**Soccer Study Guide**

**History:**

Evidence shows that a competitive game of cuju (kickball) from China is the earliest form of soccer. The history of football (soccer) from England dates back to at least the 8th century AD. Two groups got together and one group decided that hands should not be allowed soccer rules, another group wanted hands and play the game like rugby, the groups split, and the group known as Association Football was invented. Soccer comes from the word Association.

**Rules and Skills**:

* Soccer consists of 10 players plus 1 goalie allowed on the field (11) players on each team.
* A soccer game consists of 2 halves.
* During gameplay the ball can be hit with any part of your body except your hands.
* On the field of play the goalie is the only player that can use their hands when in the goalie area. (Players only on throw-ins)
* When dribbling you use the inside, outside, or bottom of the foot, keeps head up, keep the ball close to the body under control.
* When stopping the ball after a pass is made to you is called a trap.
* When passing: you step to target, place non-kicking foot next to the ball, kick with inside of foot, and follow through.
* When shooting: place non-kicking foot next to ball, keep toe down, kick with laces, keep body over the ball.
* When a ball goes out of bounds along the side line a throw-in is awarded.
* A kick-off occurs at midfield before the game, after a goal is scored, and to start after halftime.
* When a goal is scored it counts as 1 point.
* When a pass is made trapped and passed it is called a two-touch pass.
* A pass that is made without being stopped is called a one-touch pass.