

SOCCER STUDY GUIDE



- I. A regulation soccer team consists of (11) players. The basic make-up of a team includes four different positions:
 1. **Forward** – main job is to provide offense (score goals).
 2. **Mid-fielder** – help the forwards score goals and help on defense as well.
 3. **Defense** – prevent opposing team from scoring and move ball to forwards.
 4. **Goalkeeper** – prevents the ball from crossing the goal line. After making a save, goalies are allowed six seconds to move the ball back into play.

- II. A player, other than the goalkeeper, may not touch the ball from his/her shoulder down to the fingertips (except during a “throw-in”). This penalty is called a “**handball**”.

- III. When the ball is kicked out of bounds on the *sideline*, the opposing team will be awarded a “**throw-in**”. A throw-in must be performed in the following manner.
 - A. It must be made with **two** hands.
 - B. It must be made from behind the sideline.
 - C. The ball must be thrown from over the head.
 - D. Both feet must remain on the ground at the point of release.

- IV. When the ball is kicked over the goal line, but wide of the goal, either a **corner kick** or a **goal kick** will be awarded.
- A. A **corner kick** is awarded to the offensive team if the defensive team kicks the ball over the end-line, wide of the goal.
 - B. A **goal kick** is awarded to defensive team if the offensive team kicks the ball over the end-line, wide of the goal.
- V. The ball is put into play by a **place kick** from the center of the field:
- A. At the beginning of the game.
 - B. At the start of the second half of a game.
 - C. After a goal is scored, the team that was scored on kicks off.
- VI. **Direct Free Kick** – A goal may be scored from a *direct free kick*. Penalties resulting in a direct free kick may include the following:
- A. Handling the ball (“hands”)
 - B. Kicking
 - C. Tripping
 - D. Striking
 - E. Charging
 - F. Holding
 - G. Pushing
- VII. **Indirect Free Kick** – A goal may not be scored from an *indirect free kick*. The ball must first touch another player. Penalties or violations resulting in an indirect free kick may include the following:
- A. Goalie taking more than 6 seconds
 - B. Unsportsmanlike conduct
 - C. Dangerous play
 - D. Playing the ball when goalie has possession
 - E. Off-sides
 - F. Handball
 - G. Obstruction
 - H. Delay of game