

6th GRADE SOCCER STUDY SHEET

Direct Free Kick: A direct free kick is taken at the spot the penalty occurred and can be scored directly. A player is awarded a direct kick if they are tripped by a member of the opposing team, or the opposing team has a hand ball penalty.

Indirect Free Kick: An indirect free kick must be touched by one other player before scoring. This kick is also taken at the spot the penalty occurred. A player is awarded an indirect kick if the opposing team is off-sides, if there is a dangerous play (raising the foot too high) penalty, or a goalie interference penalty.

Penalty Kick: A penalty kick is any infraction by a defending player who is in his own penalty area. The kick is taken from the penalty spot, and must be played forward. A goal may be scored directly.

Corner Kick: A corner kick is when the defending player is the last person to touch the ball before it passes over the goal line. A goal may be scored directly.

Goal Kick: A goal kick is when an attacking player is the last person to touch the ball before it passes over the goal line. A goal can not be scored directly.

Throw-in: A throw-in is when the ball goes over the touchlines (sidelines). The team not last to touch the ball, throws the ball in with both hands behind the head and over his/her head, while both feet are on the ground, either on or behind the touchline.

Kick-off: A kick-off is used to start the first and second half of the game or after a goal is scored. Players stand on their own half of the field. The ball is placed on the halfway line in the middle of the center circle. The ball must be kicked forward. The kicker may not touch the ball again until it is has been touched by another player. The ball can not be directly scored.

Scoring: The whole ball must cross the goal line between the goal posts and under the crossbar. Providing the ball has not been thrown, carried, or propelled over the goal line by a hand, arm, or any part of the body besides the foot or head. A goal is worth one point.

Goal Keepers: A Goalie within their own penalty area may use their own hands or arms to catch the ball, deflect it, or throw it. When they are in clear possession in their own area, goalkeepers can not be interfered with in any way.

Players on the Field: 11 players play on the field at one time including the goalie.

Sweet Spots: The three sweet spots on your foot that are used to dribble or kick the ball are; inside, outside, and in-step (shoelaces).

Trapping: Trapping is used to get an oncoming ball under control by using feet, legs, or body.