



# SOCCER STUDY GUIDE



## Game Rules:

- The game starts with a center kick by one team. The ball is passed to a teammate and must travel forward. The opposing team must be outside the center circle.
- All players must be onside at the start.
- Use of hands (intentional or non-intentional) results in a free kick.
- Pushing, kicking or tripping another player is not allowed, and a penalty kick is awarded to the players that the infraction was against.
- Penalty kicks may only be defended by the goalie.
- One point is awarded for each goal that is scored.
- When the offense kicks the ball out of bounds at the goal line, it results in a goalie kick.
- When the defense kicks the ball out of bounds at the goal line, it results in a corner kick for the offense.
- When the ball is kicked out of bounds at either sideline it is the opposing teams throw in. The throw must be made with both hands over the head and both feet must clearly stay on the ground.
- A goalie inside of her or his designated area may choose to pick up the ball or kick it. If the goalie should venture outside the goalie's area, the goalie then becomes a normal player. They must then abide to the rules governing the player.
- Games are usually played with two halves, consisting of 45 minutes. This can be modified to fit any level of soccer.

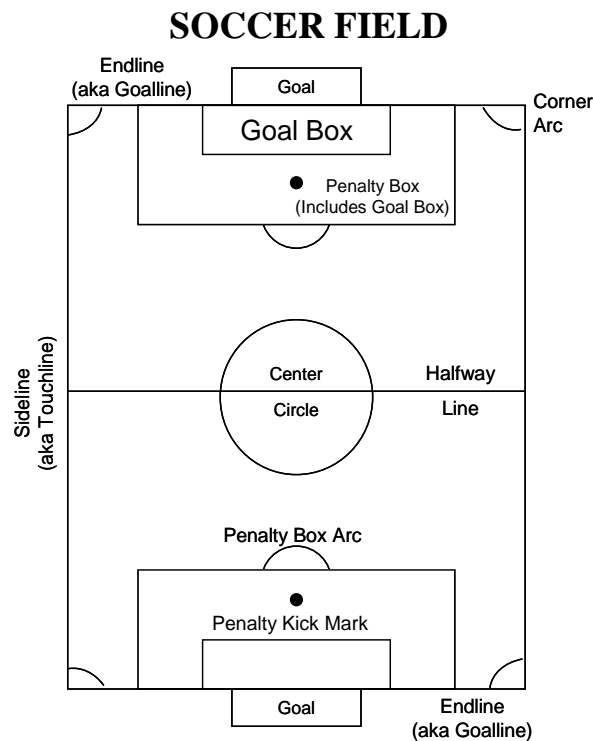
## Terms:

- Header- directing the ball with the use of the head.
- Dribbling- use of the feet to advance the ball down the field.
- Volleying- directing the ball with the chest, shoulder, knee, or hip.
- Blocking- stopping the progress of the ball with some part of the body. No use of the hands is permitted.
- Trapping- stopping or slowing the ball with the feet.
- Offensive Team- team in possession of the ball.
- Defensive Team- team defending the goal.

## Positions:

1. **Forwards:** (1 to 3 per team) they play near the other team's goal and are charged primarily with scoring goals. Forwards playing near the touch lines are called '*wings*' while those in the midst of the field are called '*strikers*'. Since their primary focus is scoring goals, power is more important than finesse. They don't generally have to be concerned about another player '*trapping*' the ball. These players should be quick runners, with moderate to strong leg strength. Accuracy in shooting is a premium for these players.
2. **Midfielders:** also referred to as '*halfbacks*'. (Usually 3 to 6 per team). Their primary task is to steal the ball and redirect it to the forwards, and to take shots at the goal. As the name implies, you can tell where they play. These players should be quick on their feet and have excellent tackling abilities. Accurate passing is required.
3. **Defenders:** Also called '*fullbacks*'. (Usually 3 to 5 per team). They play near their own teams' goal and are primarily assigned to prevent shots being taken on their goal by the opponent. They also take returns from the goalie and are directed to get the ball to the midfielders. They should have good leg strength and be able to kick the ball a fair distance when the clearing the ball.

**Goalie or goalkeeper:** Always plays directly in front of the ball and is the only player allowed to use their hands to control the ball. Should always wear a contrasting jersey so that they can be identified easily and quickly. They should have excellent hand-eye coordination and have excellent reactions. They should have strong legs and be able to clear the zone.



**Length:** minimum 90 m (100 yds.), maximum 120 m (130 yds.)

**Width:** minimum 45 m (50 yds.), maximum 90 m (100 yds.)