

## Soccer Study Guide

- \*The **center mark** is the place where the game begins and recommences after a goal or at halftime.
- \*The ball must be kicked forward on a **kick-off**.
- \*A **goal** occurs when the whole ball crosses over the goal line.
- \*A soccer game is 90 minutes long.
- \*Typically, a **shootout** occurs if the score is still tied after overtime
- \*An **indirect kick** is a type of free kick in which the ball must touch another player before scoring. \*Indirect kicks are awarded for fouls such as using hands, tripping, holding, and pushing.
- \*The defenders must allow the offense 10 yards of space on a **free kick**.
- \*A **direct kick** is a free kick awarded for a dangerous play. The player may kick the ball directly into the goal.
- \*A **yellow card** is a warning from the referee for violent play. A **red card** results in expulsion.
- \*The **penalty area** is where the goalie can use his/her hands. The length of the penalty area is 18 yards.
- \*A **goal kick** is a free indirect kick taken by the defensive team after the offense kicks the ball over the goal line. It is taken from the corner of the 6-yard goal area.
- \*A **corner kick** is a free direct kick taken from the corner arc area by the offensive team after the ball is last touched by a defensive player and goes over the end line.
- \***Dribbling** is using short taps to move the ball while controlling it with your feet.
- \***Heading** is passing or shooting the ball with the forehead.
- \*A player must have both feet on the ground and both hands directly over his/her head when performing a **throw-in**. A throw-in occurs from the sidelines only. Both hands must be on the ball.
- \***Offsides** is a violation when an attacking player is nearer the goal than two opponents and the ball.
- \***Marking** an opponent is when a defender closely shadows the movement of an offensive player.
- \*A **tackle** is when a defender uses his/her feet to take the ball from an opposing player.

### Positions:

- \*There are **11 players** on the field at a time per team. (3 forwards, 3 mid-fielders, 4 defenders, 1 goalie)
- \***Forwards** typically look for opportunities to score a goal.
- \***Mid-Fielders** typically have the best all around skills and cover both ends of the field.
- \***Defenders** help protect the goal.
- \*The **goalie** guards the goal and is the only person who is allowed to use his/her hands to contact the ball while the ball is on the playing field.

