

SOCCKER

Overview

Soccer is the most widely played professional and amateur sport in the world. There are major professional leagues on every continent. It is also the biggest amateur sport in the world.

The World Cup Tournament is held every four years. Two and one half years of competition between countries, on a worldwide scale produces 24 finalists that participate in the 5-week festival. The winning country is known as the World Champ of Soccer.

Nature of the Game

Participation in this unit should give the student appreciation for the team play that is necessary to play good soccer. Short passes **around** defenders should be the focus of the unit. We may or may not use goalies in class though they are an integral part of the game. By not using goalies, you will be able to score without having to strike the ball powerfully. Students are encouraged to pass and not dribble; therefore, attempts should be made to get into positions to receive passes.

Players should attempt to touch the ball a maximum of three times every time the ball is received. This allows the game to spread out to other teammates who will be expecting the pass. The opposing players (defense) will not attack the ball as much because they will try to steal the anticipated pass on the third touch.

Safety/Etiquette

It is important when playing soccer to keep the ball on the ground. This is where the ball is played most of the time during a quality soccer game. **IN PE CLASS THIS IS DONE FOR MOTIVATIONAL AND SAFETY REASONS.** If your classmates know the ball is going to be kept on the ground, they will feel safer and more willing to participate.

Both the instep kick and the push kick will be presented, but **THE PUSH KICK WILL BE USED DURING GAMES.** This kick is used for accuracy at the expense of power. We do not want power to be a factor in PE class. This kick is also one that protects the shins as we do not use shin guards in class. Students will be less likely to be kicked in the shins if the ball is being struck with the inside of the foot (push kick). If correct form is used, the push kick will also keep the ball on the ground. Even experienced players find it difficult to keep the ball on the ground with the instep kick.

Slide tackling or leaving your feet for any reason is not allowed in PE class soccer.

No jewelry of any kind should be worn during the soccer unit. Eyeglass users should take the necessary precautions to prevent injury.

Basic Skills

Dribbling – Moving the ball with your feet while it is on the ground.

Push Kick – the ball is struck with the inside of the foot. The striking area is near the heel of the foot. Hit the top half of the ball in order to keep the ball on the ground. Your non-kicking foot should be even with the ball and shoulder width to the side of the ball.

Step Kick – the placement of the non-kicking foot is the same as the push kick. What changes is the striking area of the foot. The ball is struck with either the inside row of laces, the outside row of laces, or the whole set of laces. This kick is not allowed in physical education class for safety reasons.

Trapping – this simply means bringing the ball under control. Since we will be keeping the ball on the ground in class, only the foot should be used for trapping. Any part of the foot can be used to trap the ball, except the sole of the foot. In regulation soccer, all parts of the body, except the hands, are used for the purpose of bringing the ball under control.

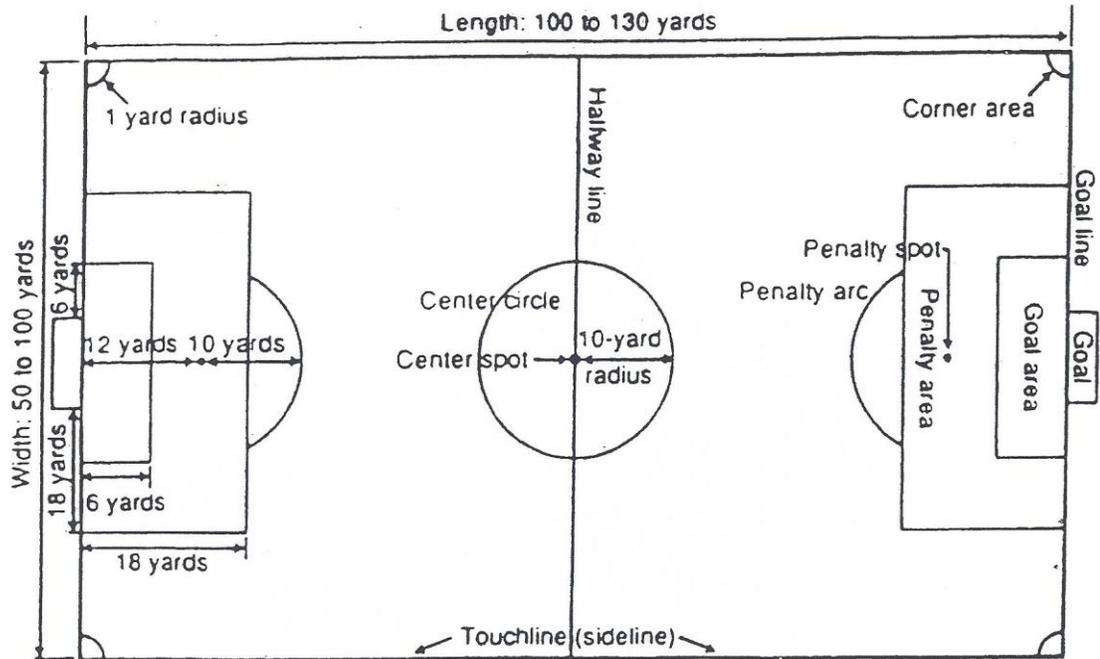
Rules/Scoring/Technology

The rules necessary to appreciate the game of soccer are the following:

1. An official team consists of 11 players (forward/mid-fielder/defenders/keeper).
2. The ball can be played by any part of the body except the hands or arms.
3. Players cannot kick other players.
4. Players cannot charge opponents, other than shoulder to shoulder. Shoulder to shoulder must be done with the appropriate force.
5. A goal is scored when the entire ball crosses the goal line.
6. The ball is out of bounds when the entire ball crosses the boundary line.
7. It is legal to stand on the line when putting the ball in play, even on throw-ins.
8. Throw-ins are used to put the ball into play when it goes out of bounds on either touchline (the sideline in other sports). In order to throw the ball in legally, remember the following points:
 - a. Both feet must remain on the ground, even on the follow through. It is legal to step on the line.
 - b. Both hands must grasp the ball from each side.
 - c. The throw-in should be executed in one continuous motion. Start the ball behind the head and release it above the head height.
 - d. The ball must be thrown in the direction you are facing and without imparting any significant spin on the ball.
 - e. The ball must be touched by another player before the thrower touches the ball with his/her feet.
9. The center circle is used for putting the ball into play to start the game, at half time, and after a goal is scored. The team kicking off must stand on their half of the field. They are allowed to put as many players as they wish on their half of the circle. The defending team must stay on their half of the field and out of the circle.
10. The goal box (the smaller of the two boxes) is used only for the purpose of putting the ball back into play when the ball has gone over the end line (known as the goal line), and when possession belongs to the team defending the goal. The goal kick is taken from anywhere on the ground within the goal box. Any member of the team may kick the ball into play. Once kicked, the ball must leave the larger box (the penalty area) before either team can touch it. Failure to follow this rule results in the goal kick being retaken. The ball may never be punted back into play when it has gone out of bounds. During regular play and on corner kicks anyone can enter the goal box. In physical education class this might not be followed due to the size of the goals in classes where fields are smaller.

11. The **Penalty Area** (the larger of two boxes) is used to designate the area where certain violations will result in a penalty kick being awarded to the offensive team. It also designates the area where a goalie is allowed to use their hands to play the ball if it was not passed to them, intentionally, by a teammate. Once the ball is out of the area, the goalie must follow the ball handling rules that apply to field players. If a goalie picks a ball up in this area, they are allowed to punt or throw it back into play. Remember, in PE class we do not use goalies due to safety considerations.
12. The Corner Kick Areas (four quarter circles on each corner of the field) are used to put the ball back into play by the offensive team when the ball has gone out of bounds over the goal line (end line). The ball is placed in the corner area closest to where the ball left the field. Since the ball is technically on the field when the ball is placed in the area, a goal can be scored directly from a corner kick. Since the ball is traveling parallel to the goal line it is not possible to be offside on this type of play.
13. Fouls against players and violations of the rules are called by the referee who is aided by two linespeople. The linespeople assist the referee but do not enter the field of play. They are given a flag to wave if they see an infraction of the rules or a foul. It is up to the referee to make the call when they wave their flags. Violations or fouls result in the offended team being awarded a kick from the point where the violation took place. There are two types of kicks awarded.
 - a. Direct kicks are awarded for fouls and major rules violations. The kick is called direct because the ball can be shot directly into the goal for a score. The defending team must be ten yards away from the ball in all directions until the ball is struck.
 - b. Penalty kicks are awarded if a direct kick is awarded to the offensive team within the penalty area they are attacking. During a penalty kick, the ball is placed on the penalty mark (12 yards in front of the goal) and everyone except the goalie must vacate the penalty area. The goalie must stand on the goal line until after the ball is struck. The ball is in play if a goal is not scored directly.
 - c. Indirect kicks are awarded for offenses such as offside and dangerous play. The spectator can tell if it is an indirect kick because after making the call, the referees will hold one hand above their heads until two different players (from either team) have touched the ball. It is called indirect because two different players must touch the ball before a score will count. The non-kicking team must stand 10 yards away until the ball is struck once.
14. Off-side is called when a player in position to receive a pass does not have two defenders closer to the end line than himself when the ball was passed. Even if they do not receive the ball, but in the opinion of the referee they affected the defense, offside is called. This prevents “cherry picking” and encourages short, well-timed passing. The linespeople are responsible for having a good angle to signal, by waving their flag, when a player is in an off-side position. It is up to the referee to decide if the call should be made.
15. Yellow and red cards are issued for flagrant fouls. A yellow card is a caution to the player. This means that the next flagrant foul will result in a red card. A red card means the player must leave the game. In cases other than unsportsmanlike conduct, the team will have to play with one less player. A player can receive a red card without first getting a yellow card. In high school, the red carded player is required to also miss the next game.

Soccer Field



Grading

See activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the front of the Study Guide.

Technique Description/Skill Tests

Specific skills for activity units are taught on a regular basis. In some units demonstrated knowledge of skills may be obtained through some form of skill testing. This testing is not outcome based.