

Soccer Basics:



Players: Eleven players take to the field, including one goalkeeper.

Start of Game: The team winning a coin-toss chooses to either **kick off** or to defend a particular goal. A **kickoff** from the center spot begins play

A ball that goes out of bounds is "out of play". Play is restarted by one of four methods:

1. A **throw-in** is required when the ball is knocked over a touch line (on the side of the field). An opposing player steps out of bounds and grasps the ball with both hands. Keeping both feet on the ground, he throws it in bounds to a teammate using an over-the-head motion.
2. A **corner kick** is awarded when a defensive player is last to touch a ball that crosses out of bounds over his own goal line. An offensive player boots the ball off of the ground from the nearest corner, and the other forwards and mid-fielders, positioned around the mouth of the goal, try to jump or race to kick or **head** the ball (strike it with the forehead) into the net.
3. A **goal kick** is given to the defense when an offensive player hits the ball out of bounds over the opponent's goal line. A formerly defensive player kicks the ball from the goal area out of the penalty area down field or to a member of his team.
4. A **drop ball**, where the ball is dropped by the referee between two opposite players, may also resume play when it is stopped for any reason.

INFRACTIONS:

A **penalty kick** (penalty shot), a **direct free kick**, or an **indirect free kick** is awarded to the opposing team for most fouls.

A **penalty kick** is shot from the **penalty spot** (12 yards in front of the goal) with only the goalkeeper defending. A player is given a penalty kick when an opposing team member commits one of eight deliberate **fouls** against a player "**within his own penalty area**:"

- Kicking (or attempting to kick) an opponent
- Obstructing (blocking an opponent's path)
- Tripping
- Rough pushing
- Bumping from behind
- Hitting
- Holding
- Touching the ball with the hands or arms

A **direct free kick** is awarded, from the point of the infraction when one of these eight fouls occurs **outside the penalty area**.

An **indirect free kick** must touch at least one other player before entering the goal. It is granted when an opposing player employs dangerous play (kicks the ball out of the goalie's hands, pushes a player without the ball, or strikes an opponent), exhibits unsportsmanlike conduct, or is **offside**.

Offside is called when an attacker without the ball enters the opponent's half of the field before the ball does. There are four exceptions to this rule:

1. When two or more defenders are nearer their goal line than the offensive player;
2. When the offensive player moves between the ball and the goal line **after** a teammate kicks the ball;
3. When the ball was last touched by a defensive player: and
4. When the offensive player receives the ball from a throw-in, corner kick, goal kick, or drop ball.

