

7th 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. The opposing team kicks or strikes another player, or attempts to kick or strike another player. 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. There is a dangerous play (raising the foot too high) penalty, unsportsmanlike conduct (swearing, cursing, etc.); the goalie takes more than 4 steps when handling the ball or goalie interference penalty. An indirect free kick can also be awarded if a player charges a player who isn't in possession of the ball.

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. All players except kicker and goalie must stand outside the penalty area and arc, until the kick is taken. The goalie must stay on the goal line without moving his/her feet, until the kick is taken.

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. An attacking player (usually a wing) takes the kick from the corner closest to where the ball crossed the goal line.

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. The goalie kicks the ball out from within the goal area.

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 ball must roll one circumference of the ball forward before it can be touched by another player, or before it can be kicked backwards. Usually the center forward kicks the ball to another player on their team, to try and keep possession of the ball. 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.

Off sides: A player is off sides unless there are two opponents closer to the goal than him/her.

Exceptions:

1. If he/she is in his/her own half of the field.
2. On a goal kick, corner kick, and throw-in.

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.