

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as “association football,” was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player’s arms, legs, heart and lungs all get a good workout during the average soccer game.



## HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called “harpastan.” Julius Caesar reportedly used this game as training for his armies.

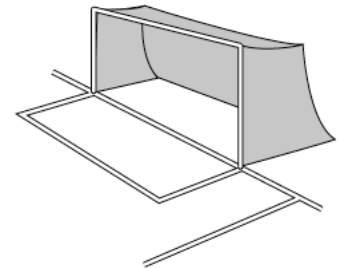
Soccer was also played in various forms in England for about four hundred years before

it was finally accepted as a “respectable” game.

On May 21, 1904, the Federation Internationale de Football Association (F. I. F. A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

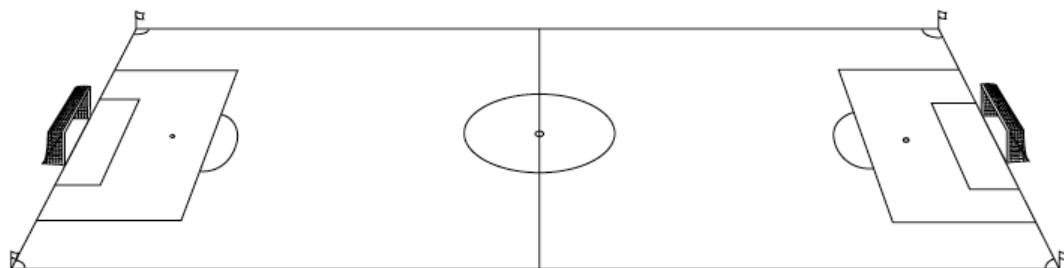
## HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45-minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands.



A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide.

A soccer team consists of eleven persons, all of whom work together to accomplish the team’s goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players’ tasks.



The eleven players include:

a goalkeeper

two backs

three midfielders

three strikers

two wingers

The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.



**Midfielders** (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

**Strikers** are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet.

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

## PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.



## *KICKING*

Kicking is a critical skill in soccer. The soccer kick does not use a regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.

### *OVERHEAD KICK*

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.



### *TRAPPING*

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.

### *HEADING*



This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots!

Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

## *PASSING*

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork.

While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The “push pass” (an inside-the-foot pass) is the most popular pass and can move balls up to 20 feet when properly executed.



## *DRIBBLING*

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another.

In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.

## **EQUIPMENT AND CLOTHING**

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection.

Soccer shoes are perhaps the player’s most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

## **SOCCER NOTES AND NEWS** (Information taken from a variety of

sources including ESPN, NCAA, Wikipedia and newspapers)

In 1900, soccer became the first team sport to be added to the Olympic games. According to the 1996 Olympic Factbook (published in association with the Olympic Committee) soccer is the most popular sport in the world. At the 2012 London Summer Olympics, the medal winners were:

## ***Men***

GOLD: MEXICO  
SILVER: BRAZIL  
BRONZE: KOREA

## ***Women***

GOLD: UNITED STATES  
SILVER: JAPAN  
BRONZE: CANADA



## ***The World Cup***

To participate in the World Cup is the dream of millions of young soccer players. The World Cup takes place every four years and is the most important soccer competition in the world. It is a very popular event worldwide. Marta Vieira da Silva is considered one of the best players in a recent World Cup competition. Representing Brazil, she won both the top player and scorer awards in the 2007 Women's World Cup.

### ***The FIFA Men's World Cup Soccer (2010)***

The 2010 World Cup took place in South Africa. South Africa was the first African nation to host the finals. The matches were played in ten stadiums in cities around the country, with the final played at the Soccer City stadium in the capital city, Johannesburg.

Thirty-two teams were selected for participation via a worldwide qualification tournament that began in August 2007. In the first round of the tournament finals, the teams competed in round-robin groups of four teams for points, with the top two teams in each group proceeding. These sixteen teams advanced to the knockout stage, where three rounds of play decided which teams would participate in the final match.



Host nation South Africa, along with previous world champions Italy, was eliminated in the first round of the tournament, with powerhouse nations Argentina, Brazil and Germany leaving the tournament in the knockout stage. In the final, the European champions and second-ranked team Spain defeated two-time finalist the Netherlands 1–0 after extra time, with Andrés Iniesta's goal giving Spain its first-ever world championship.



The 2010 finals marked the first time a European nation had won the tournament outside of its home continent, as well as the first time that two different European teams had become world champions in succession. With a pool of entrants comprising 204 of the 208 FIFA national teams at the time, the 2010 World Cup shares with the 2008 Summer Olympics the record for most competing nations in a sporting event.

### *The FIFA Women's World Cup Soccer (2011)*

Unprecedented enthusiasm, packed stadiums, top-quality football (soccer) and a brand new champion: The FIFA Women's World Cup 2011™ in Germany took the feminine side of the world's most popular sport to a whole new level.



For many, Japan's penalty shoot-out victory over USA in the Final was a fitting conclusion to the tournament, especially in light of the catastrophic earthquake and tsunami which devastated the country earlier in the year. The team, inspired by star player Homare Sawa, combined slick passing with technical finesse to prove that women's football has truly arrived in every corner of the globe.

Following in the footsteps of Norway (1995), USA (1991, 1999) and Germany (2003, 2007), Japan became only the fourth women's world champions and can now count themselves among the true greats of the sport. "We definitely wanted a medal, but I never would have dared to dream that we'd win it or that I would win the Adidas Golden Boot," said midfield maestro Sawa, who also received the Adidas Golden Ball as the tournament's best player.

The competition sprang a number of surprises. Few predicted that Norway would be packing their bags by the end of the group stage, fewer still that reigning champions, hosts and favorites Germany would bow out in the quarter-finals along with fellow 2007 finalists Brazil.

Sweden and France reached the semi-finals and in so doing secured their place at the 2012 Women's Olympic Football Tournament in London. While the Scandinavians played their way into fans' hearts with a refreshing brand of attacking football.

USA went into the Final brimming with confidence as they sought to become the competition's most successful nation outright. However, in a dramatic decider in Frankfurt,

Japan twice fought back to force the game into penalties and ultimately held their nerve in the shoot-out to claim their maiden title. “It was a difficult moment for us because we were so close, but I think Japan, a country which has gone through so much over the past months, almost needed the victory more than we did,” said USA striker Abby Wambach. “The thought that their success will bring happiness and hope to the Japanese people is a consolation.”

### *NCAA Soccer*



The 2012 NCAA Division I Men’s Soccer Championship is a single-elimination tournament involving 48 teams to determine the champion of the 2012 NCAA Division I men’s soccer season. It was the 54th edition of the tournament under its present format. Indiana defeated Georgetown, 1-0, to win its 8th national title.

Like previous NCAA Division I Tournaments, 48 participants are selected from a field of 198 teams. Of the 48, 22 are allocated to the conference tournament or regular season winners. The remaining 26 are determined through an at-large process based upon teams’ Ratings Percentage Index that did not win their conference tournament. From there, the NCAA Selection Committee selects the top 16 seeds for the tournament, that earn an automatic bye to the second round of the tournament. The remaining 32 teams play in a single-elimination match in the first round of the tournament, to play a seeded team in the second round.

North Carolina used quick goals in both the first and second half to claim its 21st women’s soccer championship in December, 2012, defeating Penn State 4-1 at San Diego’s Torero Stadium.

The Tar Heels (15-5-3) were the only No. 2 seed in the College Cup but defeated two No. 1 seeds (Stanford and Penn State) to win the national championship. They also defeated No. 1 seed BYU to reach the College Cup.

The loss ruined Penn State Coach’s Erica Walsh quest to become the second female coach to win a women’s soccer championship. The Nittany Lions (21-5-2) did however become the first team from the Big Ten to reach the finals.

Find out more about what is happening in the sport of soccer by visiting these web sites: <http://www.mlsnet.com/> <http://www.collegesoccer.com/>



# STUDENT RESPONSE PACKET

## SOCCER

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WHAT TO DO

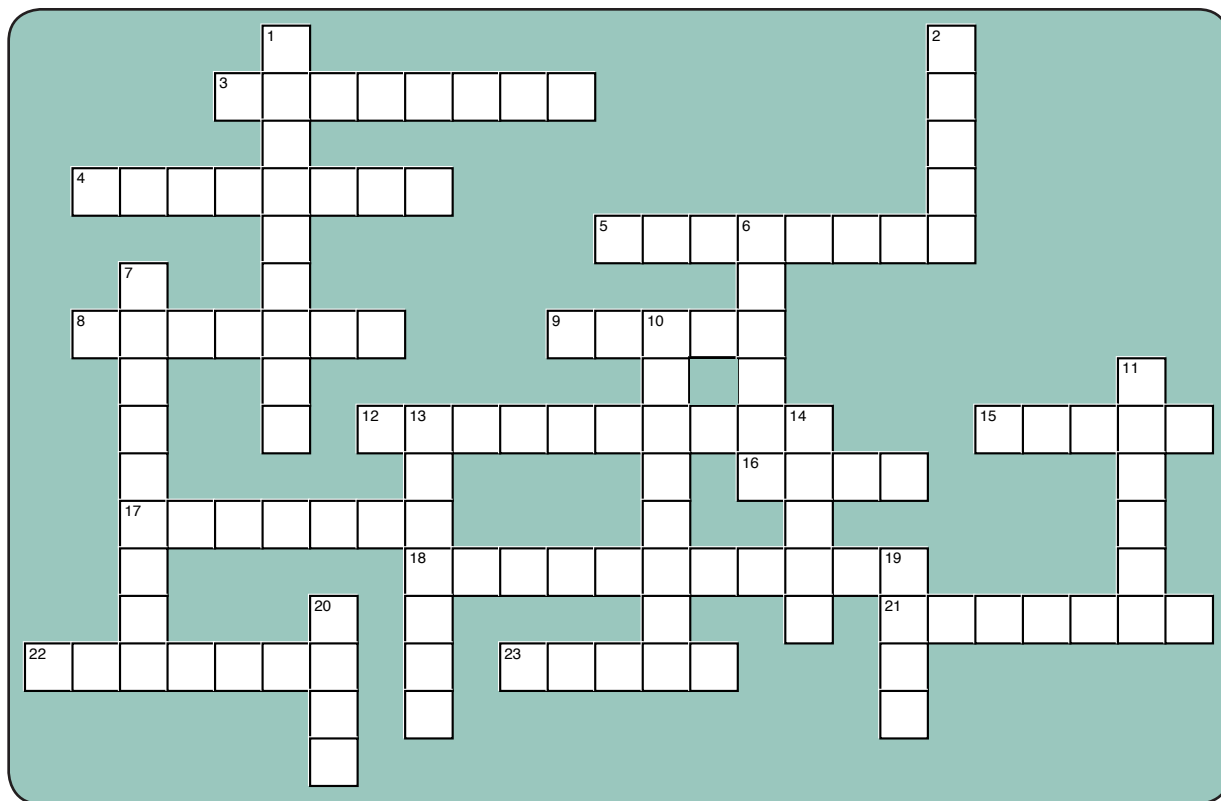
The following questions will help you to have a greater appreciation and understanding of soccer. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are the physical benefits of playing soccer?
  
  
  
  
  
  
  
  
  
  
2. True or False: Soccer players are allowed to touch and carry the ball in their hands.
  
  
  
  
  
  
  
  
  
  
3. How long is the average soccer game?
  
  
  
  
  
  
  
  
  
  
4. Describe an overhead kick in soccer.

5. What does it mean for a player to “trap” the ball?
6. When should the technique of “heading” be used?
7. What actions in a soccer game might result in a foul being called?
8. Describe the makeup of a typical soccer team.
9. Which soccer players on a team are usually considered to be the best all-around players?
10. How do you make a goal in soccer?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Across:**

3. Controlling the ball by stopping or changing its direction
4. One of the F's in FIFA
5. Some consider these to be the best all-around players
8. The most critical move in soccer
9. They often have cleats and some consider them to be the most important soccer equipment
12. This is a player who can use his or her hands and stays near the net
15. International soccer competition takes place at the \_\_\_\_\_ cup
16. Most popular type of pass in soccer
17. Possible miles-per-hour speed of a kicked soccer ball
18. They are in constant motion during the game
21. The player does this to make contact with a ball that is too high to reach with a foot
22. The players in this position are similar to guards in basketball
23. Soccer players should not use this part of the body

**Down:**

1. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
2. These players help protect the goalkeeper
6. One should use this part of the body when kicking the ball
7. Roman name for soccer
10. Type of kick that sends the ball in the opposite direction
11. The number of players on a soccer team
13. In 1900 soccer was added to these games
14. The purpose of FIFA is to formulate these
19. \_\_\_\_\_ pads are worn for leg protection
20. Acronym for the US Pro soccer organization

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

Soccer

Goals

Passing

Chinese

Goalkeeper

Dribbling

Harpastan

Midfielder

Tournament

FIFA

Strikers

Spain

Waldrum

Winger

European

Periods

Kicking

Marta

Fouls

Trapping

Factbook

Team

Heading

Italy

# Physical Education 6 Answers

To make our puzzles more challenging for students words used as clues in our wordsearch puzzles may or may not be words found in the text.



1. What are the physical benefits of playing soccer?  
The player's arms, legs, heart and lungs all get a good workout during the average soccer game.
2. True or False: Soccer players are allowed to touch and carry the ball in the hands.  
False. The arms and hands are not used in soccer.
3. How long is the average soccer game?  
A soccer game is usually two 45 minute periods long.
4. Describe an overhead kick in soccer.  
This is a kick to send the ball in the opposite direction from the one in which the player is facing.

5. What does it mean for a player to "trap" the ball?  
Trapping the ball means that a player attempts to control a ball by stopping it or changing its direction.
6. When should the technique of "heading" be used?  
Hitting the ball with the flat part of the forehead is called heading. It is used when the ball is too high to reach with any other part of the body.

7. What actions in a soccer game might result in a foul being called?  
Fouls are given for such actions as kicking an opponent, striking or pushing an opponent and touching the ball with the hands or the arms.
8. Describe the makeup of a typical soccer team.  
A soccer team is composed of eleven persons including one goalkeeper, two backs, three midfielders, three strikers and two wingers.
9. Which soccer players on a team are usually considered to be the best all-around players?  
The strikers are considered to be the best all-around players.
10. How do you make a goal in soccer?  
A goal is made by kicking or heading the ball into the goal net.

