



ARUN KUMAR TYAGI

Skills & Rules

FOOTBALL

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***This Book is Dedicated to
National-Level Player
Late Shri KrishnaVeer Tyagi,
who always inspired me with
his Guidance and
Instructions***

Contents

1. Introduction and History of Football	1-46
- England-Scotland Rivalry	5
- First League in the World	6
- 28 Goals on First Tour	8
- Rangers-Celtic Dominance	9
- The Greeks and Their Games	10
- The Romans and Harpastum	11
- The Chinese and Tsu Chu	13
- The Japanese and Kemari	16
- Ancient Games	18
- Medieval and Early Modern Europe	21
- Calcio Fiorentino	25
- Official Disapproval and Attempts to Ban Football	25
- Establishment of Modern Codes	26
- Firsts Clubs	30
- Competitions	31
- Modern Balls	32
- Modern Ball Passing Tactics	33
- Cambridge Rules	33
- Sheffield Rules	34

- Australian Rules	35
- Football Association	37
- Advent of FIFA	40
- Inter War Years	42
- Post War Expansion	43
- 1950s and 1960s	43
- Havelange's Presidency	44
- FIFA altitude ban	44
- The New Millennium	45
- List of Presidents of FIFA	46
2. Football Skills and Techniques	47-114
- 1. Kicking	47
- 2. Ball Control	55
- 3. Heading	63
- 4. Dribbling	66
- 5. Tackling	71
- 6. Goalkeeping	75
- Soccer Tackling Methods	79
- Set Plays in Football	81
- Control Skills	87
- Kicking Technique	92
- Football Heading Techniques	101
- Football Passing Skills	106
- Football Dribbling Skills	109

**3. Sport Psychology, Mental Preparation 115-119
and Training for Football**

- How to Achieve Peak Performance 117
- What characteristics does a state of peak performance have? 118

**4. Sport Nutrition — Diet, Food and Drink 120-122
for Football Players**

- Why is sport nutrition or diet important in football? 120
- Easy Steps to Improve Your Diet 121
- Diet and Recovery After A Match 122

5. Rules of Football 123-277

- Law 1 – The Field of Play 123
- Law 2 – The Ball 129
- Law 3 – The Number of Players 131
- Law 4 – The Players' Equipment 134
- Law 5 – The Referee 137
- Law 6 – The Assistant Referees 140
- Law 7 – The Duration of the Match 141
- Law 8 – The Start and Restart of Play 143
- Law 9 – The Ball in and Out of Play 145
- Law 10 – The Method of Scoring 145
- Law 11 – Offside 148
- Law 12 – Fouls and Misconduct 149
- Law 13 – Free Kick 152
- Law 14 – The Penalty Kick 156

- Law 15 - The Throw-In	160
- Law 16 - The Goal Kick Goal Kick	161
- Law 17 - The Corner Kick	163
- Interpretation of the Laws of the Game and Guidelines for Referees	171
- Law 1 - The Field of Play	171
- Law 2 - The Ball	172
- Law 3 - The Number of Players	174
- Law 4 - The Players' Equipment	178
- Law 5 - The Referee	180
- Law 6 - The Assistant Referees	193
- Assistant Referee Signals	203
- Law 7 - The Duration of the Match	213
- Law 8 - The Start and Restart of Play	213
- Law 9 - The Ball in and Out Play	213
- Law 10 - The Method of Scoring	213
- Law 11 - Offside	214
- Law 12 - Fouls and Misconduct	224
- Law 13 - Free Kicks	239
- Law 14 - The Penalty Kick	239
- Law 15 - The Throw-In	240
- Law 16 - The Goal Kick	241
- Law 17 - The Corner Kick	242
- Procedures to Determine the Winner of a Match or Home and Away	243

- Rules of the International Football Association Board	245
- Summar of Rules of the Football	248
6. Football Terms	278-283
7. Football Glossary	284-319

1

INTRODUCTION AND HISTORY OF FOOTBALL

Football is the word given to a number of similar team sports, all of which involve (to varying degrees) kicking a ball with the foot in an attempt to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "football" or "soccer".

The English language word "football" is also applied to "gridiron football" (a name associated with the North American sports, especially American football and Canadian football), Australian football, Gaelic football, rugby league, rugby union, and related games. Each of these codes (specific sets of rules, or the games defined by them) is referred to as "football".

These games involve:

- Two teams of usually between 11 and 18 players; some variations that have fewer players (five or more per team) are also popular
- a clearly defined area in which to play the game;
- scoring goals and/or points, by moving the ball to an opposing team's end of the field and either into a goal area, or over a line;
- goals and/or points resulting from players putting



the ball between two goalposts

- the goal and/or line being defended by the opposing team;
- players being required to move the ball—depending on the code—by kicking, carrying and/or hand passing the ball; and
- players using only their body to move the ball.

In most codes, there are rules restricting the movement of players offside, and players scoring a goal must put the ball either under or over a crossbar between the goalposts. Other features common to several football codes include: points being mostly scored by players

carrying the ball across the goal line and; players receiving a free kick after they take a mark/make a fair catch.

Peoples from around the world have played games which involved kicking and/or carrying a ball, since ancient times. However, most of the modern codes of football have their origins in England.

The Origins of football can be found in every corner of the Globe. Civilizations throughout history all played ball games and many of these can be considered forerunners to the modern game, which was established in England in the late nineteenth century.

Ball games were first played in Egypt as early as 1800 BCE. However there are claims that suggest ball games were played even earlier in Ancient China, maybe as early as 2500 BCE. There is evidence to show that ball games in Egypt were linked to fertility rites and religious ceremonies. These ball games involved large numbers of people and records indicate that these games were sometimes used as an exercise to till the soil.

In addition to the Egyptians; the Greeks, Romans and Chinese (as well as others) all played football games, which are considered to be the forerunners of modern football.

It is impossible to say exactly when football began, because its origins are lost, literally, in the mists of time. Some say men first began kicking an object around as far back as the twelfth century. Perhaps they did, but it took a long time for the game to become organized. The first real strings were in the middle of last century, when boys at established English public schools, and at universities such as Cambridge, began to play a form of



soccer which at least bore some resemblance to our modern game.

It is surprising that a game thought of mainly as a working man's pastime should have originated in the very bastions of the so-called privileged classes. However, such was the popularity of football that it was not long before it appealed to a wider audience. The oldest Football League club was founded in 1862—26 years before the formation of the League itself—Notts County, who came into existence three years before their arch-rivals Nottingham Forest. The following year, 1863, saw the formation of the Football Association—in a public house in central London. This was the world's first organized attempt at controlling the game at national level, and it was from the new body's title that Association football, or soccer, got its name.

However, many people north of the Border believe that Scotland, not England, gave football to the world. With due respect to the Scots, who have contributed so much to the game, this is not so. The first Scottish club, the famous and once powerful Queen's Park, did not appear

on the field until 1867, and the Scottish Football Association waited until 1873 for its inception.

England-Scotland Rivalry

Brazil, West Germany, Hungary may come and go. England and Scotland go on for ever in the international soccer sense, despite misguided attempts in the past to belittle the annual clash between these two.

The first match was played in November 1872, in Glasgow, and resulted in a goalless draw. As for Wales, they reached their centenary in 1976 with prospects brighter than at any time in their history. By beating Austria 1-0 at Wrexham, they qualified for the first time for the European Championship quarter-finals, as Britain's lone hopes. They dominated a qualifying group that also included Hungary, and won five of the six games.

Finest achievement by Wales since their participation in the 1958 World Cup quarter-finals came at a time when England were still searching for the right formula. The violent political climate of the seventies deepened Ireland's soccer problems, which have long included a need to supply players for two International sides—Northern Ireland and the Republic—and the recurring loss of promising players to Football League clubs.

Season 1974-75 gave Irish soccer a welcome uplift—the visit of Yugoslavia in April was the first international staged in Belfast since October 1971, and a few weeks later Home Championship football returned to the province after a four-year boycott. The Home Championship was first played for in season 1883-84 and Scotland had a clean sweep, winning all three matches.

In 1885 professionalism was legalized in English soccer, and a year later Arbroath carved their own slice of history by winning a Scottish Cup the 36-0 against the luckless, and long-since defunct Bon Accord. This remains the highest score in any official senior football match in Britain.

The present-day off-side law and the system of early-round elimination of weak teams both help to ensure that this kind of farce will never be seen again. In October 1887, Preston North End made a brave effort to challenge Arbroath's feat when they annihilated Hyde 26-0 in an FA Cup match.

First League in the World

The Football League was formed in 1888 and for those who wonder why it should be honoured with the title The Football League, and not the English Football League, the answer is that it was the first such body in the world. How many of today's soccer followers can reel off the names of those famous twelve clubs which formed the basis of what has become the world's greatest league competition? They were Accrington, Aston Villa, Blackburn Rovers, Bolton Wanderers, Burnley, Derby County, Everton, Notts County, Preston North End, Stoke City, West Bromwich Albion and Wolverhampton Wanderers.

Of that number only Accrington are not still members; they left the League in March 1962, after struggling through the years since the Second World War as Accrington Stanley. In 1970 two other founder members, Aston Villa and Preston were relegated to Division Three for the first time in their history. The following year Blackburn Rovers went down for the first

time, along with Bolton, another of the famous originals.

Such is the swing of fortune in soccer across the decades. Modern fans think of Tottenham Hotspur in 1961 and Arsenal ten years later as the double clubs, i.e., those which have won both the League Championship and the FA Cup in the same season. But as long ago as 1888-89, the year in which the League began, Preston won the Cup without conceding a goal, and the Championship without losing a game.

This was a remarkable achievement, even if the competition was a lot less fierce in those days, and Aston Villa were the only other side before Tottenham, in 1960-61, to win both trophies in one season. They did it in the season 1896-97. Floodlights are now part of every club's equipment. But how many people realize that matches were being played under artificial light long before the end of last century?

The first reference to a floodlit game is found in records dated 1887, which tell of a game being played at Sheffield by candlelit. As the nineteenth century drew to a close, the game continued to boom. Attendances rose each year, and while there was no sign yet of International competition against foreign opponents, soccer was slowly being introduced abroad. It is not known precisely when football was first taught to other countries—to the Brazilians for example—but we do know that British sailors had a lot to do with it.

The British Navies, Royal and Merchant, were at the height of their power and influence in the fifty years between 1875 and 1925, and it was during this half century that the game was taken round the world. Sailors on leave abroad often played football among