endline by the offensive team. The ball is placed on the nearest edge of the goal area and kicked by the defensive team.

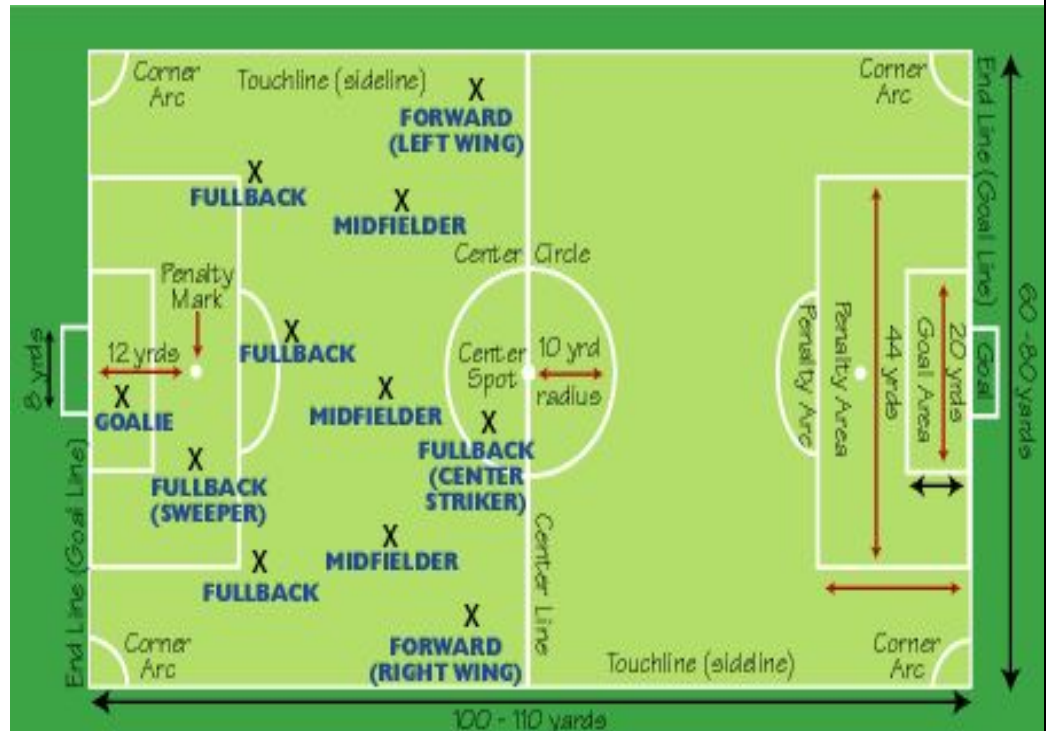
Corner Kick- if the defensive team kicks the ball over the end-line, the ball is placed on the nearest corner and kicked by the offensive team.

Throw-in- When the ball goes out of bounds on the sideline, it is put into play with a **throw-in** from the spot the ball went out. When doing a **throw-in** the ball is held behind the head and thrown in with both hands on ball. Both feet must remain on the ground until the ball is released.

Passing- Using the inside, outside, bottom or top (Shoe laces) of foot to kick the ball to teammates. **Not toes!** You will not have good control if you use your toes

Dribbling- advancing the ball using your feet. Just “touch” the ball with the inside and/or outside of the foot. **No Toes!**
Heading- directing the ball using your head.
Trapping- stopping and controlling the ball using your feet or body.

Field Markings



PE Modifications

- Smaller field
- No kicking ball above waist (safety reasons)
- No goalies- no players may enter goal box.

PE Positions/Formations

6 players: 2 Forwards, 2 Midfielders, 2 Defenders

5 players: 2 Forwards, 1 Midfielder, 2 Defenders

4 players: 1 Forward, 2 Midfielders, 1 Defender