

# PHYSICAL EDUCATION LEARNING PACKET # 6

## SOCCER

### INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

### INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as “association football,” was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player’s arms, legs, heart and lungs all get a good workout during the average soccer game.

### HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called “harpastan.” Julius Caesar reportedly



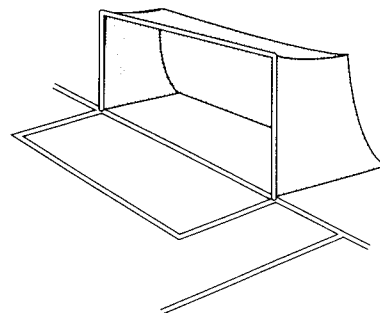
used this game as training for his armies.

Soccer was also played in various forms in England for about four hundred years before it was finally accepted as a “respectable” game.

On May 21, 1904, the Federation Internationale de Football Association (F. I. F. A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

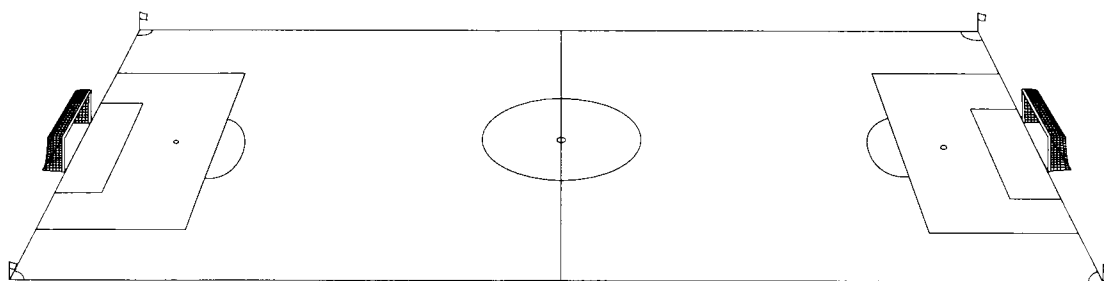
## HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45-minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands.



A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide.

A soccer team consists of eleven persons, all of whom work together to accomplish the team’s goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players’ tasks.



The eleven players include:

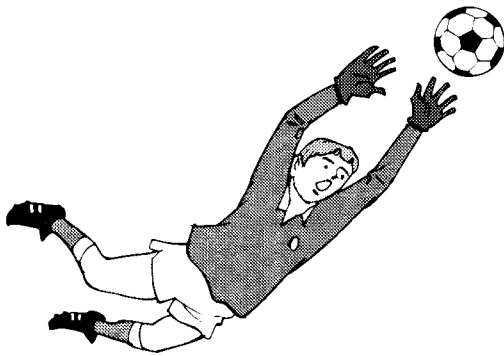
a goalkeeper

two backs

three midfielders

three strikers

two wingers



The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.

**Midfielders** (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

**Strikers** are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet.

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

## PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.

### *KICKING*

Kicking is a critical skill in soccer. The soccer kick does not use a



regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.

### *OVERHEAD KICK*

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.



### *TRAPPING*

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.



### *HEADING*

This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots!

Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

### *PASSING*

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork.

While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The “push pass” (an inside-the-foot pass) is the most popular pass and can move balls up to 20 feet when properly

executed.

## *DRIBBLING*

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another.

In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.



## **EQUIPMENT AND CLOTHING**

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection.

Soccer shoes are perhaps the player's most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

## **SOCCER NOTES AND NEWS**

In 1900, soccer became the first team sport to be added to the Olympic games. According to the 1996 Olympic Factbook (published in association with the Olympic Committee) soccer is the most popular sport in the world.

In the 1996 Olympics at Atlanta, Nigeria captured the men's gold medal; only the second in the country's history. Nwankwo Kanu, a forward for Nigeria commented on the play of the two teams by saying "Argentina is good. Nigeria is gold."

The Olympic medals for men's soccer were:

<b>GOLD</b>	<b>NIGERIA</b>
<b>SILVER</b>	<b>ARGENTINA</b>
<b>BRONZE</b>	<b>BRAZIL</b>

The United States won the Olympic women's soccer title with a 2-1 victory over China. Goals by Shannon MacMillan in the 19th minute and Tiffeny Milbrett in the 62nd clinched

it before 78,481 fans at Sanford Stadium. Sun Wen scored for China in the 32nd. The victory ended a year-long journey for the American women, who lost their World Cup title to Norway in 1995. They pointed toward the Olympics for their vindication, and got it by beating Norway in the semifinals, then downed the Chinese for the second time in the tournament. The bronze medal went to Norway, which downed Brazil 2-0 in a game played earlier.

To participate in the World Cup is the dream of millions of young soccer players. The World Cup takes place every four years and is the most important soccer competition in the world. In 1998 France defeated Brazil 3 - 0 for the Men's World Cup championship.



In 1999, playing through heat, exhaustion and tension, the two best women's soccer teams on the planet couldn't shake one another. Something had to give. And after 120 minutes without a score, including a sudden-death overtime, something did. Briana Scurry's fingertips, Kristine Lilly's head and Brandi Chastain's foot made all the difference as the women from the United States defeated China in the World Cup final. The title was determined by a "shoot out" where the US women managed to find the goal on all five of their kicks while China scored only four times.

The 1996 European cup was held at Wembley, England. The team from German beat the team from the Czech Republic by a score of two to one in overtime.

In 1999 NCAA action, championship matches were as follows:

Men: Indiana defeated Santa Clara

Women: North Carolina defeated Notre Dame

Find out more about what is happening in the sport of soccer by visiting these web sites:

<http://www.soccerspot.com/>  
<http://www.mlsnet.com/>  
<http://www.collegesoccer.com/>



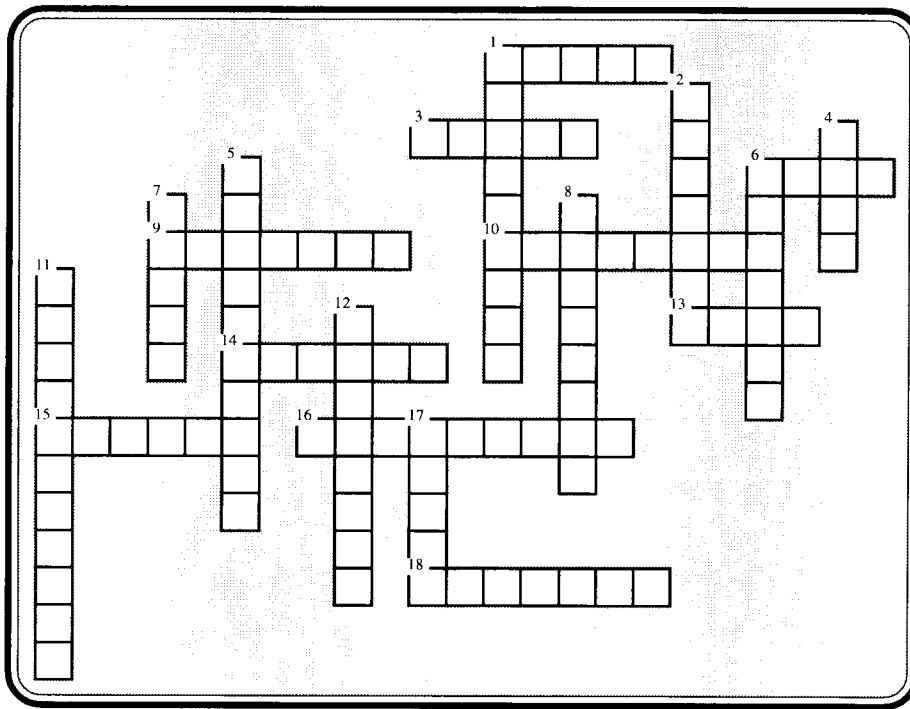
## World Cup Trophy







Name: \_\_\_\_\_ Date: \_\_\_\_\_



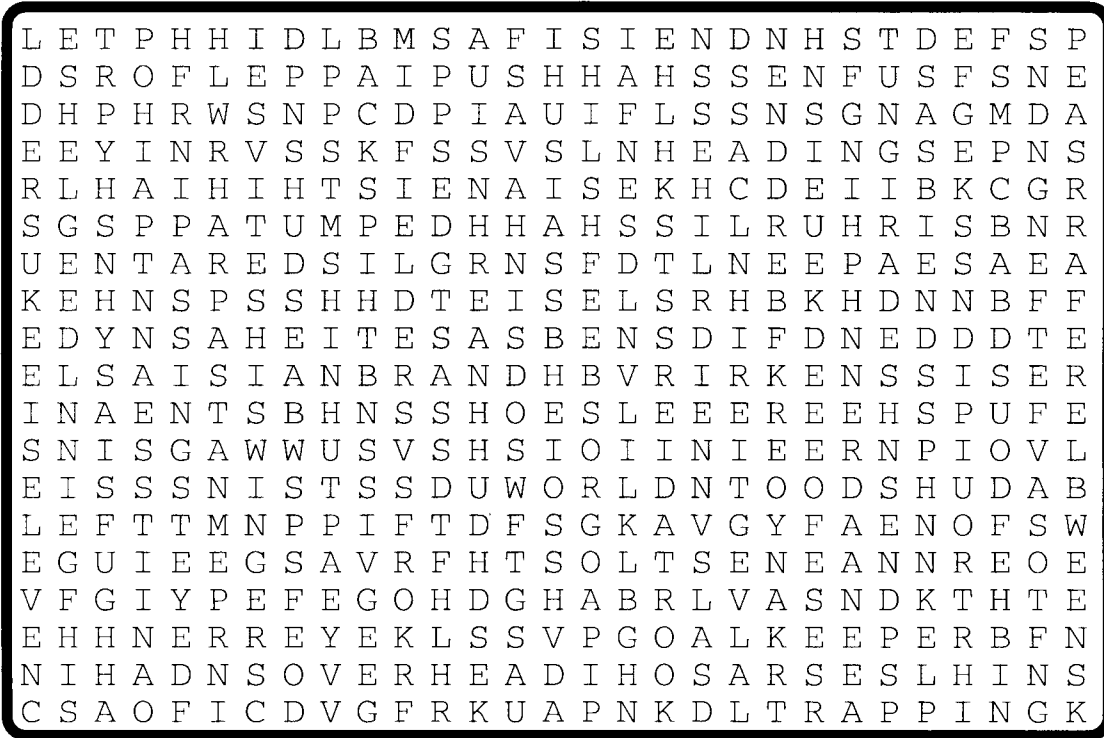
**Across:**

1. Soccer players should not use this part of the body
3. International soccer competition takes place at the \_\_\_\_\_ cup
6. Most popular type of pass in soccer
9. The player does this to make contact with a ball that is too high to reach with a foot
10. Some consider these to be the best all-around players
13. Pads for leg protection
14. The number of players on a soccer team
15. One should use this part of the body when kicking the ball
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
18. Possible miles-per-hour speed of a kicked soccer ball

**Down:**

1. Roman name for soccer
2. The players in this position are similar to guards in basketball
4. Acronym for the US Pro soccer organization
5. This is a player who can use his or her hands and stays near the net
6. Precision kicking - the most critical move in soccer
7. They often have cleats and some consider them to be the most important soccer equipment
8. Controlling the ball by stopping or changing its direction
11. They are in constant motion during the game
12. Type of kick that sends the ball in the opposite direction
17. These players help protect the goal-keeper

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Use the clues below to discover words in the above puzzle. Circle the words.

1. Some consider these to be the best all-around players
2. Acronym for the US Pro soccer organization
3. Precision kicking - the most critical move in soccer
4. Roman name for soccer
5. They often have cleats and some consider them to be the most important soccer equipment
6. These players help protect the goalkeeper
7. International soccer competition takes place at the \_\_\_\_\_ cup
8. The player does this to make contact with a ball that is too high to reach with a foot
9. One should use this part of the body when kicking the ball
10. Possible miles-per-hour speed of a kicked soccer ball
11. Pads for leg protection
12. Type of kick that sends the ball in the opposite direction
13. Controlling the ball by stopping or changing its direction
14. The players in this position are similar to guards in basketball
15. Most popular type of pass in soccer
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
17. This player can use his or her hands and stays near the net
18. Soccer players should not use this part of the body
19. They are in constant motion during the game
20. The number of players on a soccer team