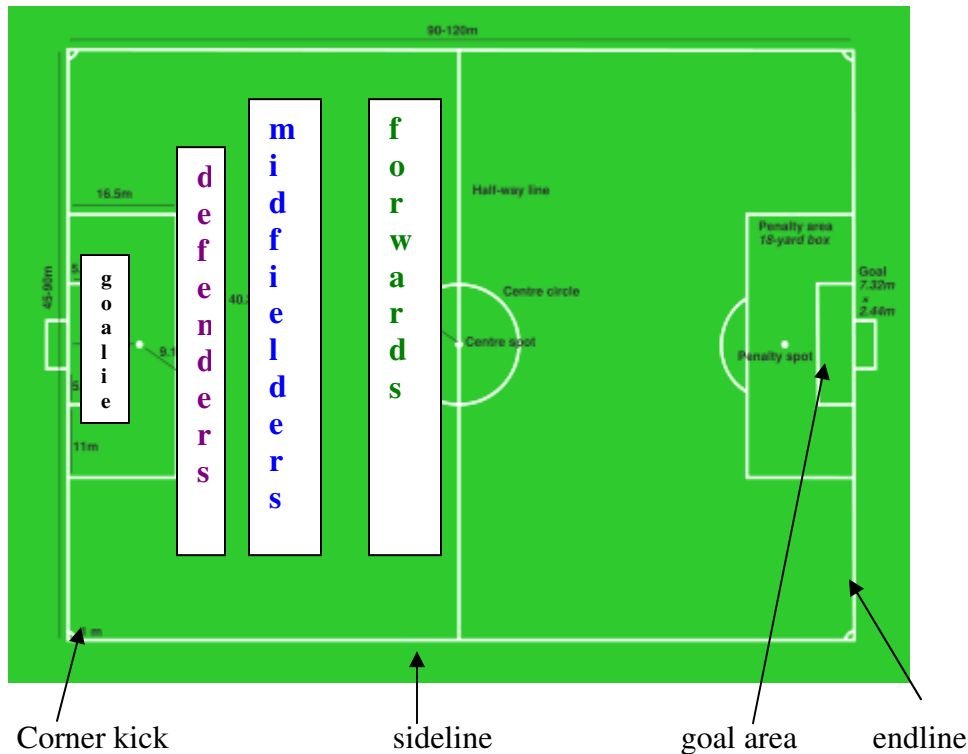


Soccer

Diagram courtesy of: http://en.wikipedia.org/wiki/Soccer_field



Vocabulary:

Dribble: forward kicks to keep the ball under control and in your possession.

Heading: using the head to advance the ball

Man to Man Defense: method of preventing goals by taking responsibility for guarding a specific offensive player on the opposing team.

Punting: a kick used by the goalie to clear the ball away from the goal and into the opponent's territory; performed by dropping the ball from one or both hands, and using the top of the foot, kicking the ball before it contacts the ground from within the penalty box.

Tackle: taking the ball away from an opponent with your feet

Throw-in: bring the ball back into play from the sideline by throwing the ball with two hands, over the head, with both feet in contact with the ground, until after the ball is released. The feet may be dragged along the ground.

Trapping: stopping the ball's progress with your feet, legs, or chest

Zone Defense: marking a space or area and any offensive player who enters.

Passing: advancing the ball from one player to another by pushing the ball with the inside or outside of the foot ahead of a moving teammate.

Rules:

1. Players and Positions: Systems of play (called “4,4,2” or “4,3,3”) refer to the alignment of defenders, midfielders and forwards, in that order.
2. There are eleven players on an official soccer team.
3. Goalkeeper: also called goalie; only players allowed to touch the ball with their hands within the penalty box.
4. Defenders job is to work with the goalie to prevent the ball from being scored.
5. Midfielders/halfbacks(center, right, and left): most hard working players; play both offense and defense and the link between both groups of players.
6. Forwards (center, right, and left outside wings): they try to score, as well as, come back and help the midfielders in order to start an attack, and to defend corner kicks and free kicks.
7. Game begins with a kick off from inside the center circle by the center forward. The opposing team must remain outside the circle until the ball is touched by another player
8. A goal is scored when the whole ball crosses the goal line between the goal posts (orange cones in class). A goal counts as one point.
9. Goal Kick: taken from the corner of the goal box by the goalie or a defender after the offense sends the ball over the end line. The rest of the players must stay ten yards back from the ball. The ball must be kicked from the ground (not punted).
10. Corner Kick: taken from a corner of the field by an offensive player (forward or midfielder), when a defensive player sends the ball over the end line. All players must be ten yards back from the kicker.
11. Throw-in: taken after the ball has crossed a sideline by the team which did not touch the ball last.
12. Off sides: when a player is closer to his opponent’s goal line than the ball at the moment the ball is being played by one of their teammates. A minimum of two players must be between the goal and this player to avoid an off sides call.

Illegal Play:

1. Fouls: kicking, tripping, hitting, holding, pushing, off sides, or touching the ball with your hands (other than the goalie).
2. Penalty: direct free kick; can score a goal from this kick.
3. Indirect free kick (no goal can be scored from this kick); used for high or dangerous kicking, and charging the goalie when they do not have the ball.
4. Penalty Kick: awarded to the offensive team when a foul is committed by the defense inside the penalty box. The kick is taken from the penalty mark and defended only by the goalie. Only one pint may be awarded.

Soccer Practice Test

True/False:

1. A corner kick is taken by an offensive player when a defensive player sends the ball over the end line.
2. Direct free kick is the penalty for high kicking.
3. Fullbacks are defenders who help the team by keeping the ball away from the goal.
4. When a player passes the ball, they should send the ball ahead of their teammate.
5. A goal kick is taken by a defensive player when an offensive player sends the ball over the end line.
6. A penalty kick is taken by an offensive player when a defensive player commits a foul inside the penalty box.
7. If a player is between the goalie and one other defender, but does not have the ball, they are considered to be off sides.
8. The stopper's job is to mark the opponent's center forward/striker.
9. Tackling is a skill used to wrestle a player to the ground in order to take control of the soccer ball.
10. Any player may touch the ball with their hands during the game.

1. T 2. F 3. T 4. T 5. T 6. T 7. F 8. T 9. F 10. F