

Soccer Study Guide

Positions

- 1- Goalkeeper who prevents the ball from going in the goal
- 2- Fullbacks are defensive players (left, right, stopper and sweeper)
- 5- Forwards advances the ball and tries to score a goal (wings and striker)
- 3- Halfbacks advance the ball towards midfield and help on defense (also known as midfielders)

KEEP IN MIND THE NUMBER OF PLAYERS FOR EACH POSITION MAY CHANGE DEPENDING ON COACHING STRATEGIES.

Terms

Dribble- To run with the ball at one's feet keeping control of it as you run.

Tackle- to take the ball away from the player using your feet. It must be with out touching the player before playing the ball.

Trap- To stop the ball as it comes towards you and to control it immediately.

Throw in- A two-handed throw from behind the head, while both feet are planted. This occurs when the ball has gone over the sideline. The player may take as many steps as he/she wishes.

Passing- Method of moving the ball to another player

- Inside of foot
- Outside of foot
- Heel pass

Kicks- Propelling the ball at a fast pace on the ground or in the air

Direct Free Kick- a kick from which a goal cannot be scored unless the ball is touched by another player before it enters the goal. Awarded after an intentional foul is made such as:

- charging from behind
- charging an opponent dangerously
- jumping at an opponent
- kicking or tripping an opponent
- holding, striking, or pushing an opponent
- handling the ball with arm or hand (except the goalkeeper)

Corner Kick- Awarded to the offensive team when a defender forces the ball over his/her own goal line.

Goal Kick- Awarded to the defensive team when a member of the attacking team forces the ball over the goal line.

Penalty Kick- Awarded to the offensive team when a defensive player, other than the goalie, touches the ball with his/her hands on the penalty area.

Kickoff - Taken from the center of the field at the start of each period of play, or after a goal has been scored. Each player must stay in his /her own half of the field until the ball has been kicked. The ball must be kicked toward the opponent's goal line.