

7th Grade Soccer

History

- Soccer, or football, has been around for thousands of years, dating back to the Chinese around 2500B.C.
- In 1863, the first soccer association was founded in London, England called: English Football Association
- The English Football Association established the laws of the game
- Soccer became an Olympic competitive game in 1900
- The first World Cup was played in 1930

Objectives

- To learn the importance of teamwork and sportsmanship
- To develop the basic skills needed to play the game
- To score more goals, or points, than the opposing team

Terms

- Offence: The field players who have possession of the ball and are trying to score goals
- Defense: The field players who do not have possession of the ball and are trying to keep goals from being scored
- Kicking: used to score, put the ball in play, and move the ball from one area of the field to another.
- Passing: used to move the ball from teammate to teammate in order to put the ball in scoring position, move the ball around the field, and to keep the defense from taking the ball away from the offence
- Dribbling: how an offense player moves the ball around the field
- Heading: playing the ball with your head

- ↳ **Trapping**: a controlled stopping of the ball with the foot
- ↳ **Tackling**: taking the ball away from an opponent using a kick or hooking of the ball in a controlled manner, not using the body
- ↳ **Throw-in**: how a ball is put in play when it goes out of bounds on the sideline
- ↳ **Handball**: when any field player, not a goalie, makes contact with the ball with their arm or hand
- ↳ **Kick-off**: how the game is started
- ↳ **Goal**: the term for a score
- ↳ **Goal Kick**: a kick taken by the defense to restart play from the goal area
- ↳ **Corner Kick**: a kick taken by the offence to restart the game where the sideline and end line meet
- ↳ **Direct Kick**: A kick where the ball can be kicked towards the goal to score without having another player touching it first
- ↳ **Indirect Kick**: A kick where the ball has to make contact with another player before it can counted as a goal

Players and Positions

- ↳ There are 11 players on an official soccer team:
- ↳ 1 goalie: is responsible for defending the goal, can use their hands to stop or catch the ball in the goal box, and is allowed to throw or punt the ball
- ↳ 2 defenders (fullbacks): stays in the defensive zone to help the goalie, passes to the midfielders to advance the ball into the offensive territory
- ↳ 1 sweeper: the last defender
- ↳ 1 stopper: the central defender that helps out the midfielders
- ↳ 3 forwards (1 center and 2 wings): offensive players who are trying to score
- ↳ 3 midfielders (half backs): assists the defenders and forwards

Rules

- ↳ **Kick-off**: On the kick-off, both teams must be on their sides of the field, and the kick-off will be taken at the center of the field. The team kicking off has

their center kick the ball to another teammate. The ball has made 1 full rotation before that teammate can play it.

↳ Scoring: When the ball crosses the goal line, the offensive team is awarded 1 point.

↳ Goal Kick: When the ball is last touched or kicked out of bounds over the end line by an offensive player, the defensive team restarts the game by kicking it from the goal area. An indirect kick.

↳ Corner kick: When the ball is last touched or kicked out of bounds over the end line by a defensive player, the offense restarts the game by kicking it from the corner, closest to where the ball went out of bounds. A direct kick.

↳ Throw-in: When the ball is last touched or kicked by a player goes out of bounds over the sideline; the ball is awarded to the other team, and must be thrown back into play.

↳ Offside: A player is offside if they are nearer to their opponent's goal line than the ball at the moment the ball is played or passes by a teammate. Exceptions:

- ↳ The player is on their own half of the field
- ↳ Two opponents are closer to the goal line
- ↳ The ball was last touched by the opponent
- ↳ The ball was received directly from a goal kick, a corner kick, or a throw-in

↳ Handball: When a field player makes contact with the ball with their arm or hand, the opposing team takes possession of the ball at that spot.

↳ Penalties or fouls: Penalty kicks are awarded for unsafe and illegal behavior. The opposing team will be awarded either a direct free kick or an indirect free kick for such actions.

↳ Direct Free Kick: A direct kick can be awarded anywhere on the field. This kick is taken towards the opposing team's goal where the foul occurred. Opponents must be 10 yards from the ball when it is kicked. These kicks are awarded for intentionally fouling an opponent by the following examples:

➤ Kicking or attempting to kick an opponent, tripping, jumping, charging another player in a dangerous manner, striking or attempting to strike another player, holding, pushing

➤ Indirect Free Kick: This kick is awarded for dangerous play at the spot of the foul by the opposing team. Another player must contact the ball before it crosses over the goal line as a goal. Examples include the following:

➤ Kicking the ball when the goalie is in possession of it, blocking or obstructing and opponent, pushing an opponent, or a handball.

The Soccer Field

