

SOCCER Rules and Tips

PASSING

1. Kicking with the inside, outside, or rarely heel of the foot. Do not kick with your toe.
2. Practice with both feet.
3. Whenever players or you are doing a passing drills say each other's name.
4. Generally try to pass ball on ground
5. Lock your ankle, make solid contact

HEADING

1. Use forehead and upper temple area to contact
2. Defense - head ball far and wide
3. Offense - head ball close and in
4. Head and shoulder move, not head alone, neck must be tight
5. Practice with both sides and forehead, low and high

DROP: passing backwards.

THROW-IN: when the opposition kicks the ball out and it is now your team's possession.

FREE KICK: direct kick allows players to shoot from where ever the official placed it.

INDIRECT FREE KICK: a player other than the original player must kick the ball before anyone can steal.

SHOOTING: sweeping motion when shooting. Do not kick with the toe.

TRAPPING: receiving the ball.

THREW: a diagonal lead pairs.

Goal Keeper

1. Hands at hip height both sides
2. Stay directly in path of ball
3. Absorb the ball with hands, do not slap it, then cradle it. Wear goalie gloves.
4. Double protection - hands and body between the ball and the goal
5. Drills Ground ball (line & forward) - lateral movement footwork and save drills

Goal kick

A goal kick restarts the game after the ball entirely crossed the goal line and is last touched by an attacker. Opponents must be five yards away from the ball. The kicker may not play the ball a second time until it has been touched by another player from either team.

Corner kick

A corner kick restarts the game after the ball entirely crossed the goal line and is last touched by a defender. The ball must be placed inside the corner arc. The kicker may not play the ball a second time until it has been touched by another player from either team. Opponents must be five yards away from the ball.

Penalties

Yellow card

Anything that can be deemed as unsporting behaviour

1. Dissent by word or action
2. Persistent infringement of the laws, for example a series of fouls
3. Delaying the restart of play
4. Not retreating the full ten yards at a free-kick or corner
5. Entering or re-entering the pitch without the referee's permission
6. Deliberately leaving the pitch without the referee's permission

Red card

Serious foul play

1. Violent conduct such as throwing a punch
2. Spitting at an opponent or another person
3. A player other than the goalkeeper denies an obvious goalscoring opportunity by handling the ball
4. A goalkeeper would be similarly punished if they intentionally handle the ball outside their goal area

Direct free kick

- 1) A player kicks or attempts to kick an opponent
- 2) Trips or attempts to trip an opponent
- 3) Jumps at an opponent
- 4) Charges an opponent
- 5) Strikes or attempts to strike an opponent
- 6) Pushes an opponent
- 7) Makes contact with the opponent before touching the ball when tackling
- 8) Holds an opponent
- 9) Spits at an opponent
- 10) Handles the ball deliberately

If any of these offences are committed by a player inside their own penalty area then it's a penalty.

And did you know if a team kick a direct or indirect free-kick directly into their own goal then a corner is awarded to the opposition?



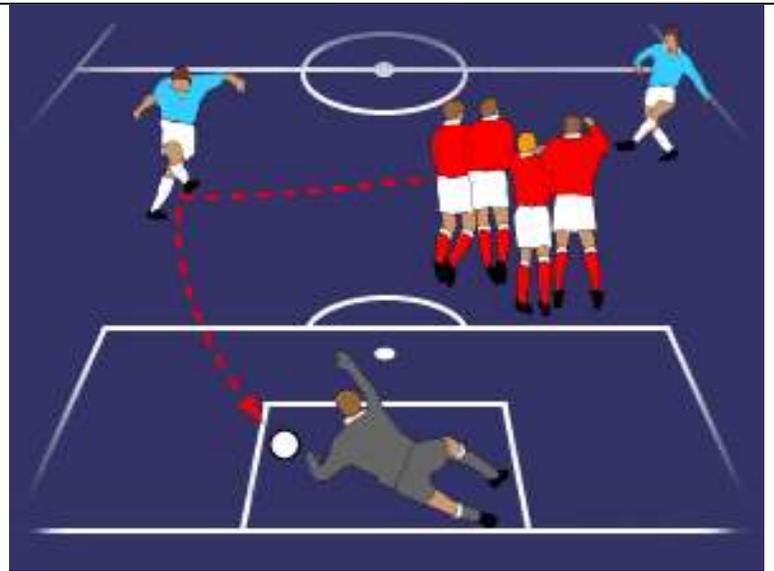
Indirect free kick

It is when, in the opinion of the ref, a player does the following:

- 1) Impedes the progression of an opponent (obstruction)
- 2) Plays in a dangerous manner
- 3) Prevents the goalkeeper from releasing the ball from his hands

Or when a goalkeeper, inside his own penalty area:

- 1) Holds on to the ball for more than six seconds
- 2) Handles a backpass
- 3) Handles the ball after receiving it from a team-mate direct from a throw-in
- 4) Touches the ball again with his hands, before it is touched by another player, after releasing it from his possession



Penalty kick

If you put in a tackle in the box and the ref blows for a penalty it's heart-sinking time.

So what is a penalty?

It's the result of any foul which would normally lead to a direct free-kick that is committed by a team inside their own penalty area.

And then up steps a player who gets a pot at goal from 12 yards out.

Any rules to worry about? Just one or two.

- ☒ The goalkeeper can move sideways before the kick is taken but must stay on his goal line
- ☒ All the other players must stand outside the penalty box and can't enter the area until the ball has been kicked
- ☒ The kicker cannot touch the ball a second time until it has been touched by another player
- ☒ The ref can order the penalty to be retaken if he spots a team-mate of the kicker entering the area before the kick is taken and the penalty is scored
- ☒ If a defender moves into the area and the penalty is missed then the penalty is again retaken

