



Soccer

History

Soccer type games can be traced back to China around 200BC and also to the ancient Greeks. Modern day soccer gets its roots in Great Britain. In 1863 unified rules were set and the game became known as Association Football. The name was later shortened to A-soc and eventually to Soccer.

Soccer became an Olympic sport in 1930. It wasn't until the 1970's that soccer began to gain in popularity in the U.S. Today soccer is the most frequently played game in the world.

Rules and Information

11 players on a team

Goal = 1 point

Game length = 2 – 45 min. halves (90 min.)

The game is continuous with no time outs. Time stops for the following:

1. End of the half
2. Score
3. Injury
4. Official stops play

Offensive Duties:

1. Maintain ball possession
2. Move the ball into scoring position by dribbling and passing
3. Score goals by propelling the ball across the goal line and into the net

Defensive Duties:

1. Contain opponents and the ball
2. Force excessive passes
3. Mark opponents in scoring position
4. Take the ball away whenever possible

Playing positions and responsibilities:

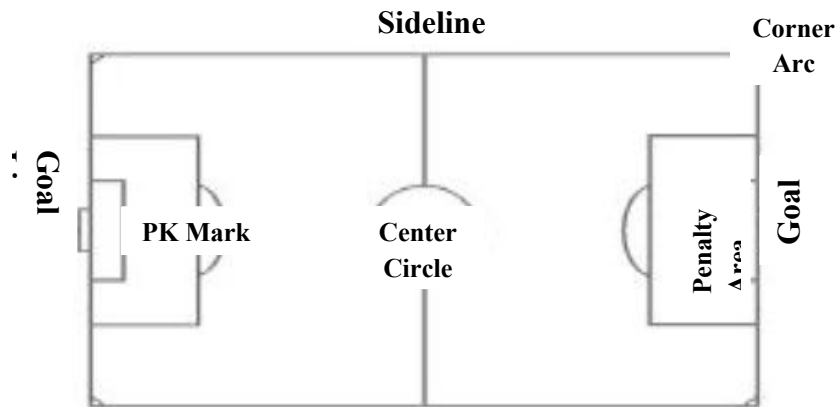
1. Forwards – score goals
2. Halfbacks – support offense/first line of defense
3. Fullbacks – defend against opponent's attack

Terms and rules of the game:

1. The ball may be played with the head, body or feet in dribbling, passing, trapping, blocking and volleying. Only the goalie may field the ball with his/her hands while in the goalie box.
2. **Kick-Off:** used to begin the game and after a score. The ball is placed in the center of the field. The opponents must be at least 10 yards back.
3. **Corner Kick:** awarded to the attacking team when the defense kicks the ball over the end line.
4. **Goal Kick:** awarded to the defense when the offense kicks the ball over the end line.
5. **Indirect Kick:** awarded for infractions of the rules/less flagrant fouls; a goal cannot be score unless touched by another player.
6. **Direct Kick:** awarded for an aggressive flagrant foul; can be scored on this kick.
7. **Off sides:** called when a player is ahead of the ball in the opponent's half of the field with defensive player between him/her and the goal.
8. **Throw-in:** used to put the ball in play after the ball goes out over the sideline.

Indoor Play:

1. The ball may be passed against the ball – no side or end lines.
2. Out of bounds: Field House –rafters, and ceiling. Wooden Gym – ceiling.



Benefits:

1. Aerobic Activity/promotes cardiovascular fitness
2. Enhance eye/foot coordination
3. Social aspect of team play
4. Endurance and general fitness

Fun Fact

The most goals scored in a single game is 16 by Stephan Stanis for Racing Club Lens vs. Aubry-Austures on December 13, 1942.