

# Soccer Study Guide

## **BASIC SOCCER RULES**

- 1) Rock, paper, scissors to decide the kick off.
- 2) Must kick a goal below the height of the cones.
- 3) Restart at the **center** after a goal has been made.
- 4) Free kicks for pushing, tripping etc (honesty system comes into play)
- 5) Throw in from sidelines using both hands, over the head, while keeping both feet on the ground
- 6) Corner kicks from baseline if kicked out by **defense**.
- 7) Goalie can kick or throw from baseline if kicked out by **offense**.
- 8) **Direct kick:** player can shoot directly at the goal.
- 9) **Indirect kick:** player must kick the ball to another teammate before a goal can be scored.
- 10) Each time a goal is scored each team must get a new goalie.
- 11) All disagreements are settled by rock, paper, scissors - best out of one.
- 12) No handball- ball placed at spot of handball resulting in an indirect kick.

## **Dribbling**

1. Tap the ball lightly below its center
2. Use both feet for dribbling.
3. Kept the ball 12-24 inches in front of the feet.
4. Use arms for balance.
5. Watch the ball, but be alert to other players' position.
6. Use the inside of foot, outside of foot, instep, or toe to dribble the ball.

## **Passing**

1. contact the ball in the center
2. keep the ball on the ground
3. use the inside of your foot
4. follow through in the direction of the pass

## **Offensive Strategies**

1. get into open space to help a teammate (support)
2. use cuts to get open
3. Fakes: fake using the inside of your foot to go one way and then use the outside of your foot to go the other direction (this catches the defensive player off balance)
4. Quick throw-ins to help catch the defense off guard (out of position).
5. Use rollback for a change in direction.
6. Go to the outside with ball to eliminate defensive angles.

### Defensive Strategies

1. stay between the person with the ball and the receiver
2. **guarding/marking:** staying within a few arm lengths away of the opponent making it more difficult for the other team to pass the ball

### Soccer Field Diagram

