

Soccer 8th Grade Study Guide

HISTORY

- Soccer is the world's most popular sport. It is one sport that can be truly called an international sport.
- Soccer as it is played today developed in England during the 1800's and quickly spread to many other countries.
- Until the mid 1900's the game was not greatly popular in the United States. But today it is one of the nation's fastest growing sports.
- Soccer's most famous international competition, the World Cup Championship, is held every four years.

Field of Play



Players' Positions

Forwards

- 5 Forwards
- Center forward, Left and Right forward, Left and Right outside forward (Wingers)
- Must be fast
- Scores most of team's goals



Midfielders

- 3 Midfielders
- Left, Center, and Right Midfielders
- Also called linkmen or Halfbacks
- Duty is to unite offense and defense
- Sometimes score but must also help break up plays of opposing team

Defenders

- 2 Defenders
- Sometimes called fullbacks
- Try to take ball away from other team and pass it to midfielders to start attack
- Seldom score, but passes set up goals

Goalie

- 1 Goalie
- Must move quickly to all parts of the penalty area to stop shots or take ball from opponents
- After a blocking a shot, a good goalkeeper controls the ball and starts an attack by kicking or throwing the ball to a teammate
- Only player who may touch the ball with the hands or arms

Skills

- Kicking- The most important skill in soccer. It involves kicks that attempt to score a goal, put the ball in play, or put the ball into a particular area of the field. Kicking with the instep is the most effective method in most cases.
- Passing-Enables a team to move the ball into scoring position and keep it from the opposition. A player tries to pass the ball so that it travels just above or on the ground. Short passes generally are more effective than long ones.
- Heading- Hitting the ball with the head. It sometimes is the only legal way a player can reach the ball in the air. A player may use the head to pass the ball, intercept an opponent's pass, or shoot the ball at the goal.
- Dribbling-Enables players to keep possession of the ball while running. While dribbling, a player can pass or shoot the ball if an opponent threatens to take it away.
- Tackling- Involves using the feet to kick or hook the ball from the opponent. An ideal tackle involves little or no body contact and leaves the defending player or teammate in control of the ball.

➤ **The Game**

- Two teams are created to play against one another.
- Two halves are played to see who can score the most goals.

➤ **Start of the game**

- Players line up on their half of the field.
- To start play, the kicking team must move the ball forward at least the distance of its circumference.
- The player who kicks off cannot touch the ball again until another player has touched it.

➤ **The all in Play**

- After the kick-off the ball stays in play unless it completely crosses a goal line or touch line.
- There are no time outs, unless a player is injured during play.
- Attacking team tries to advance the ball into the opposing team's territory
- The attackers then try to pass the ball to a player who is in good position to score a goal.
- A player may kick or hit the ball into the goal with any part of the body except the hands and arms.
- The defending players try to cover their opponents; intercept passes, and take the ball away.

➤ **Restarts**

- If the ball goes out of bounds, play is restarted with a:
 - Corner kick-Made by an offensive player if a defensive player touched the ball last and the ball crosses the line=kicked from the nearest corner of the field
 - Goal Kick-Made by a defensive player if an offensive player touched the ball last and the ball crosses the goal line=kicked from inside the goal area nearest the point where the ball went out (ball must go beyond penalty area before it can be touched).
 - Throw-In-Takes place if a player knocks the ball over a touch line. Opposing players throw the ball back in play. Must have both feet on the ground, either on the touch line or behind it, and throw is made with both hands from above the head.

➤ **Fouls**

- A penalty kick is awarded if the defending team commits one of the 9 fouls within its penalty area. These fouls are:
 - Deliberately kicking or attempting to kick an opponent
 - Tripping an opponent
 - Jumping so as to endanger another player while trying to get the ball
 - Violently running into an opponent
 - Running into an opponent from behind
 - Striking an opponent

- Holding an opponent
- Pushing an opponent
- Deliberately touching the ball with the hands or arms
- Opposing team takes the kick from the penalty spot, 12 yards directly in front of the goal. All the players, except the kicker and the opposing goalie, must be outside other penalty area when the kick is made.
- A direct free kick may be awarded for any of the fouls anywhere on the field. This kick is taken toward the opposing team's goal from the point where the foul occurred. Opponents must be at least 10 yards from the ball when it is kicked.
- An indirect free kick may be awarded for dangerous play such as;
 - Kicking the ball when the goalkeeper is holding it
 - Obstructing an opponent
 - Pushing an opponent when the ball is not nearby
 - Unsportsmanlike conduct

The kicker kicks the ball toward the opposing team's goal, but it must touch at least one other player before entering the goal. All opponents must be at least 10 yards from the ball, but they can attempt to block it.

SCORING

- One point is scored each time the ball is kicked completely across the goal line into the net, either in regulation play or from a penalty kick.

TERMINOLOGY

Corner-Short for "corner kick"-the kick awarded to the offensive team at the place where the touch lines and goal lines meet. It occurs when a member of the defensive team plays the ball over his own goal line.

Dribble-To run with the ball under control at the feet

Free Kick-A kick awarded when a member of the opposing team commits a foul. The ball is placed on the spot where the foul occurred and a player has a "free kick" at it.

Free Kick-Direct-Awarded for the more serious fouls. May be shot directly into the goal

Free Kick-Indirect-Awarded for lesser fouls. Must be touched by the kicker and at least one other player before a goal can be scored.

Goal Kick-The kick taken by the goalkeeper to restart play when his opponents have put the ball over the goal line-outside the goal.

Hands-The foul committed when a player, other than the goalkeeper, touches the ball with his hands or arms of the field of play.

Heading-The foul committed when a player, other than the goalkeeper, touches the ball with his hands or arms of the field of play.

Penalty Kick-A kick at the goal, taken from a point 12 yards from the middle of the goal (Penalty spot when the defending team has committed a foul inside the penalty area.

Tackle-The act of trying to take the ball away from another player

Throw-in-When the ball goes over the touchlines and is thrown back into play by a member of the team that did not touch it last

Touch Lines-Side lines

Trap-Controlling the ball with the foot, chest, or thigh