

SOCCER

1. Soccer is technically known as “association football”.
2. Soccer includes running as much as 3-4 miles per match.
3. Points are made by kicking or heading the ball into the goal net.
4. Goalies can use hands only in penalty area.
5. Games are comprised of two 45 minute periods.
6. If a player fouls, the opponent gets a free kick.
7. Fouls: kicking or pushing an opponent or handling the ball with hands.
8. Soccer field: 100 yards long by 75 yards wide.
9. Goal net: 8 feet high by 24 feet wide.
10. A team consists of 11 people.
11. Goalkeeper: protects the goal (can use hands).
12. Backs (2): defensive, help protect the goalkeeper
13. Midfielders (3): constant motion
14. Strikers (3): best all-around players, must pass & shoot accurately
15. Wingers (2): similar to basketball guards, main scorers
16. Kicking: use the instep of the foot
17. Trapping: player controls ball by stopping it or changing its direction
18. Heading: player meets the ball with the flat part of their forehead
19. Passing: moving the ball up the field by kicking to a teammate
20. Dribbling: touching or pushing the ball with inside & outside of foot