

# Soccer

## History

Not much is known about the origin of soccer. However, football and ball kicking games were played by the Greeks and Romans. The first set of rules were developed by the London Football Association in 1893. British sailors and settlers brought the game to India, South America, and Europe.

During the late 19th century, soccer was brought to the United States. However, it did not prove popular until after World War I. In 1908, soccer was made an Olympic event. Since 1952, Hungary has won the most gold medals with three.

Even today, although it is an international game, it has been slow to gain popularity as an intercollegiate sport in this country. It is however, gaining popularity and is being included in physical education programs in many schools. Also many local communities have started youth soccer leagues for children for all ages.

## Rules

The rules of soccer are pretty simple. Players wear shirts, shorts, cleated shoes, and sometimes shin guards tucked inside their socks. The soccer ball is usually made of rubber or leather.

A soccer game begins with one team kicking off. Play continues constantly, stopping if the ball goes out of bounds, a foul is committed, or a goal is scored. In most competitions, the game is 90 minutes long, played in two 45 minutes halves.

The referee is assisted by two linesman, one on each sideline. Penalties against an opposing team are pushing, tripping, holding, striking, intentional kicking and charging from behind. When these types of penalties occur, the referee awards a direct free kick against the opposing team. It takes place on the spot where the penalty occurred, unless the violation occurs in the offending teams' own penalty area. Then it is placed 12 yards from the goal, and only the goalie may try to defend the goal.

Other offenses, which are considered not as severe area obstruction, offsides, and dangerous play. The hands and arms may not be used to contact the ball unless you are the goalie. When these occur, an indirect free kick is awarded, meaning that one pass must be made before a goal.

When the ball goes out of bounds over the side lines, it is returned back into play with a two hand overhead throw, with both of the players feet touching the ground. When the ball goes over the goal line, but does not go into the goal, it is either a corner kick for the attacking team, or a free kick for the defending team.

## Fun Facts

- Players run as many as 6 or 7 miles during the course of a game.
- Soccer is the world's MOST popular team sport
- Pele, probably the greatest player to ever play soccer called it "the beautiful game".
- Soccer like games were played in China as many as 2000 years ago.
- The Romans played a game called "harpastum" which was probably the origin of modern soccer.
- Rules require that soccer be played on a rectangular field between 100 and 130 yards long, and

between 50 and 100 yards wide.

- At the end of the 1980's about 12 million Americans under the age of 19 (37% of them girls) were playing organized soccer.

## **Definitions**

**Attacker**- A player trying to score in a game.

**Call**- A decision made by the referee.

**Centering**- Kicking the ball from one of the wings into the goal or penalty area.

**Corner Kick**- A kick taken at the corner of the field by the attacking team when the defending team last touched the ball before it crossed the goal line.

**Defense**- The part of your team trying to stop the other team from scoring.

**Dribble**- Moving the ball with the feet, using small, short kicks.

**Forwards**- The players on a team who take most of the shots, and do most of the scoring.

**Foul**-An illegal play or movement by a player.

**Free Kick**- A free-kick is given to a team when the other team commits a foul. The other team must remain 10 yards away while you pass or shoot the ball.

**Goal**- When the ball goes between the goalpost to score a point.

**Goal Box**- The box in which the ball is placed to take a goal kick.

**Halfback** - The players on a team who play around the middle of the field. They pass the ball to the forwards so they can score.

**Half-Line** - The line across the middle of the field, dividing it in half.

**Heading** - Propelling the ball by hitting it with your head.

**Offense** - The part of your team trying to score.

**Pass** - Using part of your body to hit the ball to a teammate.

**Power Kick** - A hard, fast shot or kick.

**Shot** - An attempt to score a goal.

**Strikers** – The forwards in the middle of the forward line who usually take the most shots.

**Sweeper** – The defender who does not have a special player to cover, and usually plays behind the other fullbacks to back them up.

**Tackling** – Using the feet to take the ball away from an opponent.

**Throw-In** – Putting the ball back in play when it goes out of bounds on the sidelines. You hold the ball with both hands behind the head, bring them forward to throw the ball.

**Touchline** – The boundary lines on the long sides of the field.

**Trapping** – Gaining control of a moving ball by stopping it with a part of the body.

## **BASIC SOCCER SKILLS TO KNOW**

The Instep Drive

Shooting

Heading the Ball

Passing

Trapping

Dribbling

Goalkeeping

## **METHODS OF TRAPPING**

Sole of the Foot Trap

Inside of the Foot Trap

Outside of the Foot Trap

Chest Trap

Thigh Trap