

# Soccer Study Guide

## **General Description**

Soccer is a game played on a rectangular field with two teams of 11 players each. The purpose is to make a goal by advancing a ball over the goal line into the goal net, and at the same time defending a goal and keeping the opponents from scoring. The ball may be played with any part of the body except the hands or arms, but it is usually advanced by kicking. A varsity high school soccer game consists of two halves which are 40 minutes long. The teams change goals at half time. A goal is worth 1 point.

## **Player Positions**

**Goalie/Goalkeeper** – They protect the goal and prevent the opponents from scoring. This player is the only player who may use his/her hands (only within the penalty area). Within the penalty area, he/she may only throw, punt or pick up the ball. Outside the penalty area, he/she no longer has goalie privileges.

**Forwards** – Also called strikers, these players are the primary attackers on offense, who try to score.

**Midfielders** – Also called halfbacks, are players that play both offense and defense, but usually play in the midfield area on both sides of the center line. They try to control the flow and speed of the game.

**Defenders** – Also known as fullbacks are players that help guard the goal area.

## **Soccer Skills and Terminology**

**Dribbling** – A series of short taps on the ball, used to advance the ball from one point to another by a single player.

**Passing** - A kick (or heading) used to get the ball to an open teammate.

**Trapping** - Used to stop and/or control the ball using your feet.

**Shooting** – Kicking or heading the ball toward the goal for a score

**Throw-in** - A method of restarting play after the ball has traveled outside the touchlines.

**Heading** – When using your forehead to pass, to score, or to bring the ball to ground level.

**Tackling** - Used to get the ball from an opponent, to steal the ball.

**Dodging** - Used to keep control by evading an opponent.

**Fouls** - Called when a player runs into, charges, pushes, kicks, trips or holds a player from the other team.

## Game Play Situations

**Kick-off** – Used to start the game and restart after a goal has been scored at the midfield line/halfway line. The ball must make one revolution before anyone can touch it. Opposing players must stay 10 yards from the kicker on the kick-off. A goal cannot be scored from a kickoff.

**Direct Free Kick** - Taken from the point of infraction, (handling the ball, holding an opponent, pushing an opponent, kicking or kneeing an opponent, tripping an opponent, charging from behind, charging an opponent while both feet are off the ground, charging the goalkeeper in the penalty area) unless in penalty area. It is called a “direct” because the player can try to score a goal directly from the kick. All opponents must be 10 yards away.

**Indirect Free Kick** – Awarded to the other team as a result of a minor foul (interfering with the goalkeeper, goalkeeper delays in getting rid of the ball, dangerous play). An indirect free kick is one from which a goal cannot be scored unless the ball has been played or touched by another player besides the kicker before the goal is scored.

**Penalty Kick** - A penalty kick a direct free kick awarded to the attacking team when the defensive team commits a foul in the penalty area. It is taken from the penalty spot 12 yards from the goal line, with only the goalkeeper defending against it.

**Offside** – An infraction called when an attacking player is in the opponent’s half of the field and is nearer the goal line than the ball, and in the opinion of the referee the player is interfering with a play, an opponent, or is gaining an advantage by being offside. There is not offside on a corner kick, goal kick, or throw-in.

**Throw-in** - A throw-in is taken by an opponent of the team that caused the ball to go over the sideline. The player taking the throw-in must face the playing field. The ball must be thrown with both hands, from behind and over the head. As the ball is released, part of each foot must be on the ground. The foot can touch the line but not go completely over the line.

**Corner Kick** - A corner kick is awarded to the attacking team if the ball crossed the goal line (but not in the goal) having been last played by a member of the defending team. It is taken from the corner of the field and all opponents must remain 10 yards away. The player taking the corner kick cannot be called for off sides on the kick. A goal can be scored directly from a corner kick.

**Goal Kick** - A goal kick is a place kick, taken from the ground. A goal kick is awarded to the defending team when the ball crossed their goal line, (not going in the goal) after having been last touched by an attacking team member. Any player of the defending side, including the goalkeeper, may take the kick. The ball is placed within the half of the goal area nearer to the point where it crossed the goal line. The kicker must send the ball out of the penalty area and may not touch it again until another player has played it. All opponents must stay outside the penalty area until the kick is taken. No goal can be scored directly from a goal kick.