



# Soccer

## Answer the questions.

1. What do you know about soccer?
2. What are the important aspects of dribbling?
3. How do you perform a throw in?
4. In what ways can you legally defend the ball?
5. How do you perform a punt?
6. Describe how the goal keeper can position themselves to cover the goal effectively.
7. Describe when a corner kick is used and how it is performed.
8. Describe when a goal kick is used and how it is performed.
9. Draw and Label the soccer Field
10. What makes the pass and go so effective for scoring a goal?
11. Passing is a critical aspect of being a successful soccer player. What are the key elements of passing?
12. What are some **offensive** strategies your team should use?
13. What are some **defensive** strategies your team should use?

**History** In every country except the United States, soccer is referred to as *football*. The history of soccer goes back some 2,000 years ago, evidenced by records of different types of soccer in ancient Greece and Rome. But it was in England during the Middle Ages that football began to take the shape recognized as soccer (or football) today.

Originally considered a vulgar, rowdy pastime, constant efforts were made by law-abiding mayors, sheriffs, and clerics to suppress the game. It was thought that the game kept men from their Christian duties and from “proper” occupation, and it wasted valuable time that might otherwise have been profitably spent in the practice of archery and other military skills. Despite these efforts to stamp it out, however, the people went on playing.

What came to be known as *mob football*, soccer was little more than a violent street battle in early England. The field was the length of the town, the number of players might be as many as 500, the conflict continued for an entire day, and vast numbers of windows and legs were broken. There were even some deaths. It was upon this turmoil that some order was finally imposed, and from that order the game of soccer emerged.

Formal soccer rules were first adopted by the English Football Association. As is the case with the evolution of all sports, with each passing development, rules were amended and changed to increase safety and allow for fair play. Field dimensions, starting and playing positions, goal parameters, and other specifics were introduced along the way.

Soccer is much more popular in Europe and South America than in the United States. In fact, soccer is the focus of the largest sporting event in the world. The World Cup, the international professional soccer championship held every four years, draws crowds in the millions. Today soccer is gaining popularity in the United States. The game is unique among other U.S. sports because players (except the goalkeeper) use only the feet, chest, and head, not the hands. With an emphasis on kicking instead of catching, soccer skills remain quite distinct from the majority of other team sports played around the world.

## Rules

- Objective is to score as many points as possible by putting the ball into the opponents goal.
- Eleven players per team.
- A goal is scored when the ball completely crosses the goal line and is worth one point.
- The player who begins the game by kicking off may not touch the ball again until another player has.
- Players must use their feet, head, or chests to play the ball, with the exception of the goalkeeper and of making a throw-in.
- Players are not allowed to trip, slide tackle, hold, or push another player in order to gain control the ball.



### Questions Continued

14. What is the best way for defensive players to help the goal keeper?
15. Describe the best way to steal the ball from a more advanced player.
16. Communication is a very important part of team sports. How can your team use effective communication to be successful?
17. What strategies did your team use to be successful?
18. Why do you think soccer is one of the most popular sports in the world? Explain.
19. What soccer skill were you most successful at performing?



### Positions

- **Forwards or Strikers**-attacking side of the field
- **Midfielders**— play both offensive and defensive sides of the field.
- **Backs or Fullbacks**— play the defensive side of the field.
- **Goalkeepers**-last line of defense for the goal.

### Vocabulary

1. **Corner kick** a kick made from the corner arc after the defensive team kicks the ball over the end line.
2. **Goal kick** a kick made by the goalkeeper after the offensive team kicks the ball over the end line
3. **Throw-in** putting the ball back in play after it is kicked out of bounds. Two hands must be used and both feet must be on the ground
4. **Punt** kicking the ball in the air after it is dropped from your hands
5. **Save** keeping the ball from crossing the goal line
6. **Assist** a pass to a teammate who scores a goal
7. **Penalty kick** a bonus kick given if a penalty is committed.
8. **Passing** kicking or redirecting the ball to a teammate.
9. **Dribbling** an individual moving the ball across the field using different parts of their feet.
10. **Man-on** a warning given to a teammate to indicate the presence of a defender
11. **Trapping** using the feet or legal part of the body to control the ball.
12. **Bending (Banana Shot)** a shot or pass that curves
13. **Goalkeeper** the only player on the field that can use any part of the body to stop the ball. They may also pick up a ball kicked by the opposing team.
14. **Goalie Arch** an invisible line that curves around the center of the goal in which the goalie adjusts their position to best defend the goal.

### Goalkeeping-Throws

- Underhand: release the ball close to the ground using an underhand motion, rolling it smoothly to teammate. Short range pass.
- Side Arm: using dominant hand, while body twisted backwards, sling the ball forward keeping arm parallel to the ground.
- Two hand overhead: same throw as the throw in.

### Goalkeeping-Stops

- Basket Catch: using the body and arms to stop an airborne ball in front of the goalkeeper. Like hugging the ball.
- Two hand stop: forming a “W” with thumbs together, forming a wall with the palm of the hands. Used when the ball is off of the ground, but above or to the side of the goalkeeper.
- Scoop: using hands, fingers pointing downward and slightly forward. Used when the ball is on the ground.