

# JR/SR Soccer Study Guide

## Soccer:

- A fast moving game with an objective to score more goals than the opponent.
- A team consists of **eleven players** including:
  - **Goalkeeper** – responsible for protecting the goal and is allowed to use his/her hands but only while in the penalty area
  - **Defenders** – players responsible for shutting down the attack and preventing the other team from scoring
  - **Midfielders** – Strong and skillful players with endurance who are responsible for linking the offense and the defense
  - **Forwards** – Players responsible for scoring who have speed and good dribbling skills.
- Soccer games can last from 60 to 90 minutes depending on the level of play. Typically at the high school level a game will last 80 minutes with two 40 minute halves.
- The game starts with a **kick off**. Both teams start on their respective sides of the field, determined by a coin toss. Ball must be touched by a forward, before kicked by another player in any direction.
- Play consists of dribbling, receiving, passing, shooting, and tackling.
- **Tackling** is the act of a defender coming to meet an opponent who is in possession of the ball, engaging him, and then legally using a foot to take the ball away.
- When **dribbling**, it is important to keep the ball **close to the feet**
- **Creating space** is moving to an open area to easily receive a pass.
- **Receiving** (trapping) is a technique in which the ball is brought under control by the head, chest, thigh, or foot.
- Generally, it is better to pass the ball than to dribble for speed and possession control.
- When **receiving**, one should **absorb the impact** of the ball to maintain possession.
- When passing over a short distance, one should use the inside of the foot for accurate placement.
- When passing over a longer distance, one should use the instep (laces) of the foot.
- When passing to a player on the run, one should place the pass slightly ahead of the player to avoid breaking his/her stride.

- The **inside** of the foot is used for **placement shots**, and the **instep** of the foot is used for **accuracy and power**.
- When **shooting**, one should **aim for the corners** of the goal.
- A **goal is scored** when the ball crosses completely over the goal line. This is done by propelling the ball through the goal with any part of the body except the arms, hands or shoulders
- **Out-of-bounds plays** (when the ball crosses completely over the line):

**Throw-in** – when a ball goes out of bounds on the touchline (sideline)

- Possession goes to the team who did not send the ball out
- Two handed throw with both feet on the ground

**Out-of-bounds plays**

- Starting behind the head, the ball must be released directly in front of body
- Both feet must be in contact with the ground