

SOCCER

History

Attempts have been made to trace soccer, known worldwide as football, to Greek and Roman origins. However, there is little evidence to support this. Soccer is as much an English game as baseball is an American one. The first rules for soccer were developed in England in the 1800's. Soccer is played in 132 countries all over the world. It is the world's number one sport, played for both fun and fitness. It is primarily a running game, requiring that the ball be moved with the feet. Other body parts, except the hands and arms, may also be used to advance the ball

Safety

1. Pass the ball below shoulder level
2. When heading the ball, contact should be made where the hairline meets
3. The forehead.
4. Students with glasses should have unbreakable lenses or a protective covering
5. No sliding tackles in class games

Care of Equipment

1. Place soccer balls in equipment bags after class.
2. Do not rip scrimmage vests. Place them in the mesh bag after class.
3. Collect cones after the last class of the day and place in tennis shed.

TECHNIQUES

Kicking

Push kick - inside of foot near heel

Instep kick - inside of instep, laces of foot, or outside of laces

Chipping - a short lofted pass

Outside of foot

Volley kick - contacting the ball in the air

Lobbing or lofting - giving the ball a high trajectory

Back kick - contacting the ball on the heel to send it backwards

Trapping - used to control the ball, prior to the pass, dribble, or shot on goal.

Absorb the force of the ball as if catching a ball.

Foot, shin, knee, thigh, and chest traps

Passing

Dribbling

Tackling

Head on, Side, and From behind

Heading

Throw in

Stationary

From a run up

Goalkeeping

Strategies

INDIVIDUAL DEFENSIVE OBJECTIVES:

1. Prevent receiver from getting the pass. Watch ball and potential receiver.
2. Intercept the pass to the player you are guarding.
3. Force the player controlling the ball to take a different route or get rid of the ball, causing a turnover.
4. Take the ball away from a person in possession of the ball by a good tackle.

TEAM OFFENSIVE OBJECTIVES: TO SCORE GOALS!!!

To do this, the defense must be forced out of their planned alignment into a weaker position. This is done by:

- Ball control and possession
- Penetration into the defense
- Breadth of attack - use the width of the field
- Depth of attack - halfbacks move up behind forwards quickly
- Versatility in position play
- Creativity in the attack

TEAM DEFENSIVE OBJECTIVES:

- Delaying tactics after losing the ball so players can retreat to strong positions
- Bunching the defense to clog the space in front of the penalty area
- Compensation to shift into empty defense spaces when a teammate goes for the ball.
- Depth in backing one another up
- Be aggressive but play ONLY your position!

TECHNIQUES

Kicking

1. Determine the direction and distance you want the ball to travel.
2. Keep your eyes on the ball at all times.
3. Learn the techniques on a stationary or slow-moving ball.
4. Your body, especially the kicking leg, should be relaxed.
5. Use your arms to help maintain balance.
6. Practice kicking with both feet.
7. Long kicks usually travel distances more than fifteen yards.

Instep kick

- Used on both ground and bouncing balls
 - Used in scoring, free kick, and passing situations
1. Put the non-kicking foot four to six inches to the side of the ball.
 2. Flex the knee of the kicking foot until it blocks your view of the ball.
 3. Straighten the knee as it moves over the ball and swing the leg from the hip.
 4. Keep the toe pointed down; the shoelaces should contact the ball slightly below its midpoint.
 5. To keep the ball low, lean forward from the waist as you make contact.
 6. To loft the ball, place the non-kicking foot 6 to 8 inches to the side of and slightly behind the ball. Lean back as you make contact.
 7. Follow through by continuing the upward swing of your leg.

Outside of foot kick - same as instep kick except the toe is turned inward. This lets you kick a fast, low curved ball with side spin. It is used to shoot around an opponent. It is effective as a corner kick.

Inside of the foot kicks - push pass and lob are great kicks to use for short passes and goal shots. They are not deceptive kicks.

1. Swing the kicking leg forward from the hip with the knee slightly flexed and the toe pointed down and out.
2. Straighten the leg as the inside of the foot contacts the ball.
3. For the push pass, push the ball with the inside of the foot without bouncing it.
4. For the lob, place the inside of the foot slightly under the ball, lift your foot as you kick, and lean backward.

Volleying - This is executed while the ball is in the air. It will yield a high lofted ball.

1. Swing the kicking leg forward from the hip. Keep the knee flexed and toe point down.
2. Contact the ball slightly below its midpoint with the instep or shoelace.
3. Follow through by continuing the upward swing of the leg.
4. Kick the ball while it is in the air to loft; kick the ball near the ground to keep it low.

Half-volley - This is done just after the ball strikes the ground. It will produce a low ball.

TRAPPING

This is the process of bring the ball under control. It is more than just stopping the ball; a trap may bring a ball to the ground, change its direction, or slow it down. A trap is successful when you intercept the ball and are ready to dribble, pass, or kick it.

1. Keep your eyes on the ball.
2. Learn the techniques on slow moving balls
3. Maintain a relaxed body through the skill performance.

Sole of the foot trap - used to stop a rolling or bouncing ball.

1. Extend the trapping leg forward with the foot 4 to 5 inches away from the ground and at a 45 degree angle to it.
2. Allow the ball to roll into the trap formed by your foot and the ground.

Inside of the thigh trap - Used to gain control of a ball in low flight. It should drop close to your feet.

1. Shift your weight to the non-trapping leg.
2. Bend the knee of the trapping leg at a right angle to the line of flight of the ball with the foot off the ground.
3. As the ball strikes the thigh, a small backward movement of the leg from the hip will help absorb the impact, and cause the ball to drop at your feet.

Stomach and chest traps - used when the ball is traveling above the ground.

1. Relax and bend forward at the waist as the ball strikes your body.
2. Extend your arms away from your body.
3. Jump off both feet and allow your body to "give" to absorb the impact.
4. Move forward in the desired direction as the ball hits your body.

PASSING

Be sure you can pass the ball without it being intercepted. Pass to a teammate who is not guarded, in such a way that he can gain control. The receiver must work to be in position to receive the ball.

1. Use a form of the instep kick for long passes.
2. Use the inside of the foot, the outside of the foot, or the head for short passes.
3. Time your pass with the speed of the receiver.
4. Devote all of your attention to your passing.
5. Look at your receiver before kicking.
6. Look at the ball.
7. Lead the receiver
8. Try to deceive your opponent with feinting movements.

DRIBBLING

This is a means of advancing the ball by a series of short taps with the feet. It is the second choice behind passing. Its basic purpose is to keep possession of the ball.

1. Most effective:
 - a. When not guarded closely
 - b. When no one is open to pass to
 - c. When you are trying to set up a play
 - d. When you are maneuvering for position
2. Techniques:
 - a. Keep the ball near your feet.
 - b. Push or tap the ball.
 - c. Work for ball control by
 - d. Raise foot 3 to 4 inches off the ground
 - e. Tap the ball straight ahead with inside of foot
 - f. Keep body forward; head is over ball.
 - g. Step forward shifting weight to dribbling foot, repeating with other foot.

THROW-IN

- This is used when the ball goes out of bounds over the touchline.
- Part of each foot must be touching ground when the ball is released.
- Both hands must be used for this overhead throw.
- It initiates offensive play.
- Lead the receiver.

HEADING

- This is a means of controlling the ball by physically using the head. It can be used to pass, score or just control the ball.
- Jump up to meet the ball; use arms for balance.
- Middle of the ball should contact the forehead at the hairline.
- Tighten neck muscles and throw the head at the ball.

TACKLING

- This is a means of gaining possession of the ball by using the feet. A one leg tackle may be used head on, from the side, or from the rear.
- Trap the ball with right foot and leg.
- Push the ball forward with the right foot and step forward with the left foot.

GOAL KEEPING SKILLS

- Stopping the ball
- Put body in front of the ball
- Keep eyes on the ball
- When possible, use two hands with fingers and thumbs spread to catch the ball; strike or punch the ball to deflect it out of bounds if necessary.

Distributing or clearing the ball

Move to the side of the goal area to roll, throw, or kick ball to teammate
Only four steps may be taken before releasing the ball.

SOCCER RULES

1. Number of players - not more than eleven
 - a. one goalkeeper, 4 fullbacks, 3 halfbacks, 3 forwards in normal formation, called a 4-3-3
2. Alignment of players is up to the coach
 - a. Other common formations
 - i. 4 FB, 4 HB, 2 F
 - ii. 4 FB, 2 HB, 4 F
 - iii. 3 FB, 3 HB, 4 F
3. To start play: a kickoff begins each half or restarts the game after a goal
 - a. Center of field
4. Each player is in his own half of the field
5. Opposition must be 10 yards from the ball until the ball travels one revolution
6. Kicker must propel ball forward
7. Kicker may not play ball until it has been touched or played by another player
8. Drop ball - used to restart game after game is temporarily stopped.
9. Ball in and out of play
 - a. Out of play
 - i. when it completely crosses goal line or touchline
 - ii. when referee stops game
 - b. In play
10. Ball rebounds from goal post or crossbar
11. Ball is on the line
12. Scoring - A goal is scored when the whole ball crosses the goal line. It counts as one point.
13. Offside - If a pass is made in the direction of a player who does not have two opponents closer to the goal than himself unless:
 - a. He is in his defensive half of the field
 - b. The ball was last passed by an opponent
 - i. He receives the ball directly from a goal kick, corner kick, throw-in, or a drop ball
14. Fouls - infractions of rules resulting in a free kick

Direct free kick – goal may be scored

1. Handling the ball
 - a. Goalkeeper
2. outside the penalty area
3. any player playing the position without telling referee
4. any player touching the ball with hands or arms
5. Holding an opponent
6. Pushing and opponent
7. Putting hands or arms on opponent in order to get to the ball
8. Striking an opponent
9. Kicking or kneeing an opponent
10. Tripping an opponent
11. Charging from behind
12. Charging violently
13. Charging an opponent while both feet are off the ground (jumping at)
14. Charging the goalkeeper in the penalty area

All of the above kicks are taken at the point of the infraction, unless in the penalty area. Then a penalty kick is taken.

Indirect free kick - goal may NOT be score until ball is touched by another player.

- 1) Touching a ball a second time, on a throw-in, before it is touched by another player
- 2) Ball not kicked forward on a penalty kick
- 3) Goalkeeper carrying ball more than 4 steps without dribbling
- 4) Goalkeeper delays in getting rid of the ball
- 5) Dangerous play
- 6) Offside
- 7) Interfering with the goalkeeper
- 8) Obstruction other than holding

Rules for a free kick

1. Opposing players must be 10 yards from ball
2. Ball must be stationary
3. Ball is not in play unless it turns one revolution.
4. Kicker cannot touch it a second time unless touched by another player
5. Throw-in
 - a. Two hands overhead position to throw
 - b. Both feet must be in contact with the ground

TERMINOLOGY

Anticipation - The art of being in the right place at the right time; reading a move before it happens, with regard to both your own team and to your opponents

Attack - The team in possession of the ball, even when in their own half of the field

Bicycle kick - A specialty of the more acrobatic players, in which the ball is kicked overhead as the kicker falls on his back

Centering - The crossing of the ball from the wings to the center of the field, particularly with reference to a ball crossed to the goalmouth

Charging - Shoulder to shoulder contact, allowed in the game when it is done against the person in possession of the ball and both players are side to side

Chipping the ball - Making a short, lofted pass

Clearing - Kicking or heading a ball away from one's own goal area

Corner kick - A kick made by the attacking team from within the quadrant marked by the corner flag after a defender last touched the ball before it went over the goal line

Dangerous play - Play which the referee considers may injure a player, like trying to kick a high ball when another player is trying to head it

Defense - the team without the ball

Direct free kick - Awarded for major offenses. A goal may be scored from this kick.

Double foul - Infringement of the rules committed by two opposing players at the same time, for which a drop ball is awarded

Dribbling - Moving with the ball under control

Drop ball - Official way to put ball in play

Feint or fake - A deceptive movement by a player with the intention of misleading an opponent.

Give and go - Passing quickly to a teammate, then running into position to receive the return pass

Goal - Refers to both the target area measuring 14' by 8 'and the actual score made by propelling the ball over the goal line within the target area

Goal kick - Kick given after an attacker has kicked the ball over the goal line but outside the goal. The ball is kicked from within the marked goal area and must ball outside the penalty area before it can be touched by any player.

Handling - Touching the ball with the hands or arms, penalized by a free kick

Heading - Playing a ball that is too high in the air to play with the foot or body

Indirect free kick - One from which a goal may not be scored. Another player must touch the ball before it goes into the goal.

Instep - The part of the foot used for most kicking; that portion covered by the laces of the shoe.

Kick off - The start of play, when the ball is kicked from the center spot of the field, at the beginning of the game, after the half, and to restart play after a goal has been scored.

Lobbing or lofting - Kicking the ball so that it has a high trajectory, to get it to another player

Marking - Guarding an opponent

Obstruction - Intentionally challenging the path of an opponent to the ball, while not attempting to play the ball yourself. The penalty is an indirect free kick.

Offside - Not having two opponents between oneself and the opposition's goal at the time when the ball is passed. This does not apply to corner kicks, goal kicks, throw-ins or drop balls.

Out of play - When the whole ball goes off the field, either over the goal line or over the sideline.

Penalty box - The penalty area, measuring 44 yards by 18 yards

Penalty kick - Kick awarded for fouls committed by the defending team within their own penalty area. The kick is taken from a marked spot, 12 yards out from the goal line. Only the kicker and the goalkeeper are allowed within the penalty area at the time of the kick.

Tackling - Taking the ball away from an opponent by using the feet

Trapping - Stopping the progress of the ball.

Throw in - The means of resuming the game after the ball has gone out of play over the sideline.

Touchline - Another name for sidelines

Volleying - Kicking the ball before it hits the ground