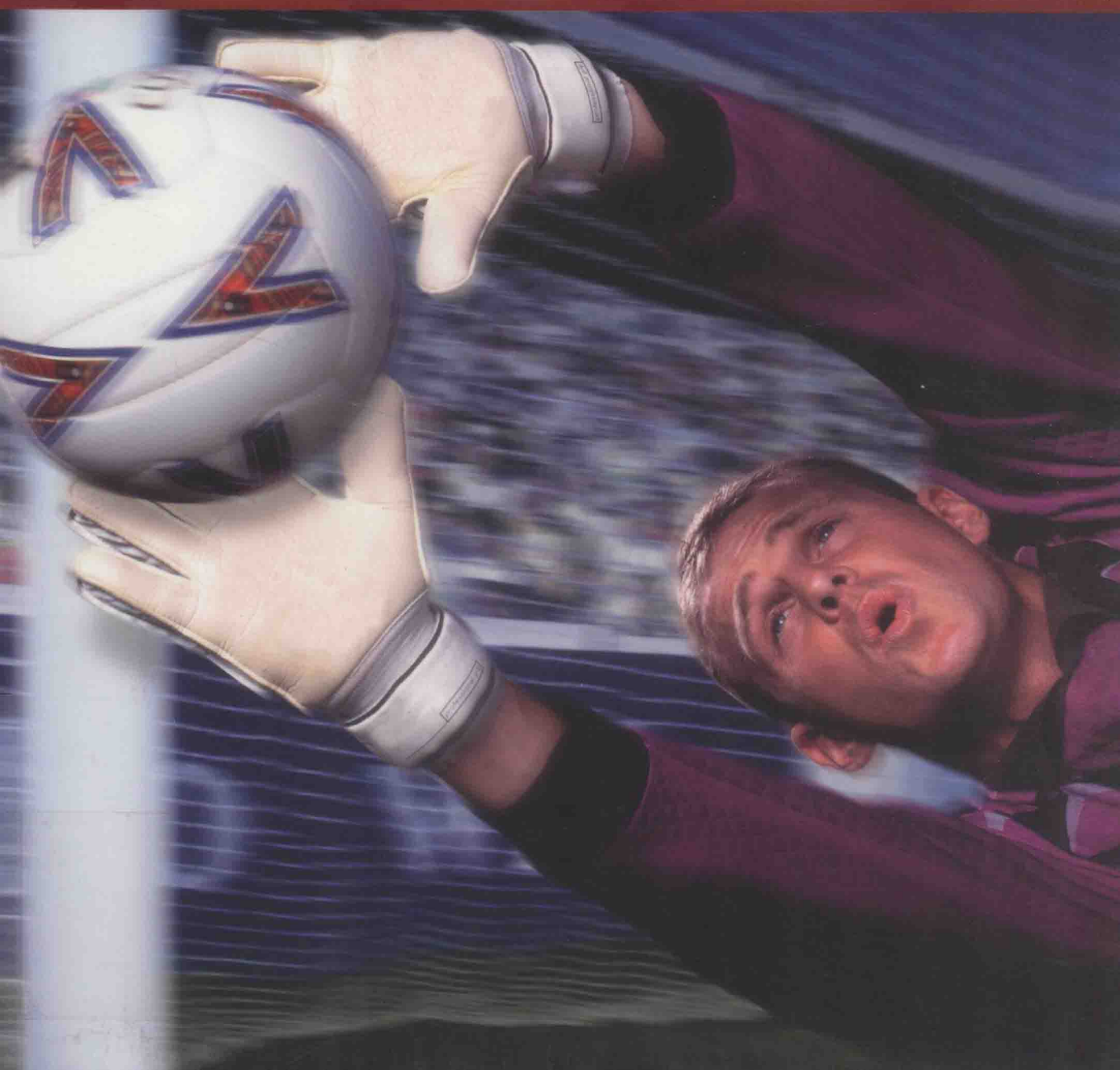




IN THE ZONE

SOCCER






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PAT REDIGER



常州大学图书馆
藏书章



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Heather C. Hudak Project Coordinator

Terry Paulhus Design

Kenzie Browne Layout



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What is Soccer?



4

■ Soccer players can kick a ball with a great deal of force.

It is believed that soccer began in China in 2500 BC. Back then, the ball was made of animal skins, and the players kicked it through a hole in a net. Soccer was played to celebrate the emperor's birthday. It was also played as a way to keep soldiers in shape.

American Indians also played a similar game called *pascuckuakohowog*. This word means "they gather to play ball with the foot." They played on beaches, where the nets were about 1 mile (1.6 kilometers) apart. Sometimes, as many as 1,000 people played at a time. They could only tell their teammate by the paint and jewelry they wore. The games often lasted more than a day and ended with a feast.

The soccer game played today came from England, where it is called football. It is difficult to know exactly when people started playing the game there. New soccer rules were written in 1863, and they are the basis for what we play today.

Soccer is a great game because it can be played almost anywhere. All that is needed is a level patch of ground, a ball, and two teams. The players handle the ball mainly with their feet. To score, players kick the ball into the other team's net. The team with the most number of goals at the end of the game wins.



■ Soccer has attracted enthusiastic fans since the early 1900s.

What You Need

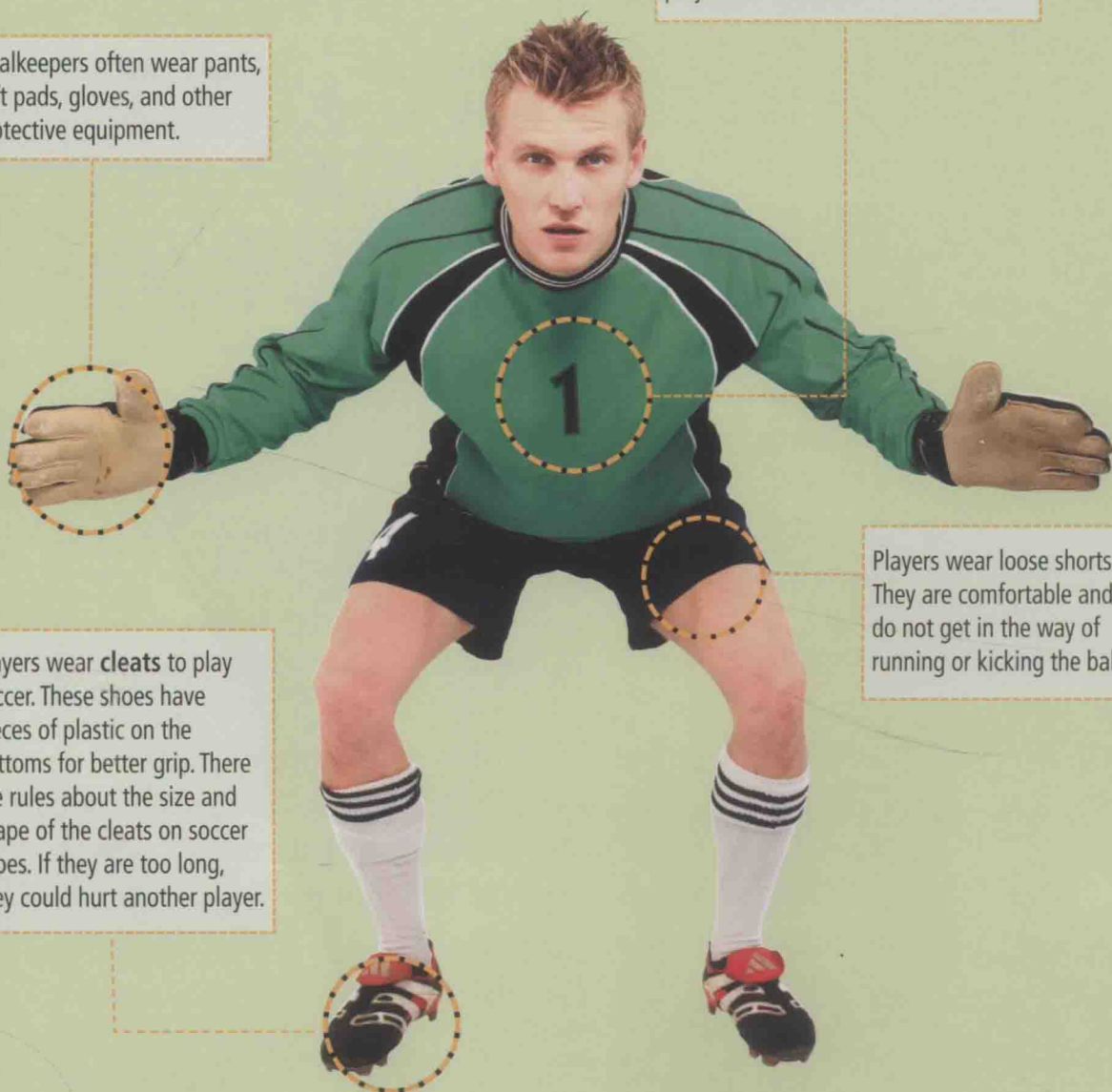
Soccer players do not need a great deal of equipment to start playing. All they really need is a ball, a pair of shoes, and comfortable clothing.

Goalkeepers often wear pants, soft pads, gloves, and other protective equipment.

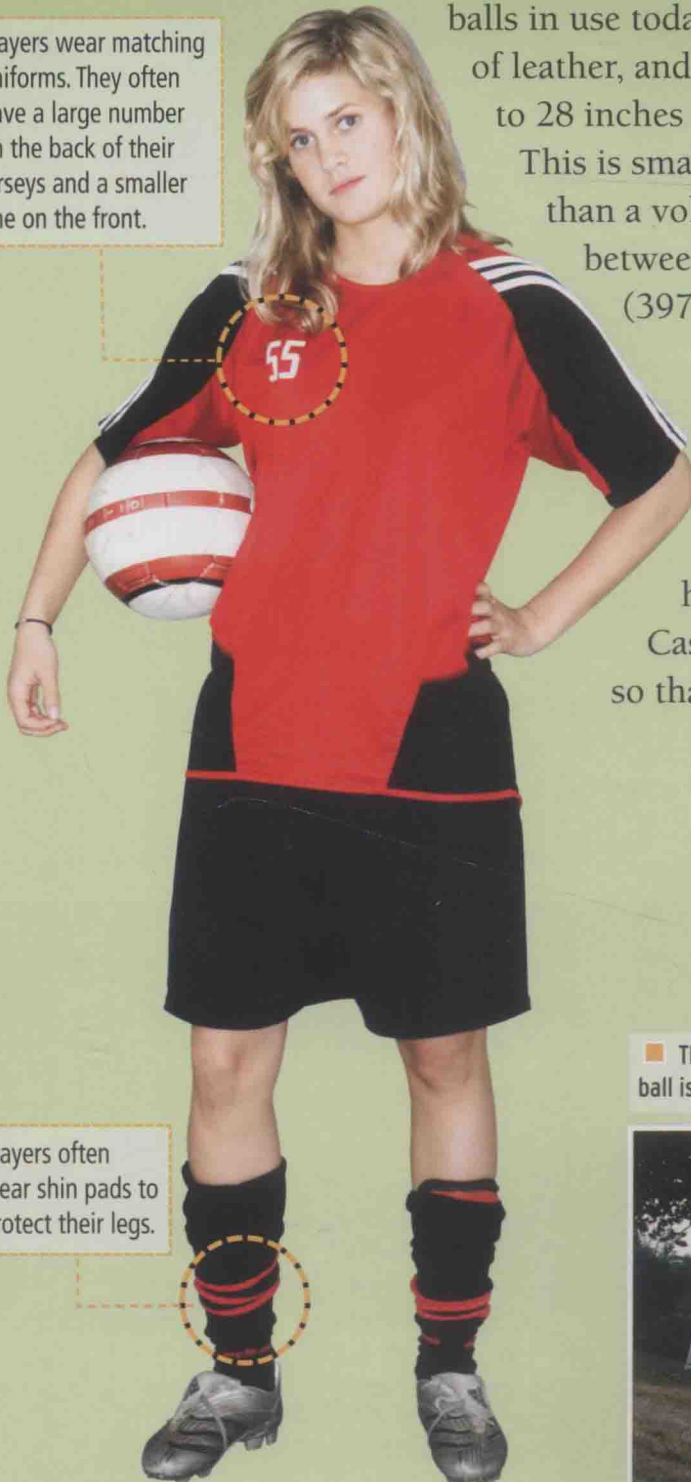
Many goalkeepers wear the number one on their jerseys. Their uniform is a different color from all the other players on their team.

Players wear **cleats** to play soccer. These shoes have pieces of plastic on the bottoms for better grip. There are rules about the size and shape of the cleats on soccer shoes. If they are too long, they could hurt another player.

Players wear loose shorts. They are comfortable and do not get in the way of running or kicking the ball.



Players wear matching uniforms. They often have a large number on the back of their jerseys and a smaller one on the front.



Players often wear shin pads to protect their legs.



There are hundreds of different kinds of soccer balls in use today. Soccer balls are round, made of leather, and bounce well. Balls must be 27 to 28 inches (69 to 71 centimeters) around. This is smaller than a basketball but larger than a volleyball. Soccer balls weigh between 14 and 16 ounces (397 and 454 grams).

During a soccer game, players may be asked to take off items that could hurt another player. These items include hard helmets, watches, or rings. Casts or braces must be wrapped so that no hard part of metal shows.



■ The same ball is used for the entire game unless the ball is defective.



■ There is a goalpost at each end of the playing field.

The Playing Field

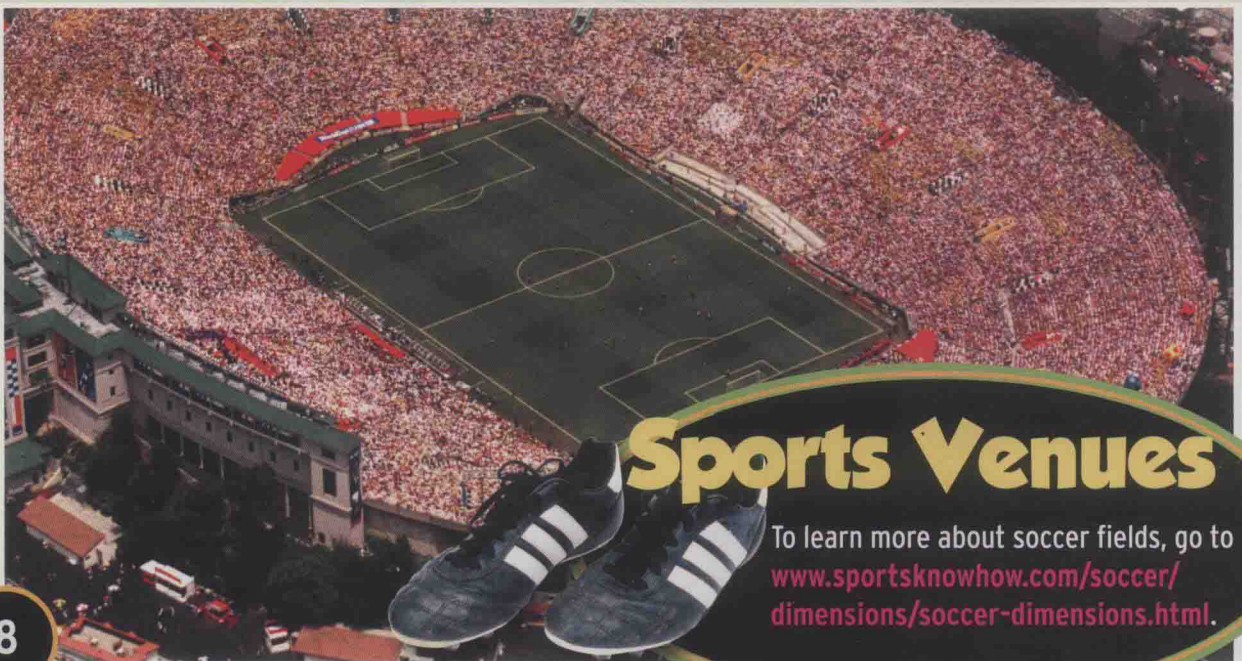
A soccer field, which is also called a pitch, can vary in size, but it is always rectangular. It can be no more than 130 yards by 100 yards (119 by 91 meters).

The goalposts are 8 yards (7 m) wide and 8 feet (2.4 m) high. The **crossbars** around the goal are usually made of wood or metal. The goal area itself is 20 yards by 6 yards (18 by 5.5 m). Goal kicks are taken from anywhere in this area. The **penalty** area is in front of each goal. Only the goalkeeper is allowed to use his or her hands here.

The corner flags sit on posts. They are at least 5 feet (1.5 m) high and are placed in each corner. Flags are also placed halfway down the field on both sides. The corner area extends out from the corner flag. The ball is placed here for a corner kick.

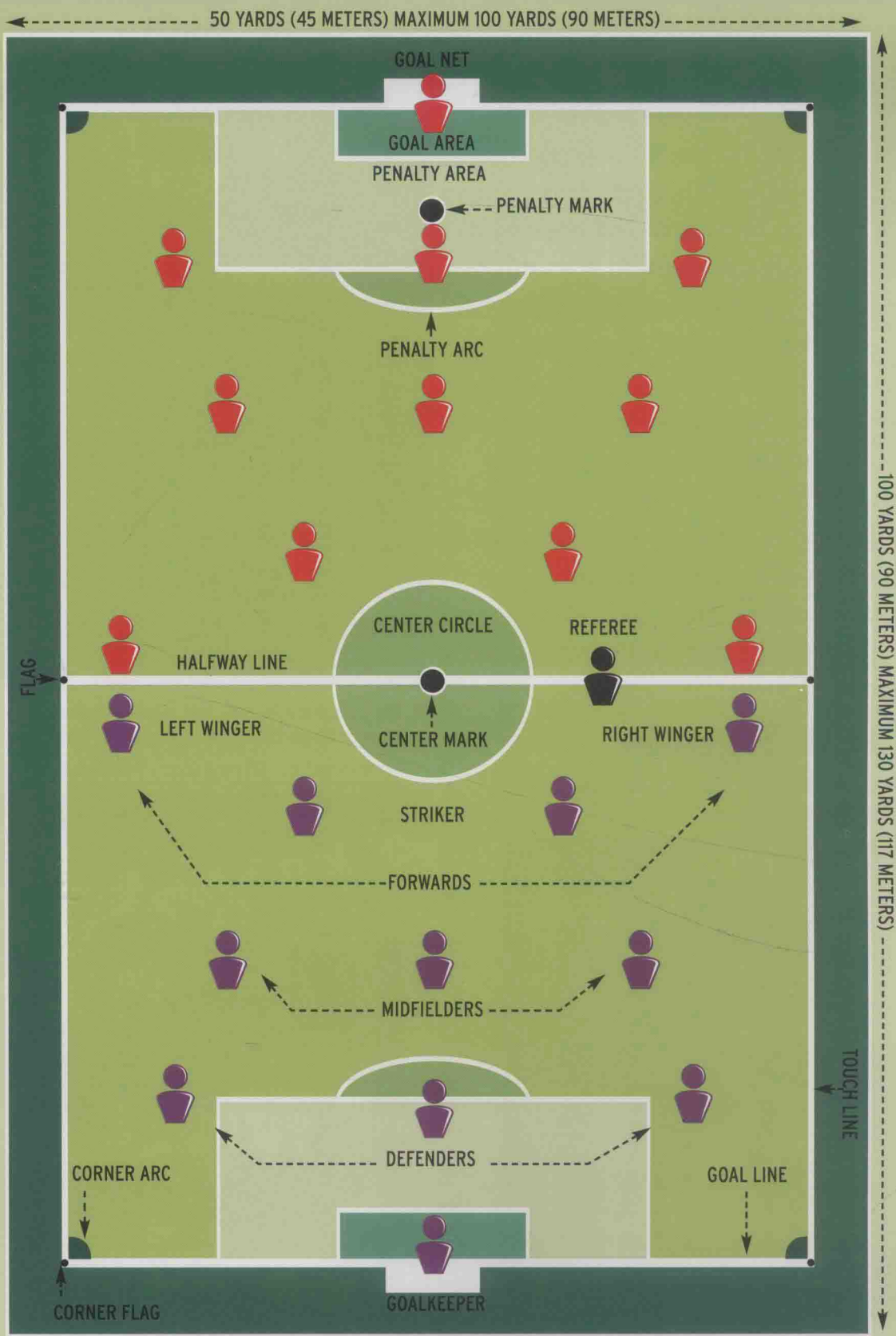
The center circle is 10 yards (9 m) in radius. This circle keeps one team away from the ball when the other team takes the kickoff.

■ Thirty-two countries compete for the world championships. The stadiums hold between 35,000 and 105,000 cheering fans.



Sports Venues

To learn more about soccer fields, go to
www.sportsknowhow.com/soccer/dimensions/soccer-dimensions.html.



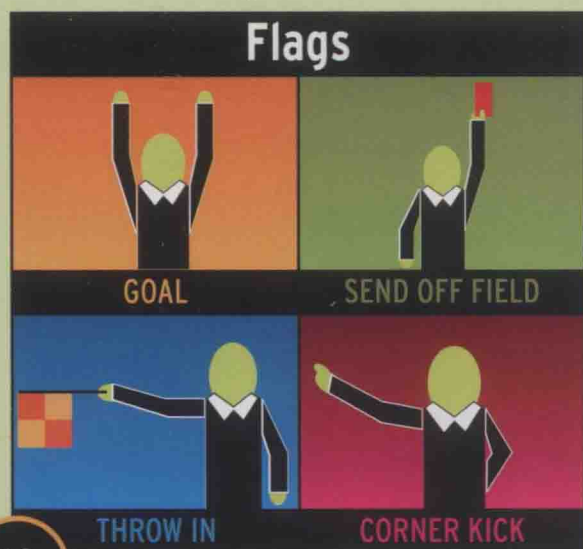
Rules of the Pitch

A soccer match lasts two periods of 45 minutes. A goal is scored when the ball passes over the goal line between the goalposts. If the ball goes out of bounds, it is thrown in from that spot. The team that touches the ball last before it goes out of bounds loses possession of the ball. The other team throws it in.

A corner kick takes place when a ball goes out of bounds at the goal line and the last one to touch it was a member of the defending team. A member of the attacking, or offensive, team puts the ball back into play. The ball is kicked from the quarter circle in the corner of the field.

Referee Signals

Referees use hand signals and flags to show calls. These are some examples.



During a throw-in, both feet must be on the ground. The player must throw the ball with two hands over his or her head.



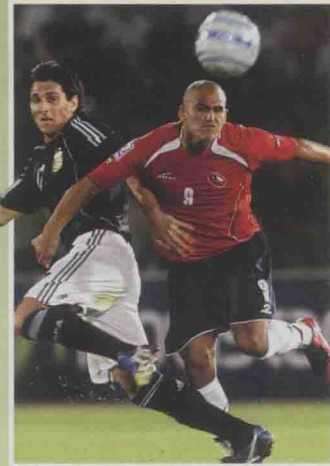
When a free kick is taken, all players from the opposing team must stand 10 yards (9 m) away. The opposing team can move toward the ball after it is kicked.

A goal kick occurs after the ball passes over the goal line and the last one to touch it was a member of the attacking team. A member of the defending team puts the ball back into play. The ball is kicked from inside the goal area. It must pass outside the penalty area before another player can touch it.

It is against the rules to kick or trip another player. Players also cannot hold or push other players. The ball cannot be handled with the player's hands or arms. Goalkeepers, however, can use their hands to block shots.

If these rules are broken, the ball is handed over to the other team. If the rules are broken again and again, the referee can penalize the player or the team. The referee can stop the game at any time if a foul has occurred. The referee may award the other team a penalty kick if a player breaks the rules. His or her decisions are final.

The linespeople help the referee. They determine when the ball is out of play. They also show which side can take a corner kick, goal kick, or throw-in.



■ Players are allowed to use their bodies against the player with the ball, but they cannot push or hold on to other players on the field.

■ Goalkeepers do not have much time to react to a shot. Sometimes, they just have to guess whether a player will shoot to the right or left side of the net.



Sports Rules

To read more about soccer rules, visit www.soccerrules.org.

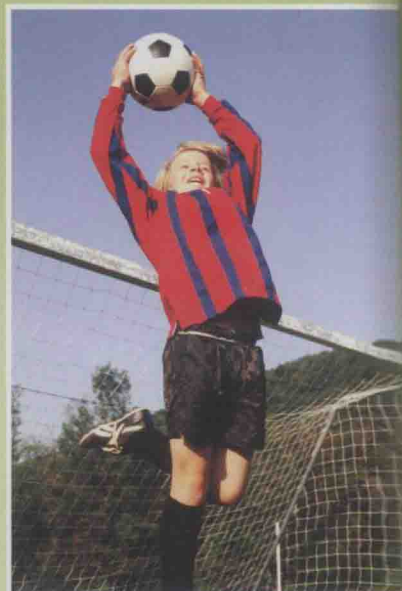


Positions

There are several positions on a soccer team. The goalkeeper's job is to block the other team's shots on the net. Goalkeepers can use their hands to move the ball only inside the penalty area. If they leave this area, they are treated like any other player and must use their feet to move the ball.

Defenders help their goalkeeper stop the other team from scoring. It is their job to prevent the other team's players from shooting at the goal at all. Defenders help block shots and get the ball away from the other team.

Different types of defenders play in different parts of the field. Fullbacks play down the sides. Centers play mainly in the area in front of the goal. Sometimes, a team will have sweepers who go where they are most needed.



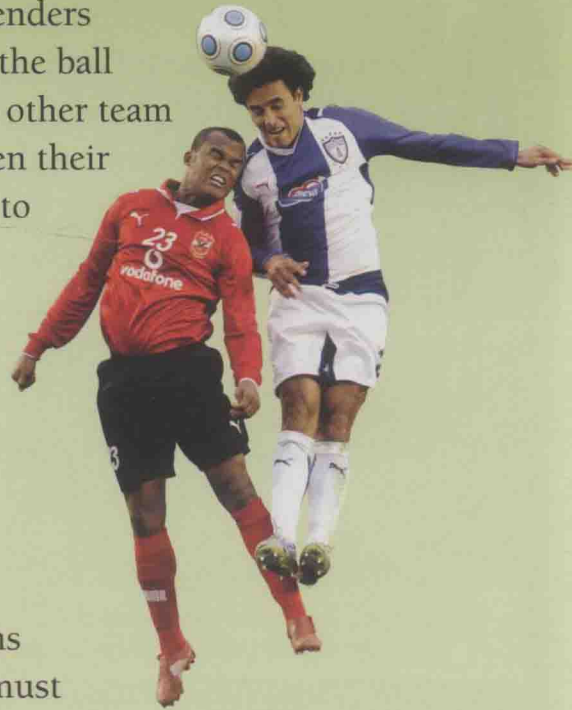
■ Any player on the team can substitute for the goalkeeper as long as the referee is informed.



Midfielders move the ball mainly from the defenders to the forwards. Their job is to gain control of the ball when it is in the middle of the field. When the other team has the ball, midfielders try to get it back. When their own team has the ball, they try to set up plays to help the team score.

Teams usually have between two and five midfielders. A flank midfield player plays down the sides of the field. A central midfield player tries to score when attacking and tries to prevent a goal when defending.

Attackers, or forwards, try to score goals. Teams use one to four players in this position. They must be able to pass well and control the ball. Attackers can kick the ball hard and right on target.



■ Soccer players sometimes hit the ball with their head instead of their feet.



■ Defenders are sometimes called fullbacks. They take the ball from the other team and pass it to their teammates so they can score.