

Soccer Facts

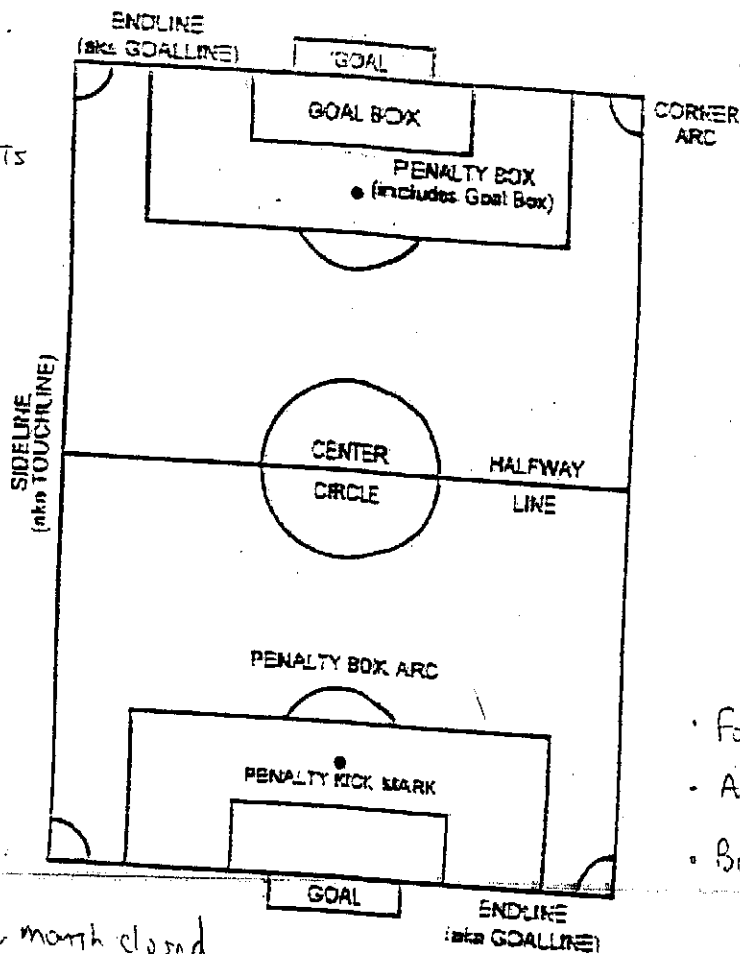
History

One of the earliest forms of soccer is traced back to Japan as far back as 1004 BC. where players kicked the ball in a small field. The soccer ball used in China in the early days was made of leather filled with hair. The playing of soccer was banned in England by King Henry IV and King Henry VII for being too violent and people could be sent to prison for playing the sport. In 1846 the first standard rules of the game were made. There are 17 rules. Today soccer is the most watched sport in the world enjoyed by 8 million people.

Soccer field

11 players: (Goalkeeper, Defense, Sweeper, Mid-Fielders, Forwards)

i.e. 120 x 80 yds.



Team Positions

G		
D	D	D
S		
M	M	M
F	F	F

Goal Keeping

- Focus on Ball
- Anticipate shot
- Bend Knees, square shoulders

- Palms forward, fingers up
- Play low, medium & High shots.

SKILLS

- Ground
- chip shots

PASSING: 3 Areas of FOOT

Inside, outside, instep

Trapping - controlling Ball

- Ground
- Air
- inside
- outside
- SOLE
- Thigh
- chest
- instep

Dribbling - 2 Types

Speed & Control

headers - use forehead

feet bent, square shoulders, mouth closed, eyes open, contact ball w/ forehead.

Halfway line: The line across the middle of the length of the field that splits it into two halves.

Center Circle: Circle in the center of the field. On a kick off, defenders must stay outside this until the ball is moved by the kicker

Hand Ball: Deliberate contact between the ball & a player's hand or arm.

- Results in Free Kick or Penalty Kick.

Penalty Box: The large box in front of the goal in which the goalkeeper can touch the ball with hands. The half circle at the top of this box is the Penalty Box Arc

Goal Box The small box in front of the goal within which the ball must be placed to take a goal kick.

Side Line (aka "Touch Line"). The long sides of the field.

End Lines (aka **Goal Lines**) The lines that define the ends of the field.

Goalie: There is always just one Goalkeeper per team. The Goalkeeper's job is to defend his team's goal and he usually stays close to his goal. You can identify the Goalie because he wears a different colored shirt or a vest over his shirt. Except for "Throw-Ins" and to pick up the ball in "Re-Start" situations, the Goalie is the only player who can legally use his hands

Kickoff: Just before the start of the game, the referee will call for the Captains of each team to come onto the field. The referee will then toss a coin to decide which team kicks off first and which goal each team will attack during the first half of the game. The winner of the toss gets to choose which goal it will attack and the other team takes the kick-off.

Goal Kick When the ball goes **out of bounds** over the **end line** & was last touched by the **attacking team**, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it.

Corner Kick. When the ball goes **out of bounds** over the **end line** (aka the "Goal Line") and was last touched by the **defending team**, the attacking team inbounds it from the nearest corner by kicking it in from the Corner Arc. Defenders must stay 6 yards back

Direct Kick A type of "free kick" given after severe fouls such as hitting or kicking. On a direct kick, a goal can be scored by kicking the ball into the goal without it first touching another player.

Penalty Kick (aka "Spot Kick"). A "penalty kick" or "PK" is a special type of direct free kick. When a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box, the other team is given a Penalty Kick.