

# Soccer Study Guide

## Player Positions

1. Attacker/Offense - Advance the ball down the field to attempt to score
2. Midfield/Halfback - Plays both offense and defense
3. Defender/Fullback - Plays mostly defense
4. Goalie/Goalkeeper - The last line of defense

## Game of Soccer

### ***Kickoff***

- Both teams must be on their defensive side before kickoff
- The defensive team must be at least 5 yards away from the ball
- The ball must travel forward, past the centerline
- The player kicking off can not touch the ball again until another player has kicked it
- After a goal is scored, play is started again with a kickoff by the non-scoring team

### ***Scoring***

- A goal is scored when the ball completely crosses the goal line
- If a goal carries the ball completely past the goal line it is still a goal
- A goal is worth (1) point

### ***Out of Bounds***

- When the ball passes completely over the sideline it is out

### ***Throw-In***

- When the ball goes out of bounds on the sideline it is put back into play with a throw-in
- The thrower can not touch the ball again till another player touches the ball
- All opponents are 5 yards away from the thrower
- Proper form:
  - Ball must be thrown with (2) hands
  - Over the head
  - Both feet touching the ground

### **Goal Kick**

- If the ball is kicked out over the goal line by the attacking team, a goal kick is awarded
- The ball is put on the goal box line and is kicked by the goalie or any defensive player
- The kicker can not touch the ball until another player touches the ball
- All offensive players are out of the penalty box

### **Corner Kick**

- If the ball is caused to go out over the goal line by the defensive team, a corner kick is awarded
- The ball is placed on the arc in the corner of the field and kicked into the field of play and an offensive player
- Defensive players must be 5 yards away

### **Fouls**

- Personal fouls involving unnecessary roughness are penalized
- Fouls include:
  - Tripping
  - Striking
  - Charging
  - Holding
  - Pushing
  - Intentionally jumping into someone
  - Touching the ball with your hands (Hand Ball)
- All fouls are direct kicks

### **Direct Kick**

- Awarded at the spot of the personal foul
- Offense has a free kick
- Defense is 5 yards away

### **Goalie/Goalkeeper**

- May use hands inside the penalty area ONLY
- 6 seconds to put the ball on the ground or back into play
- Goalies may use the following to put the ball back into play:
  - Throw
  - Punt
  - Roll
  - Put ball on the ground and kick or dribble