

# Simple Soccer

A quick guide to the 5 things about soccer every parent, player, and coach should know, and a little extra information.

Robert Cohen

## Table of Contents

Hyperlink Index .....	3
Introduction.....	4
Acknowledgements .....	5
Before Beginning.....	6
Kick-off .....	6
Goal Kick .....	7
Corner Kick. ....	7
Throw-In / Kick In.....	8
Offside .....	9
Free Kicks.....	9
Drop Ball.....	10
Penalty Kick .....	11
Two-touch Rule.....	11
Important Things to Remember.....	12
Types of Fouls and Offences.....	14
Cautionable Offences .....	14
Sending-Off Offences .....	14
Direct and Indirect Kicks.....	15
The Field of Play .....	16
Referee signals .....	16
Glossary of Terms .....	17
Basic Soccer Rule Terms.....	17
Basic Soccer Action Terms.....	18
Advanced Soccer Action Terms.....	18
Basic Soccer Field Terms .....	19
Basic Soccer Position Terms.....	20
Advanced Soccer Positions .....	20
References .....	21
Reference Information Cards.....	22
Kick-off .....	22
Goal Kick.....	22
Corner Kick.....	22
Throw-In .....	23
Offside .....	23

# Hyperlink Index.

[Introduction](#)

[Acknowledgements](#)

[Before Beginning](#)

[Kick-off](#)

[Goal Kick](#)

[Corner Kick](#)

[Throw In](#)

[Offside](#)

[Free Kicks](#)

[Drop Ball](#)

[Penalty Kick](#)

[Two-touch Rule](#)

[Important Things to Remember](#)

[Types of Fouls and Offences](#)

[Direct and Indirect Kicks](#)

[Cautionable Offences](#)

[Sending-Off Offences](#)

[Field of Play](#)

[Referee signals](#)

[Glossary of terms](#)

[Basic Soccer Rule Terms](#)

[Basic Soccer Action Terms](#)

[Advanced Soccer Action Terms](#)

[Basic Soccer Field Terms](#)

[Basic Soccer Position Terms](#)

[Advanced Soccer Positions](#)

[References](#)

[Reference Information Cards](#)

[Kick-off.](#)

[Goal Kick.](#)

[Corner Kick.](#)

[Throw In.](#)

[Offside.](#)

## Introduction.

This short book is designed to allow Parents, Players, Coaches, and Referees to easily understand the Basics of Soccer.

The Basics of Soccer consist of three things:

1. Playing the game
2. Knowing the Rules
3. Understanding the Signals

Jason Hanley who reviewed this book wrote. "I think this handout would be useful to individuals new to the game or have little knowledge of the game."

Rather than writing complex setup plays, drills, or Laws of the game, I have tried to create a book that can be easily read, used as a quick reference, and kept as a guide.

New players and coaches, as well as the more seasoned, will find the information in this book covers the most common parts of the game that usually get missed.

The book is not written in the order of the standards laws of the game, which are updated yearly. A free copy of the laws can be found at <http://www.fifa.com/en/index.html> and then under regulations and directions and laws of the games. The 2006 laws of the game are at [http://www.fifa.com/documents/fifa/laws/LOTG2006\\_e.pdf](http://www.fifa.com/documents/fifa/laws/LOTG2006_e.pdf)

What I have tried to do is list the Rules / Laws as they may occur in game situations. As a referee and coach, at many different levels of soccer, what I see as lacking in games is an understanding of the fundamentals as outlined in this book.

The middle of the book contains some important things to remember, a list of type of fouls and offences, a soccer terms glossary, and reference section to books and web sights about soccer rules and laws, as well as a selection of coaching guides.

The End of the book contains five cards in 3 columns that list what I believe are the most common soccer rules that all players and coach should know. The cards will allow this part of the book to be copied and used as a reference guide.

The three columns of the cards contain:

What the player or Coach should know	The Soccer Law (rule) it applies to	The Referee's sign and / or signal
--------------------------------------	-------------------------------------	------------------------------------

Let's get started with simple soccer stuff.

## Acknowledgements:

I would like to thank all the people who helped me in reviewing this book and trying to ensure that it represented the game and laws of soccer. Any errors are mine alone and do not reflect on the Laws of the Game as published by the Fédération Internationale de Football Association or the spirit of the game.

For their help in reviewing the book I would like to thank Jason Hanley, Ernest & Angela Kleihauer, Scott Murphy, Michael Smith, Scott Cockburn, and Sue McEvoy.

For permission to use his wording of the Two-touch Rule and his soccer terms pages I would like to thank Randy Gardner author of 10 Simple Soccer rules Version 2.0 ©Copyright 2004 and 6 for U-6 Version 1.0 ©Copyright 2005 and web site creator of [www.Soccer-for-parents.com](http://www.Soccer-for-parents.com). Visit the web site or contact Randy Gardner via mail at:

Soccer-for-parents.com  
Randy Gardner,  
321 Hedgerow Ct, Kingsport, TN 37663  
423-349-4449

For the pictures and definitions in this book I would like to thank Fédération Internationale de Football Association. FIFA-Strasse 20, 8044 Zurich, Switzerland for their e-book - Laws of the Game 2006 obtainable from FIFA.com ( <http://www.fifa.com/en/index.html> ) at [http://www.fifa.com/documents/fifa/laws/LOTG2006\\_e.pdf](http://www.fifa.com/documents/fifa/laws/LOTG2006_e.pdf) .

Any feedback or suggestions can be sent to me via email at [rcohen53@cogeco.ca](mailto:rcohen53@cogeco.ca)  
Or by mail at

Simple Soccer  
Robert Cohen  
945 Fairbairn Street, Peterborough, ON, CA, K9K 1B8

Written by Robert Cohen, RS Services. Copyright © 2007 Robert Cohen, RS Services, Inc

Redistribution and use, with or without modification, are permitted provided that the following conditions are met:

1. Redistributions of portion or all of this work must retain the above copyright notice, this list of conditions and the following disclaimer.
2. Neither the name of Robert Cohen or RS Services nor the names of its contributors may be used to endorse or promote products derived from this book without specific prior written permission.

THIS BOOK IS PROVIDED BY ROBERT COHEN, AND RS SERVICES AND CONTRIBUTORS "AS IS" AND ANY EXPRESS OR IMPLIED WARRANTIES, INCLUDING, BUT NOT LIMITED TO, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE DISCLAIMED. IN NO EVENT SHALL ROBERT COHEN, AND RS SERVICES OR CONTRIBUTORS BE LIABLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL, EXEMPLARY, OR CONSEQUENTIAL DAMAGES (INCLUDING, BUT NOT LIMITED TO, PROCUREMENT OF SUBSTITUTE GOODS OR SERVICES LOSS OF USE, DATA, OR PROFITS OR BUSINESS INTERRUPTION) HOWEVER CAUSED AND ON ANY THEORY OF LIABILITY, WHETHER IN CONTRACT, STRICT LIABILITY, OR TORT (INCLUDING NEGLIGENCE OR OTHERWISE) ARISING IN ANY WAY OUT OF THE USE OF THIS BOOK, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGE.

## Before Beginning.

Before the game is started the Referees do a number of things:

- They check the field, the lines, and the nets.
- They also collect games sheets if required, and get a game ball from the home team.
- The Referee may ask to check the player's equipment (especially in tournaments and cup games).
  - When checking equipment they will look at the players soccer shoes (check the studs), look for shin pads, and jewelry.
  - They will also ensure shirts are tucked in and sleeves are down.
- After completing these tasks they will call for captains and with the captain's present toss a coin to decide which team takes the kick-off to start the match.

Looser of the toss gets first ball (Kick-off.)

Winner of the toss gets to pick side of the field to defend first.

## Kick-off.

- From the Center of the field.
- Start of game, Start of second half.
- After a Goal is scored.
- Start each half of extra time in games that are tied and require a winner (under competition rules.)

Start of Game Coin Toss – Looser of toss get first ball,  
– Winner gets to pick side

Player taking kick-off can only touch ball once until touched by another player (see [Two-Touch Rule.](#))

You MUST wait for the Referee to give a signal (usually blows their whistle) before the players proceed with the kick.

The ball is in play when it is kicked and moves forward.

A goal may be scored directly from the kick-off (local rules and indoor rules may not allow this.)

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

After a team scores a goal, the kick-off is taken by the other team.

Referee signals a goal by (usually blow their whistle) pointing to the center of the field.

Assistant (lines person) runs towards center line.

## Goal Kick.

A Goal Kick is awarded when the whole ball goes over the end line, kicked, or touched by an attacking team player.

Ball is placed anywhere in the goal area (6 yard box) including on the lines (the goal area in indoor and mini.)

Defending team player must kick the ball out of the penalty area (18 yard box) before anyone else touches it.

Ball is in play only when it is outside the penalty area (big box) and in the field of play.

Referee signals a goal kick by pointing to the goal area with his hand out.

Assistant points their flag at the goal area.

Player taking goal kick can only touch ball once until touched by another player (see [Two-Touch Rule](#).)

A Goal kick can be taken by any player, not just the goalkeeper.

If either team touches the ball before it leaves the penalty area the kick must be retaken, and if the ball is not kicked well enough to leave the area, the kick must be retaken.

You DO NOT have to wait for the Referee to tell you to take the kick.

If the Referee wants you to wait, they may tell you, but they will usually hold up their hand like a STOP sign until they are ready and then give a signal (may blow their whistle.)

## Corner Kick.

A Corner kick is awarded when the whole ball goes over the end line, kicked, or touched by a defending team player.

Kick is from the side where the ball went out.

Ball can be placed anywhere in the corner arc including on the lines.

Ball is in play when it is touched.

A goal can be scored from a corner kick.

Referee signals a corner kick by pointing to the corner where the kick must be taken from.

Assistant points their flag at the corner flag closest to them.



Fédération Internationale de Football Association.

The diagram illustrates some correct and incorrect positions.



Fédération Internationale de Football Association.

Player taking corner kick can only touch ball once until touched by another player (see [Two-Touch Rule](#).)

You DO NOT have to wait for the Referee to tell you to take the kick.

If the Referee wants you to wait, they may tell you but, they will hold up their hand like a STOP sign until ready and then gives a signal (may blow their whistle.)

### **Throw-In / Kick In (indoor and some leagues and younger ages).**

A throw-in is awarded when the whole ball goes over the side line, on the ground or in the air.

Throw-in goes to the team whose player did not touch the ball.

Referee signals the throw-in by pointing in the direction of the throw.

Assistant signals a throw-in by raising their flag and then pointing it in the direction of the throw.

Ball goes to team attacking in direction Referee is pointing (assistants flag is pointing)



Fédération Internationale de Football Association.

- |                      |  |
|----------------------|--|
| Throw-In procedure ▪ | Part of both feet on the ground.                           |
| §                    | Feet on or behind the line.                                |
| §                    | Ball starts behind the head.                               |
| §                    | Uses both hands  |
| §                    | Thrower is facing the field of play in direction of throw. |

On a throw-in dragging the toes of one foot (or both feet) is considered legal.

There is no rule about throwing the ball down into the ground.

- I realize most inexperienced officials will call this a foul throw, but it isn't, so don't call this.

If a player taking a throw-in makes a foul throw. The restart is a throw-in to the opposing team.

If an opponent unfairly distracts or impedes the thrower they are cautioned for unsporting behaviour and shown a yellow card.

- The restart would then have to be an indirect free kick to the other team, so don't do this.

Player taking throw-in can only touch ball once until touched by another player (see [Two-Touch Rule](#).)

- The restart would then have to be an indirect free kick to the other team, so don't do this.

For a kick in the ball must be on the side line and stationary before the kick is taken.

- In most leagues a kick in is an indirect kick.

You DO NOT have to wait for the Referee to tell you to take the throw or kick.

If the Referee wants you to wait, they may tell you, but they will usually hold up their hand like a STOP sign until they are ready and then give a signal (may blow their whistle.)

## **Offside.**

It is NOT an offence in itself to be in an offside position,

A player is in an offside position when:

- there is only one opponent player between them and the goal when the ball was kicked / played,
- they are ahead of the ball and there is only one opponent player between them and the goal,
- they are ahead of the ball and there are no opponent players between them and the goal.

Player in an offside position is only penalised if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the Referee, involved in **active play** by:

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position.

Referee signals offside by giving a signal (usually blows their whistle) and awarding an indirect free kick to the defending team at the offside player's position.

Lines person signals offside by putting their flag up and then pointing to the area of the field where the offside occurred.

A player CANNOT be offside if they receive the ball directly from:

- Throw-in
- Goal Kick
- Corner kick.

A player CANNOT be offside in their own half of the field.

## **Free Kicks.**

Free kicks are either Direct or Indirect.

There are many soccer rules around what causes a direct or indirect kick.

- In general, a direct kick comes from a contact foul or hand ball.
- Everything else is indirect.

Some youth leagues will not allow any direct kicks, or not until a certain age.

Ball must be stationary.

Player taking free kick can only touch ball once until touched by another player (see [Two-Touch Rule](#).)

You DO NOT have to wait for the Referee to tell you to take the kick.

All opponents MUST be 10 yards away (10 feet indoor, mini, and some leagues.)

If the player wants to take a quick kick they may do so after informing the Referee, or they can wait for the kick to be set up.

If the Referee wants you to wait, they may tell you but, they will hold up their hand like a STOP sign until ready and then gives a signal (may blow their whistle.)

#### Direct Free Kick

A goal can be scored directly from a direct free kick but only on the opponent's goal

#### Indirect Free Kick

A goal CANNOT be scored directly from an indirect free kick  
A goal can only be scored from an indirect free kick if the ball is touched by ANY other player before it enters the goal.

Referee signals an Indirect Free Kick by holding their arm straight up above their head (like the letter I).



Fédération Internationale de Football Association.

## Drop Ball.

A dropped ball is a way of restarting the match after a temporary stoppage while the ball is in play, due to an injury or other event where a foul has not occurred.

The Referee drops the ball at the place where it was located when play was stopped.



Fédération Internationale de Football Association.

Play restarts when the ball touches the ground.

A player from each team attempts to kick the ball after it touches the ground.

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it

In many cases the Referee will apply “Gentleman’s Rule” and let the team who had possession get possession back. They will have a player from the other team kick the ball to a specific player on the team that had possession.

## **Penalty Kick.**

A penalty kick is awarded if a direct free kick-offence occurs against the attacking team inside the penalty area.

A Goal may be scored directly from a penalty kick.

Ball must be placed on the penalty mark.

Ball is in play when it is touched and moves forward.

The ball must be kicked forward.

The player taking the penalty kick must be identified to all players by the Referee or his assistant.

The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked.

Player taking penalty kick can only touch the ball once until it is touched by another player (see [Two-Touch Rule](#).) even if it rebounds off the post or crossbar

Player taking the kick MUST wait for the Referee to give a signal (usually blows their whistle) before they proceed with the kick.

The defending goalkeeper MUST remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked, they may move along the line but not forward.

All other players must remain outside the goal area and penalty arc, behind the ball, and in the field of play until the ball is kicked.

## **Two-touch Rule.**

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs, corner kicks, or direct and indirect kicks. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch violation.

This also applies to a throw-in. A player cannot throw the ball in and then kick it.

The only exception to this rule is on a drop ball restart.

A two-touch violation results in an indirect free kick being awarded to opposing team.

## Important Things to Remember.

- 1 Remember to be on time. "Early is better."
- 2 Shirts **MUST** be tucked in - not just the front, or the side, or the back, - all of it.
- 3 Sleeves must be rolled down.
- 4 Shoe laces must / should be tied - mostly for safety reasons. Not necessarily for the player but for the other players like little Suzie who gets a flying shoe in the head.
- 5 Players **MUST** have and wear shin pads. Shin pads **MUST** be worn inside the socks, and must be completely covered by socks. Socks are available for less than \$10 so get another pair, and keep them on hand.
- 6 Goalie **MUST** wear a different coloured shirt from the other players, other team, other team's goalie, and the Referees.
- 7 As one of the Referees I know says. **NO JEWELRY!!**, **NO JEWELRY!!**, **NO JEWELRY!!** – NOT on the arms, legs, head, neck, ears, eyes, nose, mouth, or under the shirt to be safe. Take it off. The hole is not going to close in an hour.
  - (Medical alert bracelets / necklaces are permitted but should be taped.)
- 8 Do **NOT** leave or enter the field of play without the Referee's permission – it is a Cautionable (Yellow Card) offence.
  - Does not apply to indoor games where substitution on the fly is allowed.
- 9 Coach / team captain must tell the Referee if they change goalies.
  - If a player changes position with the goal keeper, without the Referee's permission, both players are cautioned and shown yellow cards at the next stoppage of play.
  - The restart would be the restart that would have occurred when play was originally stopped.
- 10 Substitutions: - Tell the Referee.
  - Players must come on to field at half.
  - Before coming on, **WAIT** for player to leave the field first.
  - If a substitute enters the field of play without the Referee's permission the player is cautioned and shown yellow card.
  - Indirect free kick is awarded to other team where ball was when play is stopped.
- 11 Normally the home team supplies the ball, and the ball must be inflated and in good condition.
- 12 Hand ball is **hand to ball** (deliberately handing or playing the ball with hand or arm) **NOT ball to hand** (ball kicked or hit against hand or arm.)

- 13 Remember it is a Cautionable offence to interfere (moving, jumping, charging) with a goal keeper who is trying to release (kick or throw) the ball.
- This also applies to a player trying to take a throw-in.
- 14 If players remove their jersey (shirts) when celebrating a goal they will be cautioned for unsporting behaviour
- 15 LINES – The lines of the field (touch line, goal line, and penalty area lines) all extend vertically to infinity.
- Therefore, a ball that crosses the line in the air has crossed the line.
  - If a goal keeper is positioned inside the penalty box lines and catches or grabs a ball outside the line they have committed a handling the ball foul.
- 16 Goal Keepers – when you have the ball in your hand you only have **six ( 1, 2, 3, 4, 5, 6 )** seconds to hold it, then you must either kick or throw it back into play.
- 17 Goal Keeper – if you have the ball in your hands, and you put it down on the ground – remember two things:
- YOU CANNOT PICK IT UP AGAIN.
  - The ball is live and an attacking player can run in and kick it.
    - This is very important for indoor games.
- 18 The Technical Area is a box around the player's bench. It is not normally marked except in professional games, but is generally accepted to be 1 metre on both sides of the bench and no closer than 1 metre to the side line.
- What this really means is coaches and players must stay back from the side lines and coaches cannot roam along the side of the field.
  - Do NOT cross the center line and don't walk down to the end of the field.
  - Also No one is allowed behind the goals.
  - These rules are generally quite lax for younger age players.
- 19 In some Indoor leagues all kicks are indirect (exception may be a corner kick).
- The Referee should first be signaling the play (throw or kick.)
  - Then the Referee should signal that the kick is indirect by raising their arm straight up (like the letter I.)
- 20 A NOTE TO REFEREES when signaling a kick or throw please signal correctly – don't be lazy – raise your arms and hold the signal so everyone can see it.
- REMEMBER on an indirect free kick to keep you arm raised until another player touches the ball or it leaves the field of play.

## **Types of Fouls and Offences.**

### **Cautionable Offences.**

A player is cautioned and shown the yellow card if they commit any of the following seven offences:

1. is guilty of unsporting behaviour
2. shows dissent by word or action
3. persistently infringes the Laws of the Game
4. delays the restart of play
5. fails to respect the required distance when play is restarted with a corner kick or free kick
6. enters or re-enters the field of play without the Referee's permission
7. deliberately leaves the field of play without the Referee's permission

### **Sending-Off Offences.**

A player is sent off and shown the red card if they commit any of the following seven offences:

1. is guilty of serious foul play
2. is guilty of violent conduct
3. spits at an opponent or any other person
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. uses offensive or insulting or abusive language and/or gestures
7. receives a second caution in the same match

## Direct and Indirect Kicks.

Direct Free Kick Awarded For	Indirect Free Kick Awarded For
- pushes an opponent	- offside
- charges an opponent	- plays in a dangerous manner
- jumps at an opponent	- impedes the progress of an opponent
- trips or attempts to trip an opponent	- prevents the goalkeeper from releasing the ball from his hands
- strikes or attempts to strike an opponent	- commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player
- kicks or attempts to kick an opponent	- goalkeeper takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball	- goalkeeper touches the ball again with his hands after it has been released from his possession and has not touched any other player
- holds an opponent	- goalkeeper touches the ball with their hands after they has received it directly from a throw-in or a kick taken by a team-mate
- spits at an opponent	
- handles the ball deliberately	

## The Field of Play



Fédération Internationale de Football Association.

## Referee signals.



Fédération Internationale de Football Association.

## Glossary of Terms.

### Basic Soccer Rule Terms.

**Caution** – a disciplinary action in which the Referee shows a player the yellow card (for violating a soccer rule, obviously). A second caution in the same match results in the player being shown the red card (ejected from the game).

**Corner kick** – a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

**Dangerous Play** – an action by a player that the Referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in the possession of the goalkeeper.

**Direct Free Kick** – a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent, or for hand balls. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

**Drop Ball** – a method of restarting a game where the Referee drops the ball between 2 players facing each other. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury) and in other circumstances (more than one soccer rule about this). The ball is dropped where it was last in play or at the nearest point outside the penalty area.

**Foul** – when the Referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

**Goal Kick** – a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

**Indirect Free Kick** – a free kick that is awarded at the spot of the infraction for other fouls that are judged not to be serious such as impeding the progress of an opponent, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

**Impeding the progress of an opponent** - interposing of the body between the person and the ball without making physical contact or else the offence would be a charge or a hold and a direct free kick.

**Offside** – *a difficult soccer rule.*

Not good enough for you? Ok, ok. Here it is: a violation that occurs when an offensive player is closer to the opponent's goal than both the ball and the second-to-last opposing player at the time that the ball is passed to the offensive player by his or her teammate (see 2006 addition). Players cannot be called offside if they are in their own half of the field or if they receive the ball from a throw in, corner kick, or goal kick. When a player is called offside, the opposing team is awarded an indirect free kick. See the Soccer Rules for more information on the offside rule.

**2006 definition of Offside.** - Player in an offside position is only penalised if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the Referee, involved in **active play** by:

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position.

**Obstruction** – a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing it, without making physical contact. – Obstruction is no longer used and has now been changed to “impeding the progress of an opponent.”

**Penalty kick** – A kick taken from 12 yards in front of the goal as a result of a contact foul or hand ball that takes place inside the penalty area.

**Red card** – a Referee shows a player a red card to signal that the player has been banned from the rest of the match. A red card can be shown for a single serious offense or as the result of being shown a second yellow card in the same game. After a player is shown a red card, the player must leave the field of play and cannot be replaced by a substitute, meaning that his or her team must finish the match with one player fewer.

**Sending off** – an ejection resulting from a player being shown a red card. See also Red card.

**Throw-in** – a way to restart play when the ball goes out over the sidelines. The team that did not touch the ball last is allowed an overhead throw.

**Yellow card** – see Caution.

## Basic Soccer Action Terms.

**Center** – a pass from either side of the field towards the middle of the field. It is used primarily to get the ball closer to the front of the goal. The words “center” and “cross” are used interchangeably.

**Charging** – a method of running at and unbalancing the player who has possession, or is attempting to gain possession of the ball; the act of using a “shoulder” against an opponent’s shoulder to gain an advantage, allowed only when the ball is playable (i.e. within 3 feet).

**Clearing** – the act of moving the ball out of the area of one’s own goal by throwing (goalkeeper only) or kicking it.

**Cross** – another word for center.

**Fake** – a move by a player meant to deceive an opposing player. Used to gain an advantage, it is frequently used when dribbling to get past an opponent.

**Feint** – another word for a fake.

**Foot Trap** – the use of the foot, usually the bottom, to control a rolling or low bouncing ball.

**Header** – When a player passes or shoots the ball with his head.

**Save** – the act of a goalkeeper in stopping a shot that would have otherwise gone into the goal.

**Screening** – another word for shielding.

**Shielding** –used by the person with the ball to protect the ball from a defender; the ball carrier keeps their body between the ball and the defender.

**Slide Tackle** – a move where a player attempts to win the ball by sliding towards the ball. If the tackling player touches the ball first, he is allowed to make contact with the player controlling the ball. If the tackling player strikes the player before the ball, a foul is assessed. A tackle from behind is always a foul regardless of whether the tackler managed to get to the ball first.

**Tackle** – the act of taking the ball away from a player by kicking or stopping it with one's feet.

**Trap** – the use of one’s body to slow down and control a moving ball, most often using the chest, thighs or feet.

## Advanced Soccer Action Terms.

**Banana Kick** – a kick that curves such that it takes the shape of a banana. This is usually attempted on a corner kick to curve the ball from the corner directly into the goal.

**Bicycle Kick** – when a player kicks the ball in mid-air backwards and over their own head, usually making contact above waist level. Not too frequent at the youth level! 😊

**Cut Back** – dribbling the ball backwards in the reverse way of the goal in an attempt to keep possession of the ball.

**Cut Down the Angle** – when the goalie comes out of the goal several feet to make themselves closer and larger to an attacker. The effect is to leave the attacker less open net to shoot at.

**First Time Ball** – when the ball is received and propelled in a single movement. Also called one touch pass and first touch.

**First Touch** – another word for first time ball.

**Flick** – a quick header.

**Hospital Ball** – a dangerous pass from one teammate to another. Instead of being crisp the pass is too soft, resulting in a pass that becomes a 50/50 ball (up for grabs) instead of one that is easily received.

**Instep Drive** – a shot taken with the instep of a player's foot; usually the most powerful and accurate of shots.

**Instep Pass** – a pass made by striking the ball with – yes, you guessed it, the instep.

**In Swinger** – a ball that is curving in toward the goal, usually made from a corner kick. Same thing as a banana kick.

**"Man On"** – the call a player makes to a teammate who is closely marked by an opposing player but may not be aware of it.

**Mark** – to cover an opponent with or without the ball to keep them from passing, receiving or shooting the ball.

**Narrowing the Angle** – same as cut down the angle.

**Offside Trap** – a play by the defense to catch the attacking team offside. The rear defenders will quickly pull up past the attackers to put the attackers in an offside position. See the Soccer Rules for more information on the offside rule.

**One Touch Pass** – another term for a first time ball.

**"Pull Up"** – can also be "push up", a phrase used to tell the defense to move up the field in a more attacking position. Sometimes used as the command for an offside trap.

**Scissors Kick** – another word for bicycle kick.

**Shoulder Tackle** – a tackle used to get the ball away from an opponent by making shoulder-to-shoulder contact.

**Two Touch Pass** – a pass in which the ball is received by a player with one touch and then played to a teammate with the next touch.

## Basic Soccer Field Terms.

**Center Circle** – a circular marking with a 10-yard radius in the "center" of the field from which kickoffs are taken to start or restart the game. Purpose: Simply a Reference line for the Referee and defenders. Defenders must be at least 10 yards away from the ball prior to start or restart.

**Center Line** – See Midfield line.

**Center Spot** – The "center" of the center circle from which kickoffs are taken to start or restart the game. Not too complicated! 😊

**Corner Arc** – an arc or quarter-circle with a radius of 1 yard located at each of the 4 corners of the soccer field. Purpose: Also a Reference line, the ball must be kicked from inside this arc on a corner kick.

**Corner Flag** – the flag located at each of the 4 corners of the soccer field, inside the corner area.

**End Line** – the boundary line extending from corner to corner along its width at each end.

**Field** – the rectangular area where soccer matches are played.

**Goal Area** – the rectangular area (20 x 6 yd. on a full-size soccer field) marked within the penalty area (or inside the larger rectangle) and directly in front of goal. Purpose: Marks the area from which all goal kicks must be taken.

**Goal Box** – commoner's term for the goal area or sometimes the penalty area.

**Goal Line** – same as the end line.

**Midfield Line** – a line in the center of the soccer field that divides the field in half along its width and runs parallel to the goals. Purpose: Used for start and restart as well as for calling offside. A player cannot be offside on their half of the field. Also called the center line.

**Penalty area** – The larger rectangle (18 x 44 yd. On a full size field) in front of the goal that includes the goal area. Purpose: Marks both where the goalkeeper is allowed to touch the ball with his hands AND the area where harsh fouls committed by the defending team result in penalty kicks.

**Penalty Arc** – The arc at the top of the penalty area. Purpose: Designates how far back all players must be away from the ball while a penalty kick is being taken.

**Penalty Mark (or Spot)** – the mark on the soccer field from which penalty kicks are taken.

**Pitch** – Another word for the field.

**Sideline** – common word for the touchline.

**Touchline** – the line that runs along the length of each side of the field. Commonly called the sideline in other sports.

## Basic Soccer Position Terms.

**Backs** – Refers to defenders.

**Defender** – A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition's attackers from scoring.

**Forward** – A player who is responsible for most of a team's scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.

**Fullback** – a rear defender.

**Goalie** – Abbreviation for Goalkeeper.

**Goalkeeper** – I bet you know this one. The player positioned directly in front of the goal who tries to prevent shots from crossing the goal line; the only player allowed to use their hands and arms, though only within the 18-yard penalty area.

**Keeper** – Abbreviation for Goalkeeper.

**Midfielder** – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

**Striker** – Generally the same as a forward, though it sometimes Refers to a forward that is his team's primary scoring threat.

**Sweeper** – Not always used. In some formations, a single defender that plays closest to their own goal behind the rest of the defenders; a team's last line of defense in front of the goalkeeper.

## Advanced Soccer Positions.

**Attacking Midfielder** – The midfielder that plays right behind the forwards; they support the offense by providing passes to forwards to set up goals.

**Central Defender** – A player who guards the area directly in front of their own goal, often considered the strongest defender.

**Central Forward** – A team's best-scoring forward who plays towards the center of the field.

**Central Midfielder** – The midfielder most responsible for organizing play in the midfield area, creating scoring opportunities for the attackers, and often a team's leader.

**Defensive Midfielder** – The player positioned just in front of their team's defense and often assigned to mark the opposition's best offensive player; tends to play more defense as a midfielder.

**Finisher** – A forward or striker who has the ability to "put away" or score when opportunities are given to them.

**Halfback** – Same as a midfielder.

**Midfield Anchor** – Same as a defensive midfielder.

**Midfield General** – Same as the central midfielder.

**Midfield Maestro** – Same as the central midfielder.

**Stopper** – The player that defends or guards the best scorer on the attacking team, often the opposition's striker.

**Wingers** – The outside forwards and midfielders (often the fastest players and best dribblers) who play on the sides of the field. Their primary task is to provide them with accurate crossing passes so they can shoot at the goal.

## References:

FIFA Web site: <http://www.fifa.com/en/index.html>

FIFA 2006 Laws of the Game: [http://www.fifa.com/documents/fifa/laws/LOTG2006\\_e.pdf](http://www.fifa.com/documents/fifa/laws/LOTG2006_e.pdf)

Interactive guide to offside (law 11) <http://www.fifa.com/en/laws/flash/start.html>

Great Website: <http://www.soccer-for-parents.com/>

10 Simple Soccer rules and 6 for U-6: <http://www.soccer-for-parents.com/soccer-rules.html>

Soccer Rule terms: <http://www.soccer-for-parents.com/soccer-rule.html>

Soccer Action terms: <http://www.soccer-for-parents.com/soccer-action.html>

Soccer Field terms: <http://www.soccer-for-parents.com/soccer-field.html>

Soccer Position terms: <http://www.soccer-for-parents.com/soccer-positions.html>

## Books:

Football Skills, Ralph Brammer, Elliot Right Way Books, ISBN 0-7160-2124-2

Fundamental Soccer, Karl Dewazien, 1999, Fun Soccer Enterprises, ISBN 0-9619139-2-4

Advanced Soccer Drills, Colin E. Schmidt, 1966, 1997, Human Kinetics, ISBN 0-88011-614-5

Winning Soccer for Girls, Debrah Crisfield, 1996, Fact On File, Inc., ISBN0-8160-3272-6

The Soccer Referee's Manual (Paperback) by David Ager

## Local and Ontario Canada Websites:

Ontario Soccer Association: <http://www.soccer.on.ca/> - good for looking up coaching courses, Referee information, and tournaments

Peterborough Youth Soccer Club: <http://www.pyssc.on.ca/> - For all Peterborough House league information

Peterborough City Soccer Association: <http://www.pcsasoccer.com/> - For all Peterborough Rep team information

Peterborough Youth Indoor Soccer Club: <http://www.pyisc.org/> - For all Peterborough Indoor House league information

Ontario Soccer Referees' Association ("OSRA"):

<http://user1291599.sites.myregisteredsite.com/index.html> - For all Ontario District Referee information

## Reference Information Cards.

### Kick-off.

What you should know	The Soccer Law (rule)	The Referee's signal
<ul style="list-style-type: none"> <li>- Ball is stationary.</li> <li>- Ball is on the center mark.</li> <li>- Ball must be kicked and move.</li> <li>- Player who kicks ball can only touch ball once.</li> <li>- If touched more than once an indirect free kick is awarded to other team.</li> </ul>	<ul style="list-style-type: none"> <li>- Start of the game.</li> <li>- Re-start the game after a goal is scored.</li> <li>- Start of the second half.</li> <li>- Start each half of extra time in games that are tied and require a winner (under competition rules.)</li> </ul>	<ul style="list-style-type: none"> <li>- Referee ensures that all players of the defending team are in their own half and out side the center circle (10yrd away.)</li> <li>- Referee signals (blows their whistle) play to start.</li> </ul>

### Goal Kick.

What you should know	The Soccer Law (rule)	The Referee's signal
<ul style="list-style-type: none"> <li>- Kicked from anywhere in the in the goal box (6 yard box).</li> <li>- Ball must pass out of the penalty area before being touched by another player.</li> <li>- Kicker only touches the ball once before being touched by another player.</li> <li>- Ball is only in play when it is outside of the penalty area.</li> </ul>	<ul style="list-style-type: none"> <li>- Is awarded when the whole ball goes over the end line,               <ul style="list-style-type: none"> <li>- outside of the goals,</li> <li>- last touched by an attacking team player.</li> </ul> </li> <li>- A goal can be scored from a goal kick, but only on the opponent's goal.</li> </ul>	<ul style="list-style-type: none"> <li>- Hold hand out and points at the goal.</li> <li>- Assistant points their flag at the goal area.</li> <li>- Referee may blow their whistle to signal player to take the kick.</li> <li>- Indirect free kick if touched twice when in play.</li> </ul>

### Corner Kick.

What you should know	The Soccer Law (rule)	The Referee's signal
<ul style="list-style-type: none"> <li>- Ball is in play when kicked.</li> <li>- Kicker only touches the ball once before being touched by another player.</li> <li>- Ball is inside the corner arc (lines are part of area).</li> <li>- Ball is in play when it is touched.</li> <li>- A goal can be scored from a corner kick</li> <li>- Opponents are at least 10 yards away.</li> </ul>	<ul style="list-style-type: none"> <li>- Is awarded when the whole ball goes over the end line,               <ul style="list-style-type: none"> <li>- outside of the goals,</li> <li>- last touched by an attacking team player.</li> </ul> </li> <li>- A goal can be scored directly from a corner kick, but only against the opposing team.</li> </ul>	<ul style="list-style-type: none"> <li>- Points towards the corner closest to where the ball went out.</li> <li>- Assistant points their flag at the corner arc.</li> <li>- Referee may blow their whistle to signal player to take the kick.</li> <li>- Indirect free kick if touched twice when in play.</li> </ul>

## Throw-In.

What you should know	The Soccer Law (rule)	The Referee's signal
<ul style="list-style-type: none"> <li>- Feet on the ground.</li> <li>- Feet behind or on the line facing the field.</li> <li>- Ball thrown from behind the head.</li> <li>- Thrower uses both hands.</li> <li>- Ball must be thrown into the field and not dropped.</li> <li>- Thrower does not have to wait for the Referee to signal them to play.</li> <li>- Thrower does not touch the ball after the throw until the ball has been touched by another player.</li> </ul>	<ul style="list-style-type: none"> <li>- A goal cannot be scored directly from a throw-in.</li> <li>- Throw is taken from the point where the ball crossed the line.</li> <li>- Throw is awarded to the team that did not know the ball over the side line.</li> <li>- Ball is in play immediately upon release.</li> <li>- On a bad throw-in, the ball goes to the other team who gets a throw-in.</li> </ul>	<ul style="list-style-type: none"> <li>- Points in the direction that the throw is to be taken.</li> <li>- Assistant points their flag in the direction that the throw is to be taken.</li> <li>- Team attacking in the direction being pointed gets the throw.</li> <li>- Indirect free kick if touched twice when in play.</li> <li>- Unfairly distracting or impeding the thrower is unsporting behaviour (yellow card).</li> </ul>

## Offside.

What you should know	The Soccer Law (rule)	The Referee's signal
<ul style="list-style-type: none"> <li>- Player is in an offside position:               <ul style="list-style-type: none"> <li>- when there is only one player between them and the goal and</li> <li>- They are nearer the goal than the ball.</li> </ul> </li> <li>- Player is offside when they are in an offside position and               <ul style="list-style-type: none"> <li>- they touch the ball or</li> <li>- are the only one who can touch the ball.</li> </ul> </li> <li>- Player cannot be offside if they receive the ball directly from a throw-in, goal kick, and corner-kick.</li> <li>- You cannot be offside in your own half.</li> <li>- Indirect free is awarded to the defending team to be taken where the offside occurred (player's location).</li> </ul>	<ul style="list-style-type: none"> <li>- It is not an offense in itself to be in an offside position.</li> <li>- Player is in an offside position:               <ul style="list-style-type: none"> <li>- If they are nearer the goal than the ball and the second last opponent.</li> <li>- If they are level with the second last opponent</li> <li>- Or level with the last two opponents.</li> </ul> </li> <li>- Player in an offside position is only penalised if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the Referee, involved in <b>active play</b> by:               <ul style="list-style-type: none"> <li>- interfering with play</li> <li>- interfering with an opponent</li> <li>- gaining an advantage by being in that position.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Signals play to stop (usually blows their whistle) and awards an indirect free kick where the infringement occurred.</li> <li>- Assistant puts up their flag.</li> <li>- After play is stopped, they point to the area of the field where the offence occurred.               <ul style="list-style-type: none"> <li>- flag at 11 o'clock – far third.</li> <li>- flag at 9 o'clock – middle third.</li> <li>- flag at 7 o'clock – near third.</li> </ul> </li> </ul>