

Youth

SOCCER UNLEASHED

Introducing
"DRIBBLE"
the Animated
Soccer Ball



A Parent's and Player's Guide to the Fundamentals of the Game

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Shooting and Other Kicks

Shooting is a lot like passing but faster and sometimes farther. The object is to score a goal.

- ★ Approach the ball from your non-kicking side.
- ★ Your non-kicking foot should be next to the ball and facing in the direction you plan to move the ball.
- ★ Your kicking leg knee should be over the ball.
- ★ Bring your kicking leg back a little with your foot straight on to the ball.
- ★ Your ankle should be locked, toes down.
- ★ Keep your head down and your eyes on the ball.
- ★ Bring your kicking leg down and kick the ball so that your shoelaces touch the ball. The harder and faster you swing your leg, the harder and faster the ball will move. The angle of your foot to the ball will determine the path of the ball. Try slight variations and see what happens.



- ▲ Swing your leg back hard when you need to get the ball far down the field.

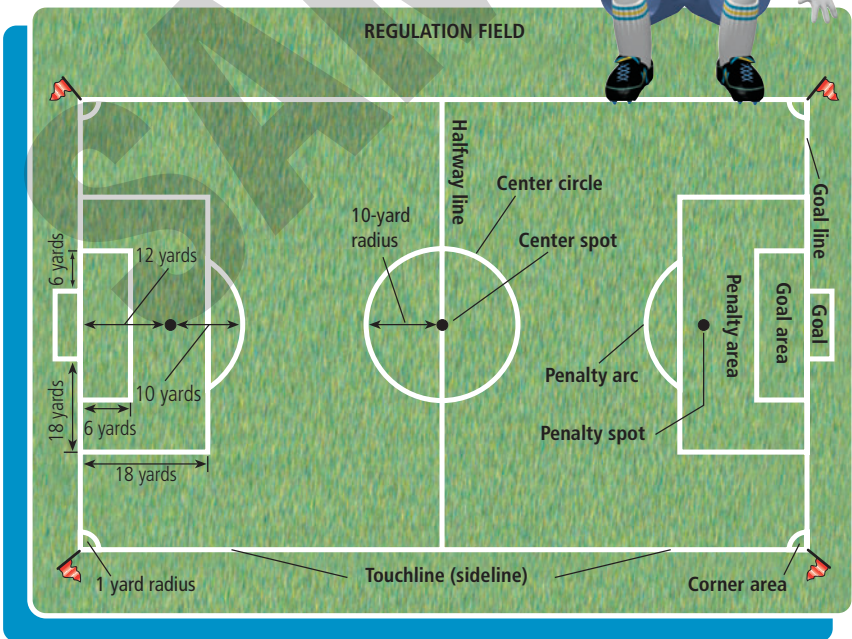
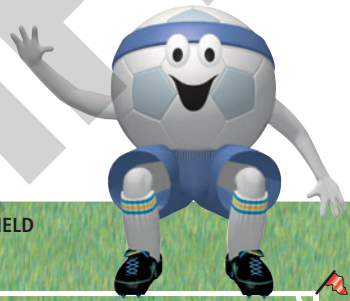
WHICH DIRECTION?

1. Swerves to the left.
2. Swerves to the right.
3. Straight ahead, keeping low.
4. Straight ahead, rising.



Soccer is played on a flat field. The size of the field and the rules may vary depending on the age of the players and the number of the players, as shown in the chart on page 37. For example, the offside rule is not used in games with fewer than 11 players on each side.

The outside edge of the field is called the **touchline** at the sides and the **goal line** at the ends. Across the center of the field is the **halfway line**. At the center of the field is a circle called the **center circle**. The **center spot** is in the center of that circle. At each end is a **goal**. In front of the goalposts is an area called the **goal area**. The area in front of, and outside of, the goalposts is called the **penalty area**. The **penalty spot** is within the penalty area. The space around the penalty area in a semicircle but outside the penalty area is called the **penalty arc**. At each corner of the field is the **corner area**.



REFEREES (V)

The referee has many jobs.
The referee:

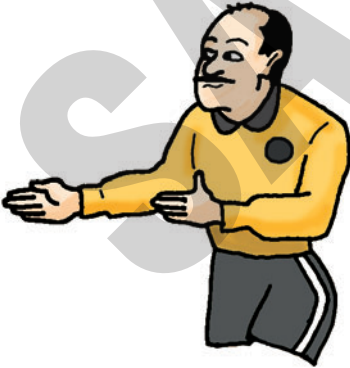
- ★ Starts the game and acts as timekeeper
- ★ Sees that all the rules are followed
- ★ Decides when the ball is out of bounds and when corner kicks, goal kicks, and throw-ins are allowed
- ★ Decides when a player should be penalized for being in an offside position (see p. 45)
- ★ Decides on penalties for misconduct

Listen to the referee. The ref's decision is final.



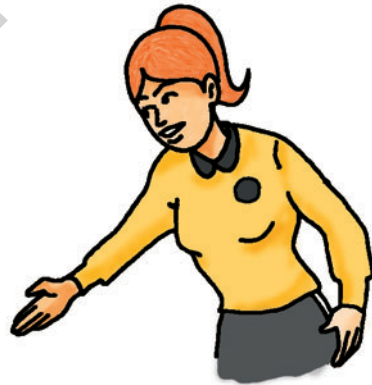
The referee can even stop the game if he or she feels that the players or fans are getting out of control.

REFEREE SIGNALS



▲ Advantage/Play on

When the referee spots a foul, but sees that stopping play would help the team that committed the foul, the referee indicates to play on and points in the direction the advancing team is going.



▲ Penalty Kick

If a defending team commits a foul in its goal area, the offense is awarded a penalty kick, and the referee points to the penalty mark.