

Soccer Rules, techniques, & other things to know

Dribbling and passing are the most basic, but most important!

1. **Dribbling** –
 - A. Done with the head up so the player can see if someone is coming on them and so they can see where to pass the ball.
 - B. First done with the inside of the foot, but you should progress to using all parts of the foot and when dribbling with speed the ball should be touched while in stride of a sprint.
 - C. Fake out defense w/ diagonal run, blind-side run, on-side run, start & stop run
2. **Passing** –
 - A. At first done with the inside of the foot
 - B. The plant (non-kicking) foot should be pointed towards where you want the ball to go.
 - C. If it is pointed sideways, but your target is straight ahead you will not hit your target.
 - D. Hit the top ½ of the ball to keep it on the ground.
 - E. To lift it you need to hit it on the lower ½ of the ball.
 - F. Can be done forward, backward, or sideways. This allows the team to keep possession but to take the ball out of tight spots or to open up the field.
3. **Positions** - based on the # of players on the field:
Defense:
 - A. Right & Left defender or fullback
 - B. Central defender or a sweeper who is in the center of the field and the last person before the goalie and/or a stopper who is positioned slightly in front of the left & right defender but in the middle of the fieldMidfield (Halfbacks):
 - A. Center Halfback (midfielder)
 - B. Left Halfback
 - C. Right Halfback
 - D. Or if only 2 it would be left central & right centralOffense (forwards):
 - A. Left forward or wing
 - B. Right forward or wing
 - C. Center forward
4. **Line-ups** - Does not include the goalie & goes from defense to offense, so a 4-3-3 would be 4 defenders, 3 midfielders, and 3 forwards and a 3-2-2 would be 3 defenders, 2 midfielders, and 2 forwards. Most games are won in the midfield battles.
5. A **“tap”** or kick off starts in the center of the field and must ALWAYS go forward. It can then be passed back or forward. Make a short pass to a teammate rather than kicking it right up the middle. The team that does not have the ball must stand outside of the center field circle, but may rush to the ball AS SOON AS it is touched.
6. **Off sides** - a penalty when an offensive player (someone trying to score) is closer to the goal they are trying to score on than any defenders (this does not include the goalie). Happens only in the offensive side of the field. In your own ½ you are NOT off sides.
7. **Out of Bounds** - Put back into play by:
 - A. A throw-in – used when the ball goes out of bounds on the side of the field. The team that did NOT touch it last gets a throw-in
 - B. If the ball goes out the back of the field it will either be a:
 1. Goal kick – taken from the 6’ line – when the attacking team kicks it out
 2. Corner kick – taken from the corner arc – when the defending team kicks it out – try to get it to the penalty kick line or short pass back to a midfielder or defender.
 - C. A Goal is scored when the ball goes COMPLETELY over the line in between the goal posts. It then gets restarted as a tap or kick off and the team that was scored on gets to do the tap.
- D. A direct kick (can score a goal without anyone else touching it) is awarded for a deliberate foul outside of the penalty box. These include:
 - Kicking, tripping striking, or attempting to kick/trip/strike an opponent, pushing, Jumping into, holding, spitting, or charging at an opponent.
 - Makes contact with the opponent before touching the ball when tackling
 - Handles the ball deliberately
- E. An indirect kick (needs to have someone else touch it before it goes in the goal to count) is awarded for lessor fouls like off sides.
8. **Shooting** –
 - A. Locked ankle, pointed toe, & hitting w/ the laces, NOT the toe!
 - B. Shooting should be done with the player’s chest over the ball and follow through. If their chest faces up the ball will go up and usually over the goal if it is on target.
9. **Restart kicks** –
 - A. Locked ankle, pointed toe, & hitting w/ the laces, NOT the toe!
 - B. Take an approach of 3 to 4 steps back & 1 to 2 steps to left if righty and right if lefty.
 - C. Re-start kicks (goal, direct, & indirect) should be done with the chest up & following through with the foot.
 - D. Strike bottom ½ of ball in the middle.
10. **Receiving** –
 - A. Get the entire body in front of the ball, don’t just stick a leg out.
 - B. Try to “cushion” the ball when it comes into any part of the body.
11. **Defense** -
 - A. ALWAYS take the ball outside towards the sidelines, NOT across the middle. Get the ball out of the middle in front of the goal. NEVER across the middle on defense.
 - B. Always stay goal side which means closer to our goal than the other team.
 - C. 1st settle the ball (trap), look up, and try to find a pass rather than just booting it.
 - D. After losing the ball immediately go back after it. Pressure can cause a take-away or force a bad pass. If another player starts after the ball the player that lost the ball should cover the position of the player that took over going after the ball.
 - E. Don’t just stab at the ball, wait for them to put it too far in front or attack when they touch the ball b4 their next touch.
 - F. Stay low (bent knees)
 - G. Stand at an angle, not facing the opponent squarely.
 - H. Balance is a must – the defense closest to the ball should play tight, those far away should play more zone defense to cover the possible passes.
12. **Offense** -
 - A. Encourage players to win the ball & dribble to open space. This allows the rest of the team to get open.
 - B. Switching the field is very effective. This means passing the ball to the opposite side of the field.
 - C. Dribbling as close to corner as possible before centering = NO off sides & also spreads out the defense.
 - D. Support – diamond or triangle method always gives 2 options
13. **Goalies** –
 - A. Come out & cut off the angle.
 - B. Be aggressive
 - C. Come to the edge of the 18 & either throw or punt the ball.
 - D. Make sure to throw to a teammate.