

LAKE SHORE PE SOCCER STUDY GUIDE

- ◆ Soccer is the most popular spectator sport in the world. There is more youth participation in soccer in the US than in any other sport. The World Cup soccer tournament is the largest sporting event in the world.
- ◆ Trapping a ball is a method of gaining control of the ball by changing its direction. You can trap a ball with the inside/outside of your foot, the sole of your foot, your chest, or your thigh. Your body should act as a shock absorber to effectively trap a ball.
- ◆ Soccer is one of very few games whereby you are not allowed to use your hands. The goalkeeper is the only player allowed to use their hands.
- ◆ Heading the ball is a very effective method of redirecting a ball that has been kicked in the air. The ball should contact the player's forehead area.
- ◆ Dribbling the ball is a method of advancing the ball with the feet by using a series of short taps with the inside or the outside of the foot.
- ◆ Kicking a ball is the act of dropping the ball from your hands and swinging your leg to hit the ball out of mid air. This is allowed by goalkeepers only.
- ◆ Adequate spacing on the field is an important component of soccer strategy.
- ◆ A corner kick occurs when the ball is last touched by a defending player and passes over the end line without resulting in a goal.
- ◆ A goal kick occurs when the ball is last touched by an attacking player and it passes over the end line.
- ◆ A direct kick occurs when a major rule infraction transpires and a goal can be scored directly from a direct kick.
- ◆ An indirect kick occurs when a minor rule infraction transpires and a goal cannot be scored until another player touches the ball.
- ◆ A throw in is a 2 handed over-the-head throw that puts the ball into play after it has gone out of play over a sideline. The team touching the ball last loses possession.
- ◆ The game of soccer is often times referred to as Futbol.
- ◆ 11 players make up a team in soccer.

