

Soccer Skills and Rules

Skills:

1. dribbling:
 - * player moves the ball using a series of short taps with his foot.
 - * either foot can be used to hit the ball
 - * short, quick strides are used to maintain control of the ball
2. trapping:
 - * when a player stops the ball and gains control.
 - * it can be done with any part of the body except hands and arms
3. passing:
 - * when you play the ball to another player
 - * if your teammate is moving, it is best to pass the ball out in front of them
4. throw in:
 - * when you throw the ball in on the sideline after it has gone out by the other team
 - * proper technique is to place both hands on the ball, bring the ball directly behind the head and throw it to your target keeping both feet on the ground while throwing

Rules:

1. the game is started with a kickoff at midfield and also after each goal
2. each goal counts 1 point
3. any fouls result in a free kick by the other team
4. during free kicks the opponents must be 10 yards away from the ball
5. if the ball goes out of bounds on the sideline, the other team gets a throw in
6. if the ball goes out of bounds over the end line by the defense, it is a corner kick. If it goes out off the offense, it results in a goal kick
7. goalies may only use their hands inside the 18 yard box