Middle School Physical Education
Outdoor Soccer Unit Study Guide

History
The game of Soccer has been thought to originate from a Greek game called Harpaston or from an Italian game called Calcio. Both were forerunners of the game of soccer, which was played in England during the Middle Ages. Over the years this game was played by the peasants, but gradually grew in popularity. In 1863, Soccer became an official school game, complete with rules and regulations. The first college game of Soccer was played in the United States on November 6, 1869. Today, Soccer is played in most schools, colleges, and communities.

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.

Official Soccer Rules
- Eleven players on a each team.
- Each goal is worth one point.
- Players can move anywhere on the field.
- Games will be timed.
- The game begins with a kick off.
- The kick off and goal kick will be indirect – you cannot score unless the ball touches another player.
- No player is allowed to contact the ball with his hands/arms. Result is a free kick for the opposing team.
- Goalies are the only players who can play the ball with their hands.
- Goalies may throw, roll, or punt the ball out of the goal area.
- Goalies can use their hands only in the goal area. When they move out of the goal area, they become a fielder.
- 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.

Modified Physical Education Soccer Rules
- The number of players on a team is determined by class size.
- When using cones for goals a goal is scored between the cones and below the waist of the goalie.
- The goalie may not punt the ball (Unless given proper instruction).
- We will not be enforcing the offside rule.
- There is no slide tackling or heading allowed in class. No checking - we are playing non-contact.

Safety Rules
- No body contact should occur between players at any time. When body contact is made a foul will be called on the responsible player.
- No tripping, pushing, hacking, blocking, grabbing, etc.
- Technical Foul (unsportsmanlike conduct of any kind).
- Do not rush the goalie when they are punting.
Physical Education Positions

- **Goalkeeper** – Last line of defense whose primary job is to prevent a goal from being scored.
- **Defense** – Their primary role is to take the ball away from the offense and start the attack in their team's favor.
- **Forward** – They finish the attack and try to score.
- **Midfield Players** – They are often among the most hard-working players. They play both offense and defense.

Outdoor 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 as 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.
- **Throw-in**: The ball is thrown equally with both hands over the head. Both feet must remain on the ground during the throw. A goal cannot be scored from a throw-in. It is taken where the ball is kicked out of play on the sidelines.
- **Corner Kick**: If the defensive team kicks the ball past the end line, a corner kick results. The attacking team on the corner takes the corner kick where the end line and sideline meet.
- **Goal Kick**: When the attacking team kicks the ball past the end line, a goal kick occurs. The defensive team from the front of the goal area kicks the ball.
- **Trapping**: In order to gain control of the ball, players provide a cushion with their body. The ball can be trapped with any body part except arms and hands.
- **Dribbling**: Maintaining control of the ball while running. The ball should be kept close to the player instead of kicking and chasing.
- **Offsides**: A player is offsides when he is passed the ball and there are not at least two defensive players between the offensive player and the goal.

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.
- Take as many shots as possible.

**Defensive**

- Defend your space by marking your man on defense, in man to man or zone.
- Goalies square to shooters and cut down the angle when defending your net.
- Play your position / area. A common mistake for inexperienced players is to run to the ball and neglect their positions.