

An Introduction To



Soccer

The history of soccer can be traced back to Ancient China (2500 B.C.), Egypt (2000 B.C.), Japan (600 B.C.) Greece (B.C./A.D.) and Rome (43 A.D.). It is the Romans, under Emperor Claudius, who are credited with bringing the “sport” to Britain where it was formally integrated into the lifestyle.





One of the earliest forms of soccer in which players kicked a ball on a small field has been traced as far back as 1004 B.C. in Japan. In about 50 B.C., evidence shows that games very similar to soccer were played between teams from China and Japan. Also, it is known that an actual soccer game was played in 611 A.D. in the ancient Japanese capital of Kyoto.

The ancient Romans played a game that somewhat resembled modern soccer, too. The early Olympic games in ancient Rome featured twenty-seven men on a side who completed so vigorously that two-thirds of them had to be hospitalized after a fifty-minute game.



The game was “modernized” in the mid-1800s in London, England. It was there the first official association, the English Futbol Association, was born. That group then added rules for the game, including throw-ins, offsides, corner kicks, penalty kicks, and referees (with whistles!).





In 1900, Soccer was added to the Olympic Games in Paris. In 1904, FIFA, the Fédération Internationale de Football Association, was founded. 170 nations were members of FIFA. In 1930, the World Cup began.

In 1913, the United States Soccer Federation (USSF) was formed. Still today, this organization serves as the governing body for most U.S. soccer programs. In 1974, the United States Youth Soccer Association (USYSA) was founded.



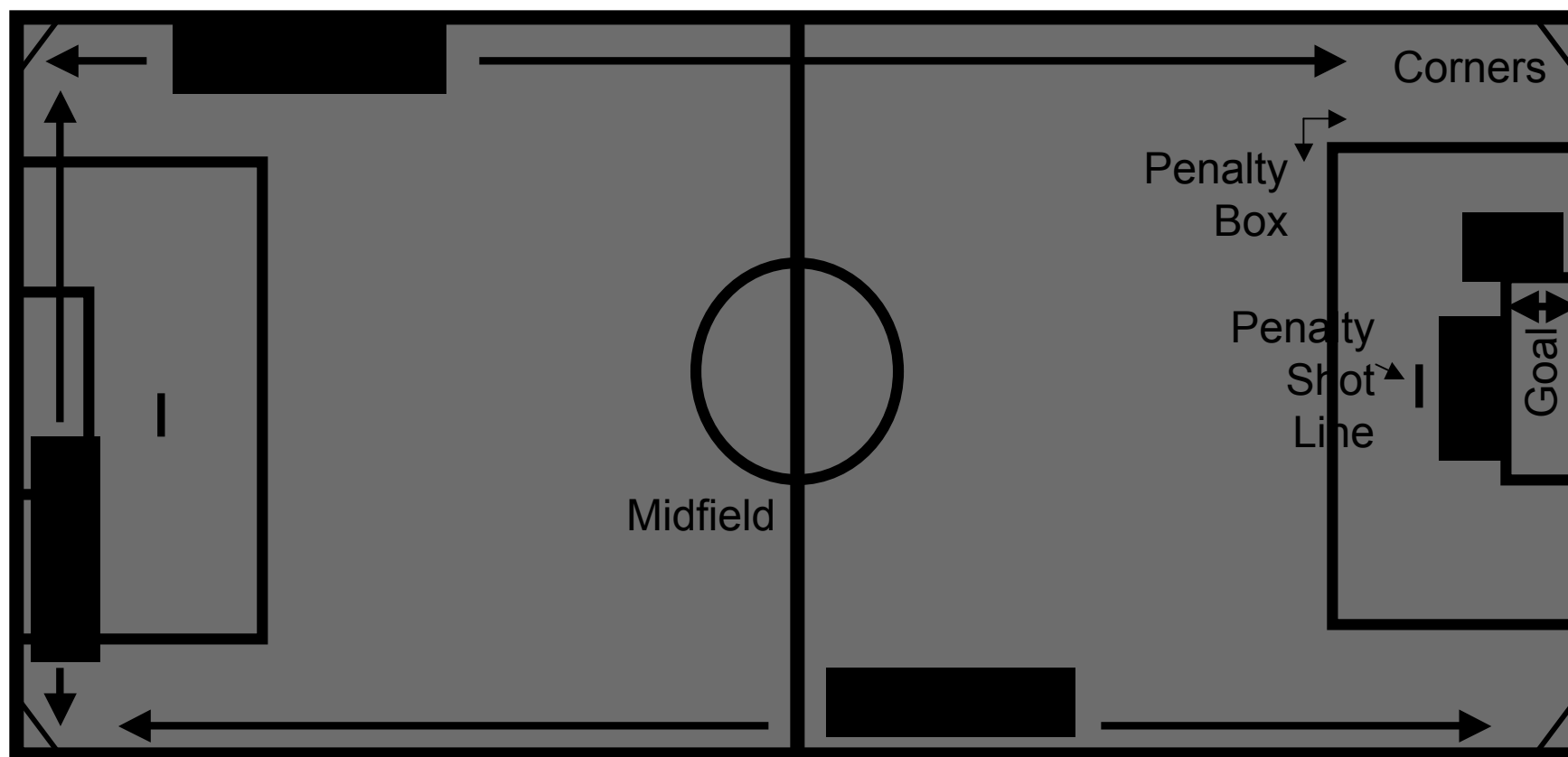


In 1996, a professional soccer league, MLS, was formed in the United States. Riding high off the U.S.-hosted Olympic Games of 1996 and the U.S. – hosted World Cup of 1994.

Today, soccer is one of the most popular youth sports in the United States. In 2002, more than three and a half million kids participated in organized youth soccer. Even with all the excitement, to this date only 2 stadiums have been built in the U.S. explicitly for soccer.

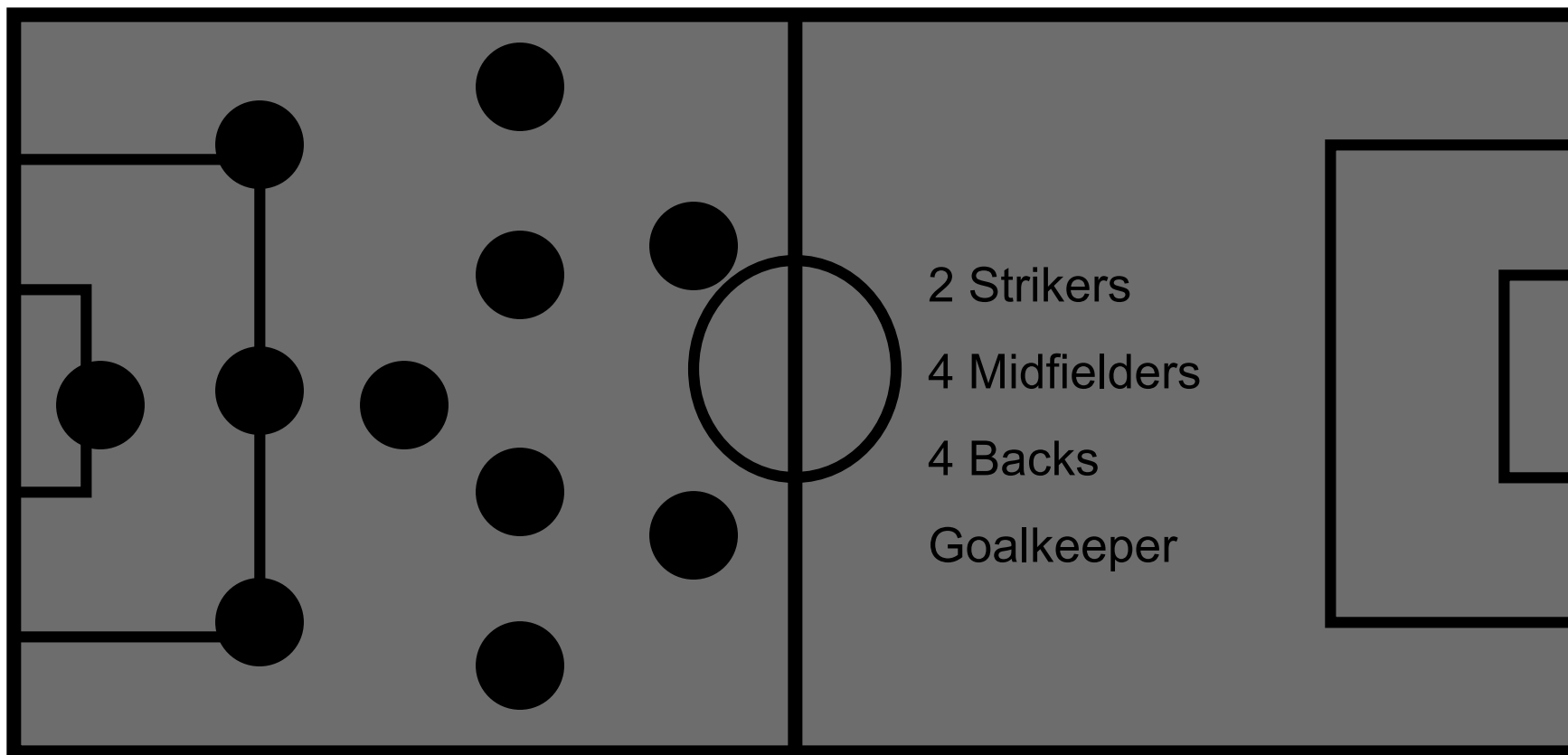


Soccer Field



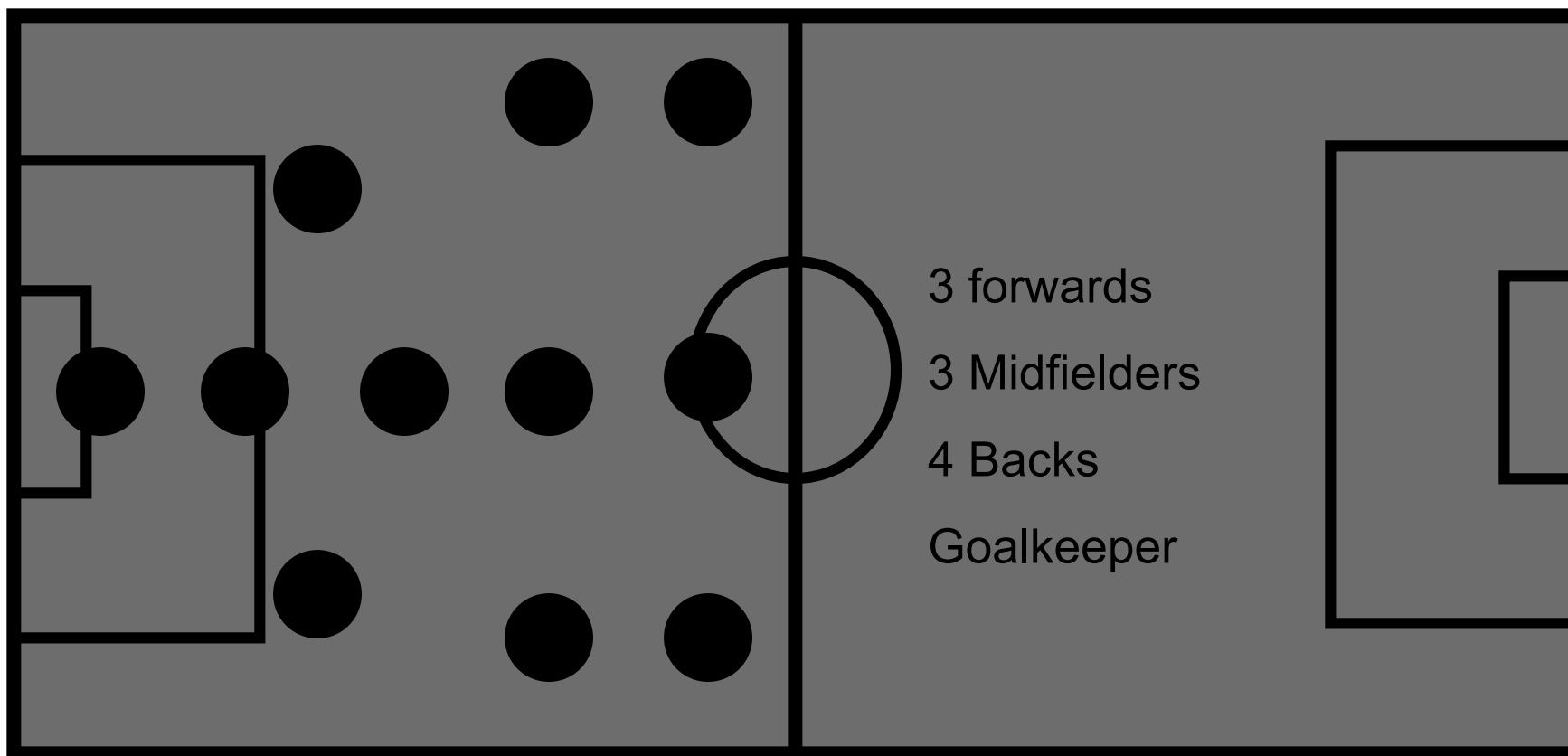
Soccer Formation

“Defensive Formation”



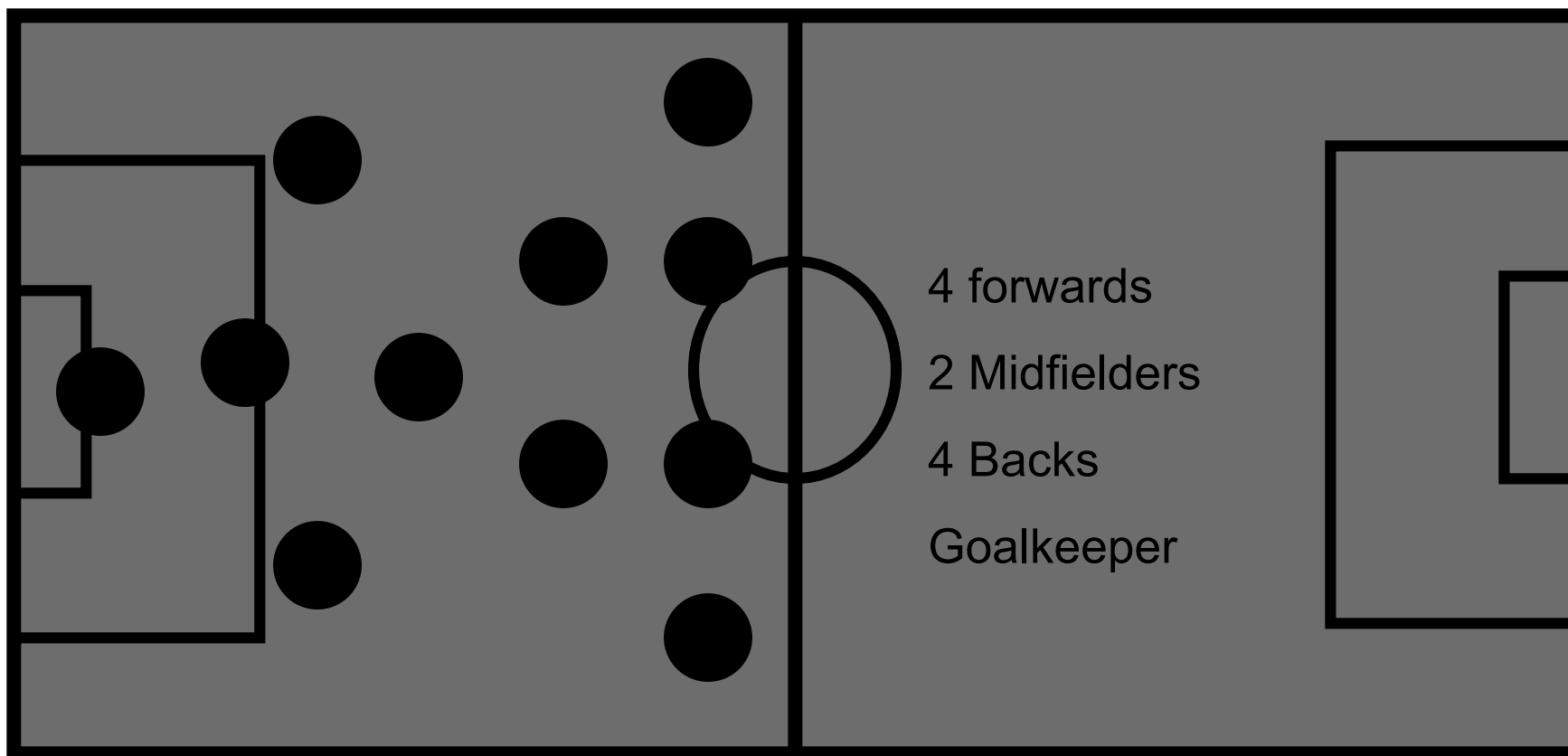
Soccer Formation

“Defensive / Offensive Formation”



Soccer Formation

“Offensive Formation”



Skills and Vocabulary

Dribbling

A series of taps to move the ball forward

Passing

Kicking the ball to a teammate

Skills and Vocabulary

Trapping

Settling or controlling the ball

Dodging

Trying to get around an opponent and still keep the ball

Skills and Vocabulary

Tackling

Trying to steal the ball from an opponent

Offense

Team with the ball who is trying to score

Skills and Vocabulary

Defense

Team without the ball who is guarding their goal

Rules

Kickoff

Place kick from the center line to start the game

Free kick

Place kick taken at the spot where a foul occurred

Rules

Throw in

Two handed throw from behind the head; puts the ball back in play when it goes out over the sideline

Goal kick

Place kick taken on front edge of goal box by the defense because the offense kicked the ball out over the endline

Rules

Corner kick

**Place kick taken by the offense from the
Corner of the field because the defense
Kicked the ball out of bounds over the
endline**

Fouls

Charging

A player runs into an opponent

Dangerous kick

**A high kick (at head) or kicking right into
Someone at close range**

Fouls

Handling

Touching the ball with your hand or arms

Holding

Using hands or arms to slow down an opponent

Team Play and Strategy

Good team play means everyone stays spread out and plays their own position

Only 1 player from each team should play the ball at the same time

Use the open space to give a teammate lead passes

Be a good sport! Encourage each other and compliment someone who does a nice job. Help each other become better