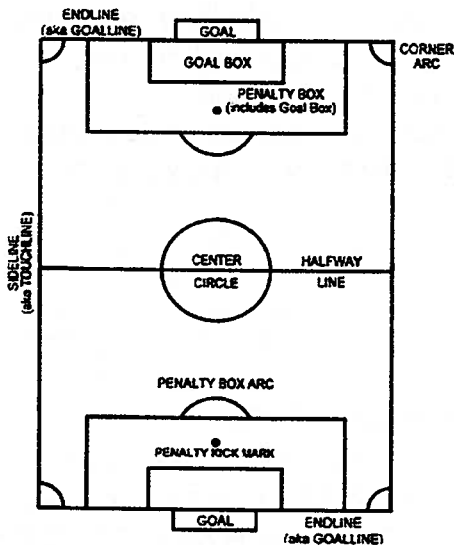


Old Orchard Junior High School SOCCER STUDY GUIDE

The Game

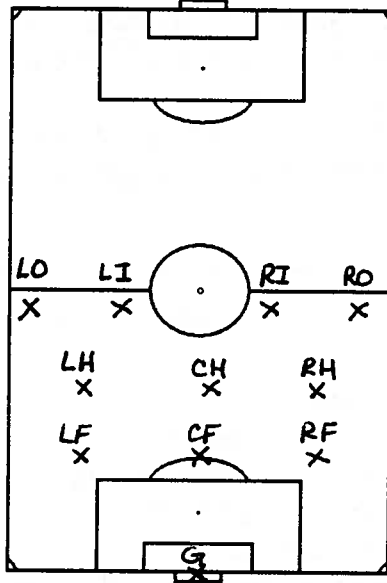
There are two teams of 11 players each. The game starts with a kick-off awarded to one team. The object of the game is for each team to advance the ball legally down the field and into the opponent's goal. This game is the most popular international game in the world and is played on a field equal to or larger than a football field.

Field Markings



This diagram shows all the markings on a soccer field. Players should have an awareness of these lines to be able to play positions best and know where restarts will occur.

Position Names and Kickoff Line-up For One Team of 11 Players



Forwards:

- LO – Left Outer (Wing)
- LI – Left Inner
- RI – Right Inner
- RO – Right Outer (Wing)

Midfielders or Halfbacks:

- LH – Left Halfback
- CH – Center Halfback
- RH – Right Halfback

Fullbacks or Defense:

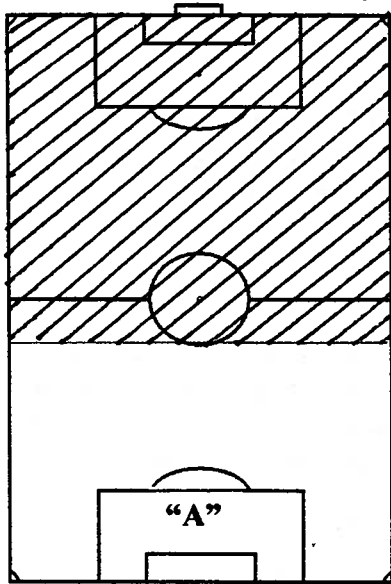
- LF – Left Fullback
- CF – Center Fullback
- RF – Right Fullback

Goalkeeper: G

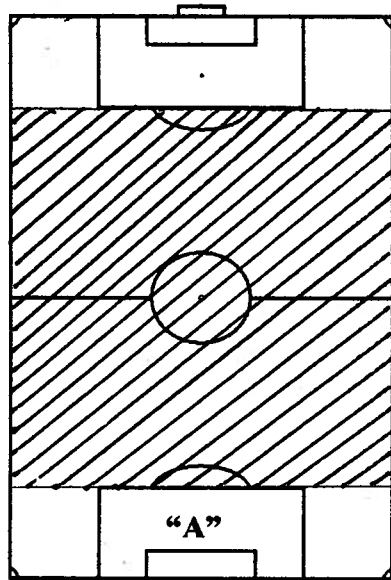
Team Alignment Strategies

Sometimes teams use a 3-3-4 alignment with three fullbacks, three halfbacks and four forwards as diagrammed above or a 2-3-5 alignment with two fullbacks, three halfbacks and five forwards or a 4-3-3 alignment four fullbacks, three halfbacks and three forwards. The basic function of the positions is still the same. Also note, when playing with fewer than 11 players, positions are adapted to the number playing, which may occur frequently in class. These are considered short-sided games.

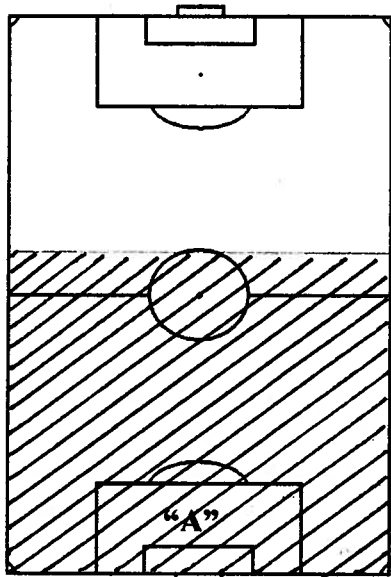
Player Positions- Responsibilities and Field Coverage



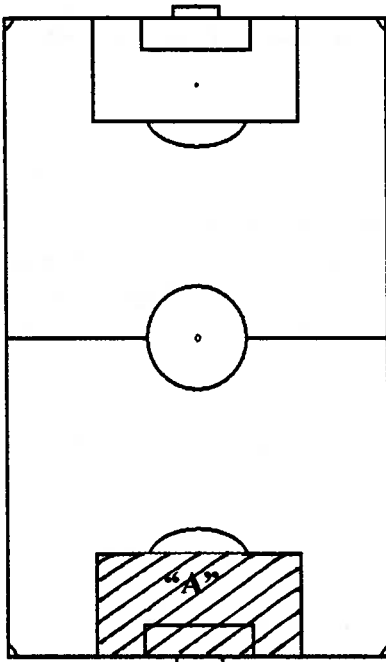
- "A" is the goal you are defending
- The **forwards** play offense and their primary job is to receive the ball from the halfbacks and attempt to score. They form the attack. When playing with four forwards, two play outside, right and left wings or (outers), and two play inside, right and left inners.
- Players should spread out and play in their own lane.
- These players cover about $\frac{3}{4}$ of the field, from their own 25 yard line to their opponent's goal line.
- Forwards should have good ball control and be able to trap and pass well and understand to follow shots on goal.



- "A" is the goal you are defending
- The next of the players in front of the fullbacks are called the **halfbacks or midfielders**, right, center and left. They have the responsibility of playing both offense and defense. They must stop attacks by the opponents, and then go on the attack for their own.
- Players should spread out and play in their own lane.
- These players cover about $\frac{3}{4}$ of the field, from their own goal line to their opponents penalty box.
- These players have to have the most endurance and often switch with forwards depending on the flow of the game.



- "A" is the goal you are defending
- There are three defensive players called the right, center and left **fullbacks**. Their main job is to play defense, stopping the ball and moving it to their teammates so an attack can be started.
- These players cover about $\frac{3}{4}$ of the field, from their own goal line to a bit over the centerline depending on the flow of the game.
- Defensive players work as a unit
- These players need to have strong, long powerful kicks to clear the ball downfield as well as having an aggressive nature to be able to challenge the opponents attacking forwards.



- "A" is the goal you are defending
- The **goalkeeper** is the last line of the defense and he/she can stop the ball from entering the goal by using his/her hands.
- A goalkeeper, within his own penalty area, may pick up or catch the ball.
- He/She may clear the ball from the goal area with a punt, throw, drop kick or roll.
- A goalie has 6 seconds to perform any of the above.
- If a goalie moves outside his penalty area, he is subject to all of the same rules that apply to the other players.
- A player may not charge, harass or obstruct the goalie while the ball is in the goalie's possession.
- A goalie may not unduly delay putting ball back in play after making a save.
- If a player on the goalies team intentionally passes or throws the ball to the goalie, he/she must play the ball with his/her feet only.

Scoring

A goal counts one point whether kicked legally from the field or by a penalty kick. The ball must completely pass over the goal line. Goals can also be scored directly from a kick-off, corner kick, goal kick, drop ball or direct free kick. A goal may NOT be scored from an indirect free kick, or a throw-in.

Soccer Terminology

ATTACKERS: Team in possession of the ball.

DEFENSE: Team that does not have possession of the ball.

DRIBBLING: Propelling the ball forward with slight successive pushes so that it is kept within a player's control.

DROP BALL: One that the official holds waist high and lets the ball drop directly from his hands to the ground between any two opposing players except the goal keepers. The ball must hit the ground before it is kicked by either side.

DROP KICK: A kick made by the goalie where the ball first touches the ground before contact is made with the foot.

FOULS: A player may not trip, kick, strike, hold, push or jump at an opponent or handle the ball.

HANDS: A player may not touch the ball with any part of his arms or hands from his shoulders on down. **EXCEPTION:** The goalies within their penalty area may handle and catch the ball.

HEADING: Propelling ball on the fly by meeting and directing it with the head.

OBSTRUCTION: Getting in the way of a goalkeeper attempting to play the ball or purposely blocking out opponent so that he/she can not play the ball.

OFFENSE: Team in possession of the ball.

OFFSIDE: An offensive player is offside if there are less than two defensive players between him/her and goal unless the ball is in front of him/her. The player must be judged as being part of the play. A player cannot be offside in his/her own defensive half of the field. There is no off-side on a corner kick, goal kick or throw-in until possession is determined. Offside can only be called against the offensive team.

OUT OF BOUNDS: Ball must be completely out of bounds either on the ground or while in the air. A ball on the line is still in play.

PASSING: Advancing the ball by a player to another player by means of a kick or head.

PUNT: A kick made by goalie that contacts the foot before it strikes the ground.

RESTART: The play used after the ball goes dead to begin the action up again.

SAVE: The act of stopping a hard driven ball.

VOLLEY: Kicking a ball on the fly before it strikes the ground.

TACKLING: Intercepting the ball with any legal part of the body, usually the foot or leg.

TRAPPING: Stopping the ball legally by use of a foot trap, knee trap, chest trap, etc.

VIOLATION: Breaking a rule of the game.

MOST COMMON SOCCER RESTARTS

1. Throw-in:

- Ball has gone out of bounds on the sideline.
- Opponent of team who last touched ball is awarded the throw-in.
- The throw-in must be made with two hands directly over the back of the head, both hands must throw evenly and both feet must be in contact with the ground.
- Thrower may not contact ball until touched by another player of either team.
- If an illegal throw in is done, the opponent will then be awarded a throw-in from the same spot.
- A goal may not be scored from a throw-in.

2. Kick-Off:

- This kick is used to start a game, quarter or half or after a goal has been scored.
- This direct free kick is awarded to the team (if after a goal) that did not score.
- This kick must travel forward or sideways.
- Each team must be in its own half of the field at this time.
- Player taking kick-off may not touch ball again until another player has.
- A goal can be scored directly from a kick-off.

3. Goal Kick:

- When the attacking team sends the ball out of bounds over goal line, but not in the the goal, the defending team is awarded a free kick from the 6 yard line.
- This kick must clear the penalty area before either team can play it.
- Best strategy is to clear the ball up and to the nearest sideline.
- A goal can be scored directly from a goal kick.

4. Corner Kick:

- When defending team last touches ball before it goes out of bounds over the goal line, but not in the goal, the attacking team is awarded a free kick from the corner of the field.
- Attacking team cannot be offside regardless of position on this play.
- A goal may be scored directly from a corner kick.

5. Drop Ball:

- When players from both teams simultaneously touch a ball that goes out of bounds and the referee cannot determine who touched the ball last.
- This is also called for a double foul situation.

6. Free Kick:

- This is a place kick taken at the spot where the foul or infringement occurs (except when the foul occurs in the penalty area; see penalty kick).
- There are two types of free kicks, direct and indirect.
- A **direct free kick** is awarded for most major violations, (i.e.: tripping, hand ball, pushing, holding, dangerous play) and a goal *can* be scored directly from such a kick.
- An **indirect free kick** is awarded for more minor violations, (i.e.: obstruction, offside, two consecutive touches by the same player on a restart) and a goal *cannot* be scored from this kick unless a member of either team has first touched the ball.
- The defending team may form a wall, however, not closer than 10 yards from the placement of the ball.

7. Penalty Kick:

- A penalty kick is awarded when any member of the defending team commits a foul within the penalty area.
- Only the person taking the penalty kick and the goalie can be in the penalty area.
- A place kick at the penalty kick mark is taken 12 yards from the goal.
- The kicker must kick it forward and attempt to send it through the goal and cannot retouch the ball of a miss until another player of either team touches the ball.
- Goalie must have both feet on goal line until ball is kicked, but may be moving.

NOTE: On all these restarts the players taking it may not touch the ball again until someone else on the field has touched the ball.

