

SOCCER

PACKET # 6

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer. The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news. The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as “association football,” was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs. Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player’s arms, legs, heart and lungs all get a good workout during the average soccer game.

HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called “harpastan.” Julius Caesar reportedly used this game as training for his armies. Soccer was also played in various forms in England for about four hundred years before it was finally accepted as a “respectable” game. On May 21, 1904, the Federation Internationale

de Football Association (F. I. F. A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45- minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands. A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide. A soccer team consists of eleven persons, all of whom work together to accomplish the team's goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players' tasks.

The eleven players include:

- a goalkeeper
- two backs
- three midfielders
- three strikers
- two wingers

The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.

Midfielders (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

Strikers are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.

KICKING

Kicking is a critical skill in soccer. The soccer kick does not use a regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.

OVERHEAD KICK

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.

TRAPPING

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.

HEADING

This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots! Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

PASSING

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork. While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The “push pass” (an inside the- foot pass) is the most popular pass and can move balls up to 20 feet when properly executed.

DRIBBLING

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another. In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.

EQUIPMENT AND CLOTHING

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection. Soccer shoes are perhaps the player’s most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

Find out more about what is happening in the sport of soccer by visiting these web sites:

<http://www.mlsnet.com/>

<http://www.collegesoccer.com/>

STUDENT RESPONSE PACKET

SOCCER

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of soccer. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. **Be neat, spell correctly, and write in complete sentences.**

1. What are the physical benefits of playing soccer?
2. True or False: Soccer players are allowed to touch and carry the ball in their hands.
3. How long is the average soccer game?
4. Describe an overhead kick in soccer.
5. What does it mean for a player to “trap” the ball?

6. When should the technique of “heading” be used?

7. What actions in a soccer game might result in a foul being called?

8. Describe the makeup of a typical soccer team.

9. Which soccer players on a team are usually considered to be the best all-around players?

9. How do you make a goal in soccer?

Word Search

Name: _____ Date: _____

Use the clues below to discover words in the above puzzle. Circle the words.

1. Some consider these to be the best all-around players
2. Acronym for the US Pro soccer organization
3. Precision kicking - the most critical move in soccer
4. Roman name for soccer
5. They often have cleats and some consider them to be the most important soccer equipment
6. These players help protect the goalkeeper
7. International soccer competition takes place at the _____ cup
8. The player does this to make contact with a ball that is too high to reach with a foot
9. One should use this part of the body when kicking the ball
10. Possible miles-per-hour speed of a kicked soccer ball
11. Pads for leg protection
12. Type of kick that sends the ball in the opposite direction
13. Controlling the ball by stopping or changing its direction
14. The players in this position are similar to guards in basketball
15. Most popular type of pass in soccer
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
17. This player can use his or her hands and stays near the net
18. Soccer players should not use this part of the body
19. They are in constant motion during the game
20. The number of players on a soccer team

L E T P H H I D L B M S A F I S I E N D N H S T D E F S P
D S R O F L E P P A I P U S H H A H S S E N F U S F S N E
D H P H R W S N P C D P I A U I F L S S N S G N A G M D A
E E Y I N R V S S K F S S V S L N H E A D I N G S E P N S
R L H A I H I H T S I E N A I S E K H C D E I I B K C G R
S G S P P A T U M P E D H H A H S S I L R U H R I S B N R
U E N T A R E D S I L G R N S F D T L N E E P A E S A E A
K E H N S P S S H H D T E I S E L S R H B K H D N N B F F
E D Y N S A H E I T E S A S B E N S D I F D N E D D D T E
E L S A I S I A N B R A N D H B V R I R K E N S S I S E R
I N A E N T S B H N S S H O E S L E E E R E E H S P U F E
S N I S G A W W U S V S H S I O I I N I E E R N P I O V L
E I S S S N I S T S S D U W O R L D N T O O D S H U D A B
L E F T T M N P P I F T D F S G K A V G Y F A E N O F S W
E G U I E E G S A V R F H T S O L T S E N E A N N R E O E
V F G I Y P E F E G O H D G H A B R L V A S N D K T H T E
E H H N E R R E Y E K L S S V P G O A L K E E P E R B F N

N I H A D N S O V E R H E A D I H O S A R S E S L H I N S
C S A O F I C D V G F R K U A P N K D L T R A P P I N G K