

# SOCCER STUDY GUIDE

## Basic Soccer Field Terms

**Corner Flag** – the flag located at each of the 4 corners of the soccer field, inside the corner area.

**End Line** – the boundary line extending from corner to corner along its width at each end.

**Goal Area** – the rectangular area (20 x 6 yd. on a full-size soccer field) marked within the penalty area (or inside the larger rectangle) and directly in front of goal.  
Purpose: Marks the area from which all goal kicks must be taken.

**Goal Box** – commoner's term for the goal area or sometimes the penalty area.

**Goal Line** – same as the end line.

**Midfield Line** – a line in the center of the soccer field that divides the field in half along its width and runs parallel to the goals. Purpose: Used for start and restart as well as for calling offside. A player cannot be offside on their half of field.

**Sideline** – common word for the touchline.

## Basic Soccer Positions

**Defender** – A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition's attackers from scoring.

**Forward/Offense** – A player who is responsible for most of a team's scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.

**Goalie /Goalkeeper** – I bet you know this one. The player positioned directly in front of the goal who tries to prevent shots from crossing the goalline; the only player allowed to use their hands and arms, though only within the 18-yard penalty area.

**Midfielder** – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

## Basic Soccer Terms

1. **Dribbling**-using short, controlled taps to move the ball down the field. Key points are to keep your head and eyes up and keep the ball under control.
2. **Trapping**-bringing the ball to a stop or under control. You may use any part of your body to do this except from your shoulders down to your hands.
3. **Shooting**-when shooting at the goal, you should try to aim at the top corners of the goal. This is the hardest place for the goalie to reach.
4. **Passing**-using the inside or outside part of your foot to get the ball from one player to another. Passing is the fastest way to advance the ball down the field.

## Basic Soccer Rules to know for Physical Education

1. **No Hands, please** - A couple of points to clarify. First, the rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder.
2. **Throw-ins** - A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head.
3. **Corner Kicks & Goal Kicks** - A corner kick or goal kick is taken when the ball leaves the field across the endline – you know, the end of the field. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick. Goal kick is taken from anywhere inside the “goalie box”. Can be taken by any player, not just goalie.
4. **Fouls/Violations** -The common rule of thumb on fouls is “If it looks like a foul, it probably is.” A player cannot kick, trip, use hands, elbow, jump at, charge, strike, push, hold, or spit at an opponent. This is a judgment call.
5. **Direct and Indirect Free Kicks** -The difference between the two is: On a direct kick you can score by kicking the ball *directly* into goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into goal – that is the kicker and a second person.
6. **Penalty Kick** -A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it’s a type of direct kick also. The ball is placed on the penalty spot, 12 yards in front of the center of the goal. All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked. If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.
7. **Yellow and Red Cards** - This is the way punishment is given in soccer. The FIFA soccer rules give the guidelines for when to give a yellow card to a player and when to give a red card. I’m not going to get into the specifics here. If a player is given two yellow cards in the same game, that is equal to a red card. A red card can be given at any time without the player first receiving a yellow card. When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced.

**Health benefits when playing soccer**-increases cardiovascular endurance and aerobic capacity (improving lung and heart capacity), improving self-esteem, lowers body fat and improves muscle tone.