

SOCCER STUDY GUIDE

History

The roots of soccer can be traced back to the Han Dynasty in second century China. The game tsu chu, or “kicking a ball,” was included in military physical training. In 16th century Italy, a game called calico was played on holidays. Teams would gather in the city squares of Florence and Venice and compete in this game that involved kicking as well as handling the ball. Each team had 27 players who wore costumes. Even though games that involved kicking a ball were played in other parts of the world, England is without doubt the birthplace of the game now known as soccer, or Association Football. It was here in 1863 that the Football Association was founded. In 1904, football associations from seven countries met in Paris and founded the Fédération Internationale de Football Association (FIFA). The original members of FIFA were Belgium, Denmark, France, The Netherlands, Spain, Sweden and Switzerland. Germany joined the federation immediately. Surprisingly, England originally snubbed FIFA, feeling that soccer was an English game and should be governed by the English Football Association. England joined FIFA in 1906 and an Englishman, Daniel Burley Woolfall became FIFA President. Today, FIFA has 205 member associations.

Field Dimensions

Length	130 yards maximum	100 yards minimum
Width	100 yards maximum	50 yards minimum

Players

Must have at least 7 players to start the game and no more than 11.

Safety

Shinguards are worn on the front side of the lower leg for protection

Fouls

Major - kicking, tripping, jumping, charging, striking, pushing, holding, spitting, tackle from behind, intentional hand ball. A **direct free kick** is awarded.

Direct free kick – a free kick that only has to touch one player (the kicker) before it may go in the goal

Penalty kick – major foul committed in penalty area by defensive team results in this type of kick

Minor – obstruction, dangerous play, any other foul not mentioned under major fouls. An **indirect free kick** is awarded.

Indirect free kick – a free kick that must touch at least 2 players before it may enter the goal

Yellow card – warning for rough play.

Red card – player is sent off the field for a serious foul, continuous fouling, or misconduct.

Player may not be substituted for and team plays short for the rest of the game

Starts / Restarts

Kick off – taken at center circle, beginning of game, each half and after a goal is scored

Goal kick – taken by defensive team after offensive team kicks ball over goal line

Corner kick – taken by offensive team after defensive team kicks ball over their own goal line

Throw in – taken when ball goes over the touch line

Skills

Passing

1. Lock foot and use in-step
2. Follow thru and strike ball on top of center line to keep ball down
3. place non-kicking foot on side of ball and point towards target

Shooting

1. Keep eye on ball
2. Strike ball on laces for hard shot
3. strike ball on in-step for more accurate shot

Trapping

1. Relax ankle / foot
2. Cushion ball by moving non support leg back as ball arrives
3. keep support leg slightly bent for balance

Throw in

1. Both hands on ball
2. Ball must be thrown directly from behind head
3. both feet must remain on ground

Formations

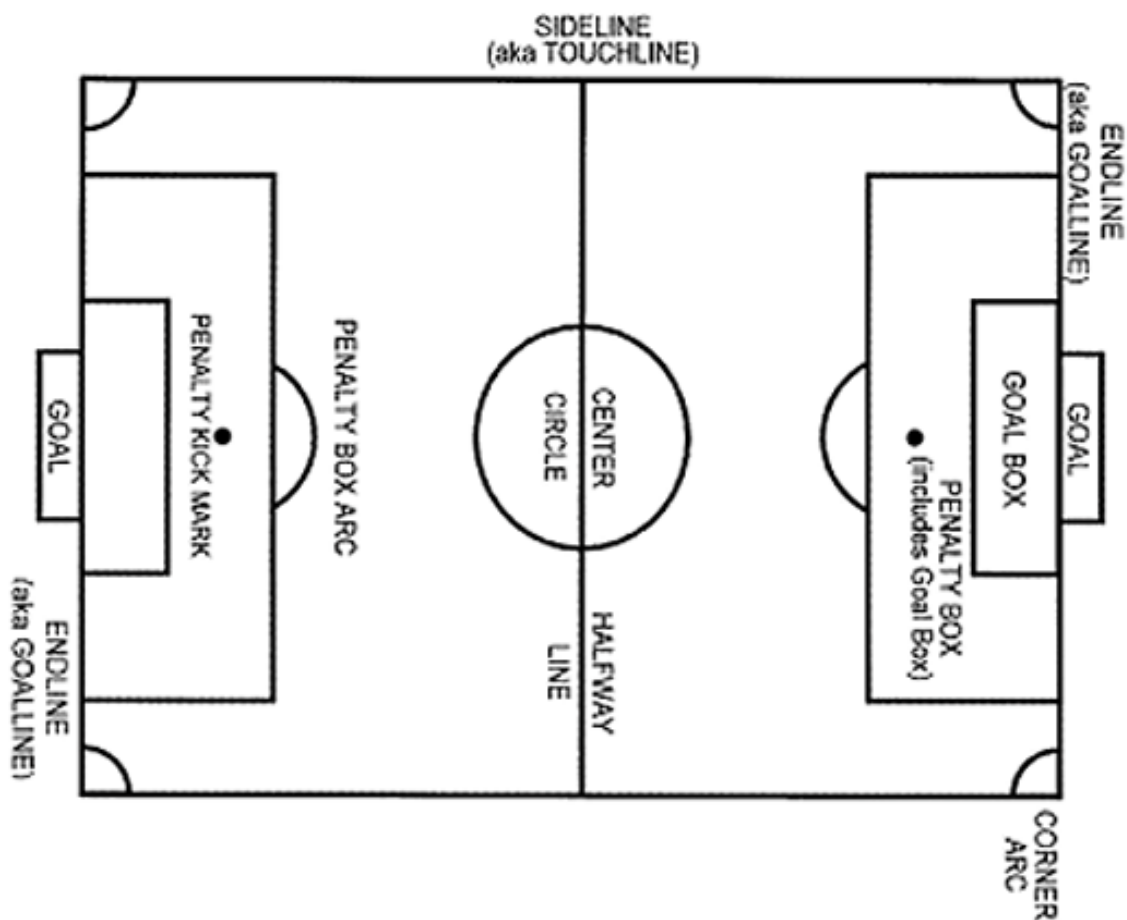
These alignments are used to set up teams offensively and defensively. Based on a team's competitor, teams will set up either stronger in the back or put more pressure up front depending on speed, ability and weather conditions.

4-4-2	1 goalkeeper, 4 fullbacks, 4 midfielders, 2 forwards
3-5-2	1 goalkeeper, 3 fullbacks, 5 midfielders, 2 forwards
4-3-3	1 goalkeeper, 4 fullbacks, 3 midfielders, 3 forwards

Player responsibilities

Goalkeeper	stop ball from going in goal, only player allowed to use hands in the penalty area/box
Fullbacks	play defense and cover opposing teams' offensive players, occasionally overlap on offense
Midfielders	play both offense and defense, support fullbacks and forwards, requires a lot of running
Forwards	score goals, support midfielders and occasionally support defense

Field of Play



Standards

6th grade	1.3 Strike an object consistently, using a body part, so that the object travels in the intended direction at the desired height.
	2.4 Provide feedback to a partner to assist in developing and improving movement skills
	5.1 Participate productively in group physical activities