

A SHORT HISTORY OF SOCCER

The game of soccer has been thought to have originated from a Greek game called HARPASTON or from an Italian game called CALZIO. Both were forerunners of the game of soccer, which was played in England during the Middle Ages. During this time the game of soccer was very much a part of English life. The big game of the season was always played on Shrove Tuesday. Over the years this game was played by the peasants, but gradually grew in popularity. In 1863 soccer became an official school game, complete with rules and regulations.

The first college game of soccer was played in the United States on Nov. 6, 1869. Today soccer is played in most schools, colleges, and communities. The popularity of soccer is growing because of soccer's fast action and low investment costs.

Soccer is a running and kicking game in which the ball is controlled by the foot. Two teams of 11 players each play the game. The object of soccer is to score points by getting the ball into the opponent's goal. In order to do this, team members need to work together in an organized manner. Each player on a team has special duties that go along with their various positions. The **GOALIE'S** job is to defend the goal. The goalie has 2 other defensive players to help him. The **LEFT FULLBACK** and the **RIGHT FULLBACK** are the two major players that help the goalie when the opposing team is close enough to score. The **LEFT HALFBACK, CENTER HALFBACK, AND THE RIGHT HALFBACK** assist both the offensive and defensive players of the same team. There are 5 forwards who are used primarily to score goals.

At the start of the game the center forward of the offensive team kicks the ball forward towards one of the other forwards. The forwards then advance the ball towards the goal with help from the 3 halfbacks. If the ball is kicked over the sidelines, it is put back in play by the opposing team. A **halfback** usually puts the ball in play from the sideline by a **throw-in**, which is delivering the ball into play by using an overhead two-hand pass. As the ball is moved closer to the goal, the defensive players, the **halfback and fullbacks**, will try and keep the ball from being shot into the goal. Many times the ball will be kicked at the goal, miss the goal, and go out over the goalline. When this is done the **goalie** or one of the **fullbacks** defending the goal gets to kick the ball back into play. This is called a **goal kick**. If the defending players cause the ball to go over the goal line, the offensive team gets to take a **corner kick**. This is usually done by one of the **wing players** and takes place at the corner of the field closest to where the ball went out of bounds.

Soccer terms;

CORNER KICK- A place kick made by the attacking team from the corner arc.

DRIBBLING- A method of advancing the ball by using soft taps with the inside of the feet to control and propel the ball along the ground.

GOAL KICK- A place kick made by the defending team from the goal area when the ball goes out of bounds across the goal line and was last touched by a member of the attacking team.

GOALIE- A player who guards the goal.

KICK-OFF- An indirect free kick used to put the ball in play from the center circle at the beginning of the game and at the half or quarter, whichever is played.

PUNTING-A kick used only by the goalkeeper.

THROW-IN- Occurs when the ball goes out of bounds on the sideline.

TRAPPING-Stopping the ball with a part of your body (Upper trunk, hips, thighs, shins, or feet).

