

Soccer Study Guide

Soccer is a very old game
Greeks and eventually
introduced it to Great
Today soccer is played



that was played by the
played by the Romans who
Britain after an invasion.
worldwide.

Field and Players: The
in shape. It must be at
and 100 to 130 yards long. It is larger than a football field. The goal cage is
eight feet high by 24 feet wide. Eleven players are included for each side.
They include a goalie, a sweeper, two defensive players, three midfielders,
two wings, and two forwards. The varsity game is played in two halves
lasting at least forty-five minutes. The goalkeeper may use his/her hands
within the penalty area. Field players must only control the ball with their
feet, legs, body or head.

field must be rectangular
least 50 to 100 yards wide

Starting: The game is started with a coin toss which determines which team
kicks off from the center of the field. Each team must be on their own side
of the field and the receiving team must be 10 yards from the ball on kickoff.
After a goal, play is restarted at the center of the field.

Out of Bounds: When the ball goes out of bounds on the touch line
(sideline) a throw-in takes place. The opponent stands behind the sideline
and with two hands throws the ball in with an overhead motion. When a
defender causes the ball to go out of bounds at the goal line, a corner kick is
taken by the offense. If an offensive player causes the ball to go out of
bounds at the goal line, a defensive kick is taken at the corner of the goal
box.

Scoring: A goal is scored when the ball crosses completely over the goal
line between the goal posts and under the bar. Each score equals one point.

Terms:

Direct Free Kick – is awarded when a foul occurs by the opponents. The
kick is taken on the spot where the foul occurs and may be used to score.
All opposing players must position themselves at least 10 yards away from
the ball.

Indirect Free Kick - is awarded when a foul occurs. All opposing players must be 10 yards away from the ball. Before scoring with this kick, a second player must touch the ball.

Reprimand - A referee may issue a yellow card to the players who continually commit flagrant violations. A red card is issued to a player who is ejected from the game.

Flagrant violation – is when a player intentionally interferes with a player. Generally this is striking, tackling, tripping an opponent.

Offsides – A player is offsides if he is nearer the opponent goal line than the last person when the ball was kicked. A player is not offsides if he received the ball from a goal kick, corner kick, throw-in, or drop ball.

Penalty kick – A penalty kick occurs when a player commits a direct foul in his own penalty area. A kick is taken from the penalty spot by the opposing team player. All players must be ten feet from the penalty spot and outside the penalty area except for the kicker and the goalkeeper.

Fouls:

Direct kicks are awarded for:

- ✓ Kicking, tripping, striking, holding, pushing, or striking an opponent.
- ✓ Charging an opponent.
- ✓ Using the hand or arm to contact the ball.

Indirect kicks are awarded for:

- ✓ Playing in a dangerous manner.
- ✓ Charging a player with a shoulder when ball is not within playing distance.
- ✓ Intentional obstruction of a player.
- ✓ Charging the goalkeeper when he is not in possession of ball.

