

Soccer Study Guide

- There are 11 players on the field at a time for one team
- The goal keeper is the only player who can use their hands on the field
- The game, the beginning of a half and after a goal starts with a kick off at mid-field
- Any penalty that happens inside the 18-yard box results in a penalty kick
- There are two halves in soccer, each half is 45 minutes long

Defenders

- Plays in the defensive third
- Keeps the forwards from shooting

Forwards

- Plays in offensive third
- Scores goals

Midfield

- Plays all over the field
- Distributes the ball well

Throw-in: Used to bring ball back into play after it has gone over the sideline. The thrower may not lift feet until after the ball is released, and the ball has been released using two hands.

Corner Kick: Used to bring the ball back in play after the ball has been kicked over the endline by a defensive player.

Goal Kick: Used to bring the ball back in play after the ball has been kicked over the endline by an offensive player.

Off sides: when a player on the attacking team is behind the second to last defender on the opponents side of the field when the ball is kicked

Kick-off: Consists of a forward pass from one forward to another. Used at the beginning of a game, start of a new half, and after a goal has been scored.

Handball: Intentionally playing the ball with one's hand or arm.

Direct Free Kick: Awarded to opposing team if a player intentionally spits at; strikes; attempts to kick; jumps another player; intentionally trips or attempts to trip another player; handball in the penalty area; intentionally pushes another player; or charges at another player. A goal can be scored off of this kick.

Indirect Free Kick: A non-scoring kick which is awarded to a team for various penalties including – charging, offsides, goalie going outside the penalty area with the ball in hands, kicker kicking the ball directly following a kickoff.

Skills

Dribbling

- Shot, quick touches
- Keep the ball close to you
- Head up

Passing

- Plant foot aimed at the target
- Hit ball with top of foot or inside of foot
- Kicking foot serves as a pendulum
- Lead the receiver with the pass

Shooting

- Plant foot even or slightly behind the ball pointing towards the target
- Strike the ball with the laces
- Continue your momentum towards the goal

Heading

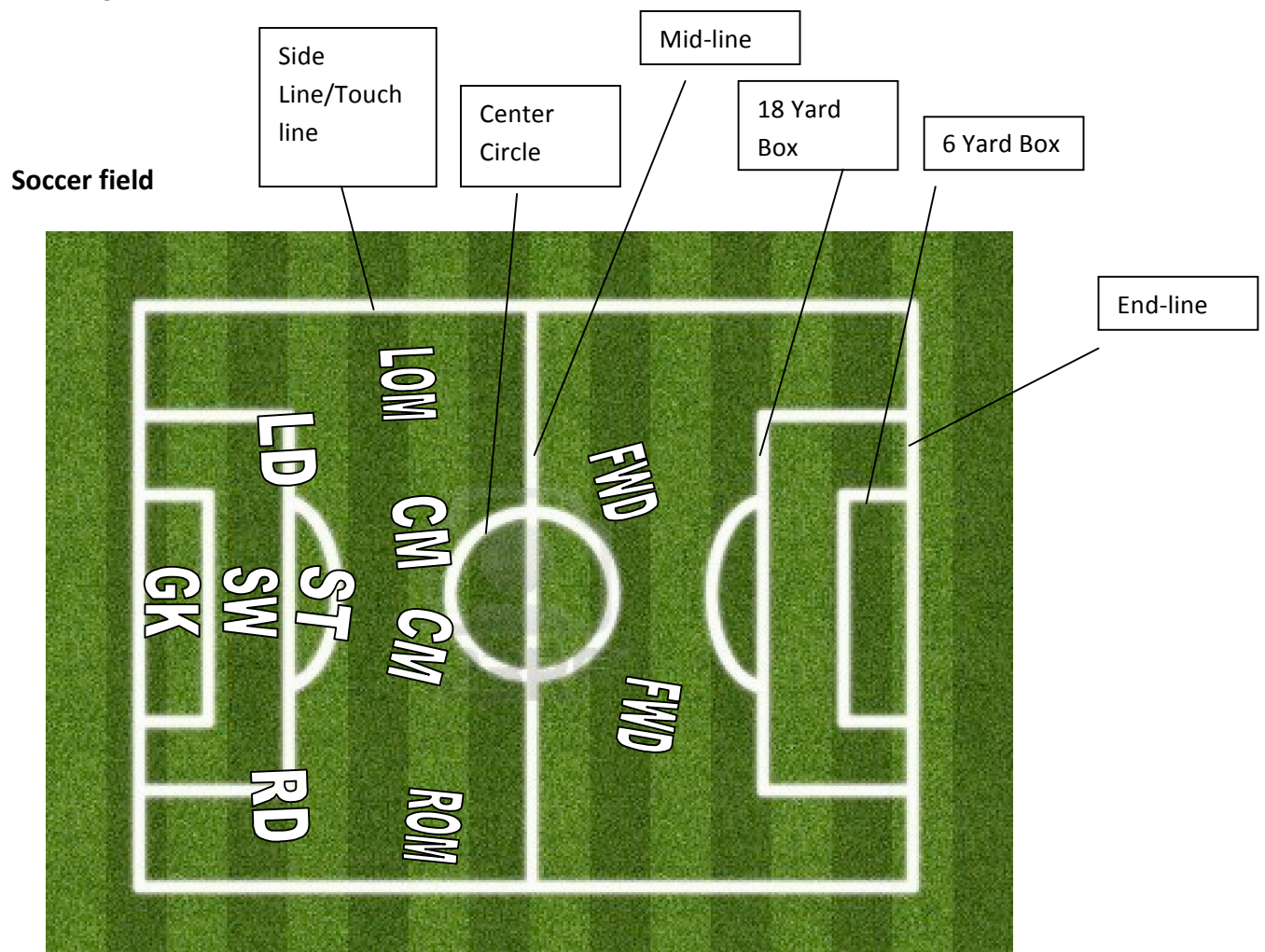
- Hit the ball with forehead
- Hit the ball do not let the ball hit you

Defending

- Stay between your mark and the goal
- Keep the ball in front of you
- Watch the ball not the players feet
- Move your feet

Goal Keeping

- "W" catching
- Stay on your toes
- Use the ball as cushion when you fall
- Pull your knee up to protect yourself



Positions: FWD – Forward. ROM – Right Outside Midfielder. CM – Center Midfielder. LOM – Left Outside Midfielder. RD – Right Defender. ST – Stopper. LD – Left Defender. SW – Sweeper. GK – Goal Keeper.