

SOCCKER

A Brief History: During the early Greek and Roman era, the rules and equipment of soccer were not quite the same as modern day. After battles against their enemies, the winners would celebrate by kicking around an enemy's severed head. The rules of no hands are probably a direct result of this.

Glossary of Terms

Boundaries: The ball is out of play when it has entirely crossed the goal line, end line or side line, whether on the ground or in the air.

Corner Kick: When the ball has wholly crossed the goal line after being **last touched by a player from the defending team**, it is put back into play by a kick from the corner on the side the ball went out by.

Dribble: A way of advancing the ball past the defenders by a series of short taps with all parts of the foot. Never use your toes to dribble or kick the ball.

Forward: Offensive player whose responsibility is to create and score goals.

Defender: A defensive player that helps the goalkeeper to prevent goals.

Goalkeeper: The only designated player of each team who may handle the ball with hands. Goalies may only touch the ball with their hands while they are within their goalie box.

Goal Kick: When the ball has wholly crossed the end line after being **last touched by the attacking team**; it is put back into play by a kick from the goal area by the defending team.

Mid-fielder: Primarily has the job of both **offense and defense** and helps the forwards to make goals and links the forwards and defenders.

Handball: Touching the ball with **any part of the arm or hands** during play. Results in a free kick or a penalty kick if it occurred in the box by the defensive team.

Heading: Use of the head at the **hairline** to contact the ball.

Kick Off: The kick that starts the beginning of the game and used after a point is scored.

Players: There are 11 players on a team

Scoring: A goal is worth one point.

Throw In: Used to put the ball into play from where it went out at the sideline. The ball is thrown in equally with both hands from over head. **Both feet must remain in contact with the ground.**

Trap: Controlling a ball passed close to the player by means of the feet, legs, stomach, chest, or head. It is best to use your stomach chest or head for a higher kicked ball.