

# SOCCER STUDY GUIDE

## Soccer Skills

### **1. Inside of the foot pass**

- It should be a controlled pass which moves quickly along the ground
- Point opposite foot (toe) towards target
- Contact the ball with the inside of the foot in the middle of the ball
- Bring foot straight through during the kick and point heel towards target

### **2. Trapping the ball**

- Give with the ball (cushion it)
- Keep the ball in front of you
- Use inside of foot

### **3. Dribbling - control dribble**

- Use small touches and keep ball close to feet
- Use inside or outside of foot
- Look up when dribbling

### **4. Dribbling - speed dribble**

- Kick the ball out in front of you when using a speed dribble
- Keep eyes up
- Should be sprinting when using a speed dribble

### **5. Throw ins**

- Can't lift either foot off the ground
- May drag back foot as you take a step
- Used when ball goes out-of-bounds over the side line
- Throw ball with two hands, evenly spaced, and over the head
- Ball cannot spin sideways (like the earth rotates)

## Rules

1. A goal kick is awarded when the ball goes over the end line (goal line) off of the offense (team attempting to score)
2. A corner kick is awarded when the ball goes over the end line off of the defense or goalkeeper and is taken from the corner where the end line and sideline intersect.
3. A throw in is taken when the ball goes over the sideline.
4. The game is started with the ball in the center. The ball can go forwards or backwards, but it must move one full rotation before being touched by a teammate.
5. Fouls – a free kick is awarded to the team who was fouled at the spot the foul occurred
  - Physical contact
  - Playing the ball with your hands, unless you are the goal keeper
  - Rough play (pushing, tripping, kicking, etc.)
6. A goal is worth one point and you may score from anywhere on the field.