History of the Game
Indoor soccer is modelled after outdoor soccer. Indoor soccer is a fast paced game and generally results in high scores. It is played on artificial surfaces unlike outdoor soccer, which is played on natural grass. The popularity of indoor soccer is increasing in our country. There are now professional indoor soccer leagues.

Object of the Game
- The object of the game is to advance the ball toward your opponent’s goal by dribbling and passing.
- Score more goals than your opponent by kicking the ball inside the opponent’s goal thus scoring a point.

Modified Physical Education Indoor Soccer Rules
- Teams usually will play with one goalie, two defenders and three forwards.
- A regulation indoor soccer field closely resembles a hockey rink for there are no out of bounds on the field.
- A stoppage of play occurs when there is a penalty, goal, or injury.
- Players can move anywhere on the floor.
- A goal equals one point. A goal is when the ball clearly contacts the mat on the wall.
- Games will be timed based on teacher’s discretion.
- The game begins with a kick off from the center line. A goal cannot be scored on the kick off.
- Goalies are the only players who can play the ball with their hands.
- Goalies must throw/roll the ball out of the goal area - punting is not allowed. The goalie must not throw the ball past the center line.
- The goalie cannot leave the goal area.
- When body contact is made a foul will be called on the responsible player.
- All fouls result in the opposing team receiving an indirect kick from the spot of the foul.
- All hand balls result in a direct kick from the spot of the hand ball.
- Technical Foul (unsportsmanlike conduct of any kind).

Safety Rules
- No tripping, pushing, hacking, blocking, grabbing, etc.
- No heading or slide tackling allowed.
- Do not kick the ball towards the players on the sidelines.
- Do not kick the ball up towards the lights on the ceiling.
- No player can enter the goal area, except the goalie.
- When it’s not your turn to play, remain seated on the sideline, attentive to the game being played. Do not interfere with the game being played.

Physical Education Positions
- **Goalie** – Last line of defense whose primary job is to prevent a goal from being scored.
- **Defense** – Their primary role is to help the goalie prevent the other team from scoring.
- **Forward** – They attack the other teams goals by trying to score the goals.
Indoor Soccer Vocabulary

- **Indirect kick:** The ball must touch another player before a goal can be scored. The indirect kick is awarded on an obstruction and when a player puts themselves in a dangerous situation.
- **Direct kick:** The ball does not have to touch another player to score. The direct kick is awarded when an opposing player commits a foul or a hand ball is committed.
- **Direct Penalty Kick:** A direct penalty kick is awarded when an opposing player commits an intentional foul. It is one shot on goal. Only the kicker and the goalie are involved.
- **Goal Area:** The area surrounding the goal. Only the goalie can be in this area. They can use their hands to play the ball as long they remain in the box.
- **Kick-off:** A kick-off is used to start off a game or after a goal is scored. The ball is placed on the center line and must be passed to a teammate to begin play. The ball must roll one complete revolution before any player on either team can touch it. After this, it is free to the first player who gets to it. All players should be on their given half of the field before the kick-off.

Strategies

**Offensive**

- Maintain possession of the ball using controlled dribbling and making good passes.
- Attack the goal by moving to an open space.
- It is a good idea to play positions and spread the field. Do not have all your players going for the ball at the same time.
- Triangle offense, fill the lane or open space.
- Take as many shots as possible.

**Defensive**

- Defend your space by marking your man on defense.
- Goalies square to shooters when defending your net and cut down the angle when defending your net.
- Play your position / area.