

SOCCER



Safety Procedures:

The following suggestions may make soccer safer:

- A. The students should know the rules. A thorough understanding of the rules may prevent unnecessary activity which may lead to accidents or injuries.
- B. A "lace less" ball should be encouraged. Laces can cause minor abrasions.
- C. Students should be encouraged to master elementary skills.
- D. Students should "head" only those balls which are above the head.
- E. It may be advisable for students to wear shin guards.
- F. When practicing "heading," a lighter and softer ball should be used.
- G. The field of play should be kept clear of all obstructions.
- H. The students should wear shoes which can be laced properly. Loose fitting or worn-out shoes should be discouraged.

History:

It is often thought that soccer originated in England as a refinement of games and/or contests established by Greeks and Romans. But military training manuals from Han Dynasty (about 200 B.C.) mention an activity called "TSU CHU" "TSU" which means to kick with the foot and "CHU" means a ball made of leather.

In the 12th century, the game spread to England and by the early 1600's, the English public schools developed association football (soccer). Since then soccer has become an international game played by more than seventy countries under a uniform set of rules.

Soccer was introduced in the United States in about 1870. Since then, soccer has not gained as much popularity as other more "American" games and its prominence is centered mostly in urban areas which have relatively high concentrations of foreign-born people.

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Rules:

Field Dimensions

The recommended size of a soccer field for adults is between 70 and 80 yards wide and 110 to 120 yards in length. It is somewhat less for younger ages. The goal is 8 x 24 feet.

Time

In association soccer there are two 45-minute halves. Collegiate rules provide for four 22-minute quarters. There are no team time-outs in soccer; however, the referee may call time for an injury. Substitutions are made quickly on throw-in, goal kicks and corner kicks.

Scoring

A goal is scored when the whole ball passes over the goal line between the uprights and under the crossbar. Any part of the body except the hands and arms can be used to propel the ball into the goal. Each goal counts one point regardless of how it is achieved.

Fouls

An indirect free kick is awarded for non-personal fouls such as dangerous play, a goalkeeper taking too many steps with the ball and off-sides. A second player from either team must touch the ball on an indirect kick before a goal can be scored. A goal cannot be scored directly from the kicker's foot.

Direct Free Kicks

These kicks are awarded providing a personal foul is committed such as pushing, holding, kicking, kneeing, elbowing an opponent or intentionally handling the ball. A goal can be scored directly from a kick awarded for foregoing reason. If the foul occurs within the penalty area, a penalty kick is awarded. Penalty kicks are taken from a spot 12 yards in front of goal.

Offside

The offside rule prevents players from being "basket hangers" or "sleepers" as in basketball. A player in his opponent's end of the field must have two opponents between himself and the goal line at the time the ball is played to him.

Goal Kicks

Such are awarded to the defending team if the attacking team kicks or heads the ball past the end line.

Throw-Ins

When the ball goes over the touch or side line, a throw-in is awarded to the opposing team of the player who last touched the ball.

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Rules Continued:

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Rules Continued:

Corner Kick:

This kick is awarded to the attacking team when defender last touches the ball before going over the end line.

Throw'- Ins

When the ball goes over the touch or side line, a throw-in is awarded to opposing team of the player who last touched the ball.

Line-up

Eleven men are on a side. The offense consists of five men: one center, two insides, and two wingers. Two halfbacks operate at mid-field between the forwards and the defense. Halfbacks both attack and defend depending upon the situation. Three fullbacks and a goalkeeper make up the defensive unit. The goalkeeper is the only man who can use his hands and may do so only in the penalty area.

Terminology:

- A. **Caution** - An official warning given by the referee to a player who:
 - 1) Persistently infringes on the rules.
 - 2) Shows dissent from any decision by a referee.
 - 3) Is guilty of unsportsmanlike conduct.
- B. **Clearing** - A throw or kick by the goalkeeper after he has stopped a ball in the vicinity of the goal area.
- C. **Cross** - A ball kicked from one side of the field to the other.
- D. **Corner Kick** - A kick made by the attacking team from a corner arc. A corner kick is awarded when the ball is last touched by a defensive player and passes over the goal line without resulting in a goal.
- E. **Direct Free Kick** - A free kick from which a goal can be scored directly. It is awarded for personal fouls and major infractions of the rules.
- F. **Dribbling** - A method of advancing the ball with the feet by a series of short taps.
- G. **Drop Ball** - A ball held by the referee and allowed to fall directly to the ground between two opponents. The ball is in play when it touches the ground. A goal may be scored directly from a drop ball.
- H. **Goal** - A one-point score occurring when the ball passes wholly over the goal line, between the goal posts and under the crossbar.

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Terminology Continued:

- I. **Goal Kick** - An indirect free kick made by any defending player from the goal box. A goal kick is awarded when the ball is last touched by an offensive player and passes over the goal line with out resulting in a goal
- J. **Goalkeeper** - A player designated to guard the goal. The "goalie" may run with the ball and touch it with his hands under specified conditions; these are special privileges which no other player enjoys.
- J. **Heading** - Method of passing, scoring, or bringing the ball under control by allowing it to come in contact with the forehead.
- L. **Instep** - The top portion of the foot covered by the shoelace.
- M. **Instep Kick** - A long-kick performed by making contact with the ball at the instep or shoe lace.
- N. **Kick-Off** - A place kick from the center spot within the center circle which puts the ball into play at the beginning of each half and after each score. The kick-off rule specifies conditions of play.
- O. **Penalty box** - That area directly in front of the mouth of the goal (18 x 44 yards). The goalkeeper may use his hand in this area only.
- P. **Penalty Kick** - A direct free kick from a spot (penalty mark) 12 yards from the goal line. It is awarded to the offended team from fouls committed by the defensive team in its own penalty area.
- Q. **Save** - A shot at the goal which is stopped by the goalkeeper.
- R. **Tackling** - A method of gaining possession of the ball by use of the feet. Unnecessary roughness and use of the hands are not permitted.
- S. **Throw-In** - A two-handed, over the head throw which puts the ball into play after it has gone out of play over a touch line.
- T. **Touch Line** - The boundary lines on each side of the field.
- U. **Volleying** - Kicking the ball while it is in the air.