

# SOCCKER

**History:** Soccer originated in Europe. The English were given credit for modernizing the game they called football. In America, we already had the game football, so we rearranged the first few letters of the word association to come up with the name "Soccer." Soccer came to America with the influx of immigrants in the 1800's. A group calling themselves Association Football made up the rules of the game which are still in effect today. FIFA (Federation of International Football Association) is the world governing body of the game Soccer. FIFA also organizes the World Cup Tournament which is held every four years.

## Rules:

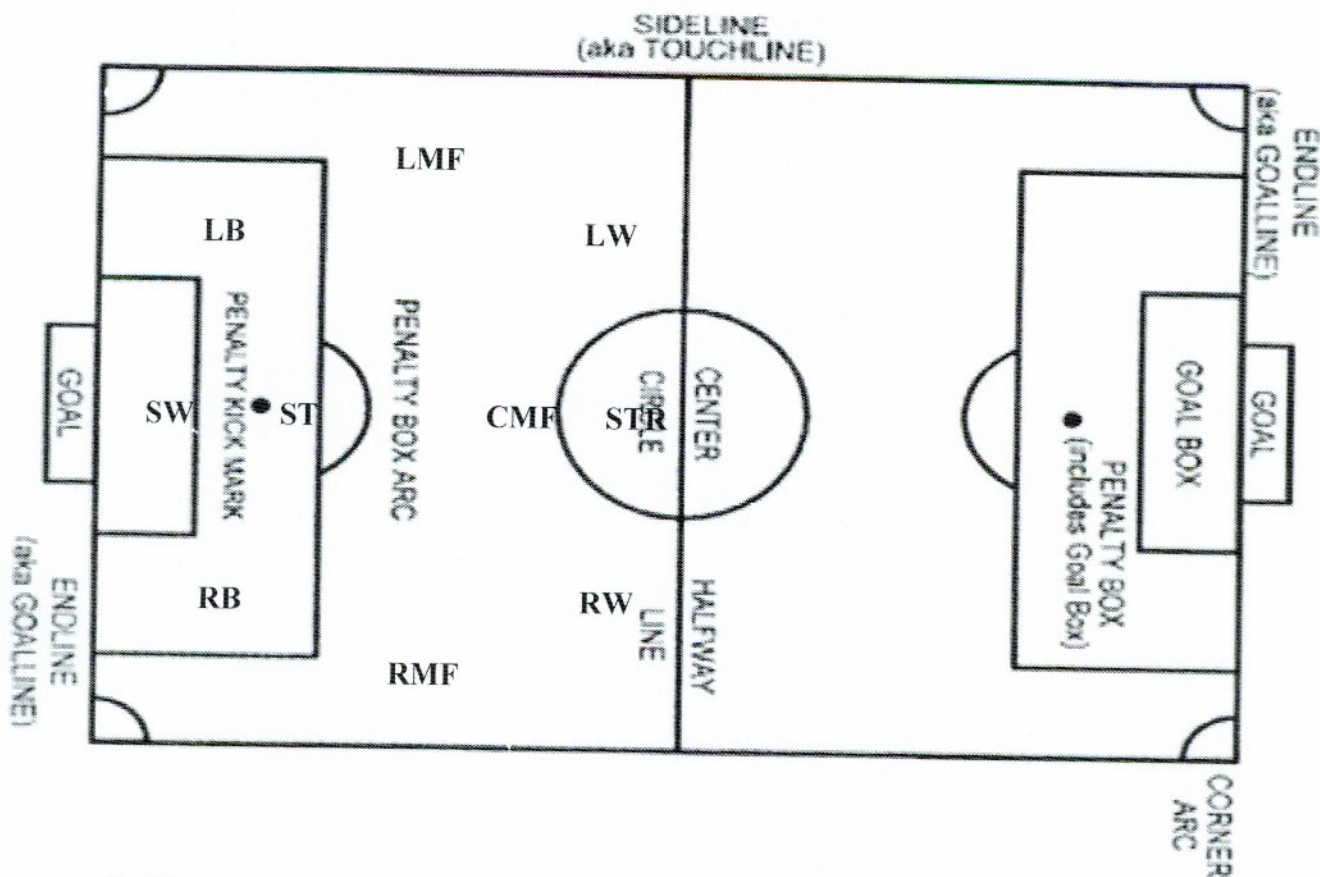
1. **The field of play:** Length: Min./Max. 100/130 yards. Width: 50/100 yards.
2. **The players:** A game may not be started with fewer than 11 players. After a game has been started it may continue with fewer than 11, but not less than 7 players.
3. **The officials:** The game is referred by one person in the middle of the field (referee) and two linesmen on the sideline.
4. **The time:** High school games consist of 2 equal halves of 40 minutes each. FIFA competition is 2 equal halves of 45 minutes. A 5 minute half-time separates the halves.
5. **Start of play:** One team is awarded a kick-off (by a coin toss) and the other team gets to choose the side they wish to defend. A kick-off is an **Indirect Kick**.
6. **Ball in and out of play:** The ball is out of play when it has completely crossed a goal line or sideline, whether on the ground or in the air. Goal-post, corner flags, and referees are in play.
7. **Scoring:** A goal is worth one point. The ball must pass full and legally across the goal line.
8. **Fouls and misconduct:** Kicking, Striking, Tripping, Jumping, Hand-ball, Holding, Pushing, and violent charging are awarded a **Direct Free Kick**. Unfair Charging, Obstruction, and Dangerous Play are awarded an **Indirect Free Kick**.

## Terminology:

- A. **Volleying** – A ball kicked while it's in the air.
- B. **Dribbling** – A method of advancing the ball with the feet by a series of short taps.
- C. **Heading** – A method of advancing the ball by means of the head (usually the forehead.)
- D. **Marking** – A defense where each player shadows or guards an opponent.
- E. **Save** – Any catch or deflection make by the goalkeeper.
- F. **Drop-ball** – When players from opposing teams simultaneously send the ball out of bounds, the ball is dropped between opponents out of the penalty area.
- G. **Trapping** – Stopping the ball to gain control.
- H. **Handball** – A player (other than the goalie) who touches the ball with his/her hands.
- I. **Punt** – A kick used by the goalie where the ball is dropped by the hands and kicked before it reaches the ground.
- J. **Direct Free Kick** – A ball that may be kicked immediately into the opponent's goal.

- K. **Indirect Free Kick** – A ball that must be touched by **TWO** players before it can go into the goal.
- L. **Goal Kick** – A kick awarded to the **DEFENDING** team when a ball goes over the goal line and last touched by the attacking team. The goalie will place the ball on the ground and kick it down the field.
- M. **Corner Kick** – Awarded to the **ATTACKING** team when the ball goes over the goal line after being last played by the defending team. The ball is awarded to the attacking team and is placed in the corner of the field.
- N. **Throw-Ins** – Are awarded to the **opposite** team that kicks the ball out of bounds on the sideline.

When a player does a Throw-In, both feet must be on the ground, the ball must be held between both hands. The ball must go all the way back behind the head and the thrower must follow through with the arms after the throw.



**Positions:**

**Forwards:** Right Wing (RW,) Left Wing (LW,) Striker (STR.)

**Midfielders:** Left Midfielder (LMF,) Center Midfielder (CMF,) Right Midfielder (RMF.)

**Fullbacks (Defense)** Right Fullback (RB,) Left Fullback (LB,) Center Stopper (ST,) and Sweeper (SW.)

This formation is called a 4-3-3 (4 Defenders, 3 Midfielders, and 3 Forwards.) The numbers (4-3-3, 4-4-2, etc.) start with the defense and move up to the forward line.