PE Wings: Soccer

First Day: Indoor Soccer Scrimmage (explanation of scenarios like offside and goalie fouls)

Second Day: Passing, control, shooting drills

Third day: Tournament?

\*Handout is separate from the lesson. Students will look over rules and guidelines on their own.

**Soccer Handout: Basic Rules, History, Health Benefits**

**How many people?** 11 per side, including the goalie

**Official Ball size:** 5

**Substitutions:** Officially, only 3 are allowed for each game.

**Length/Duration of game:** two 45-minute halves. 15 minute break at half time.

**Dimensions of field:** 100m - 110m (Sidelines) x 64m - 75m (Goal lines)

**Start of the game:** The game is started with a “Kick off”. At kick off, both teams must be on their own sides. The team who has “kick off” for the first half sends 2 players inside the centre circle. Everyone else on the field must be outside the circle. One of the two players in the circle passes the ball to the other and the game is on! You should note that the ball must go forward on the centre line when the player passes it.

**How do you score?** Get the ball in your opponent’s net. The ball must cross the goal line completely to be considered a goal. Even if the ball is inside the net, but still in contact with the goal line, it’s not a goal!

**Out of Bounds:**

* **Throw In:** If the ball crosses the side line and goes out. The team who did not touch the ball last before the ball crossed the line gets the throw in.
* **Corner kick or goal kick?** If the ball crosses the goal line (not in the goal) two things may occur. If the team that is defending touches it out it is a **corner kick.** If the team attacking that goal kicks it out it is a **goal kick.**

**Hands:**

* **Goalies:** are the only players on the field who can **use their hands** to touch the ball. The goalie is not allowed to use their hands if the ball was kicked back to them **intentionally** by any of his/her team mates.
* **“Hand ball”** is a **foul.** The ball cannot touch any part of between your fingers (including nails) to your upper arm.
* Your **shoulder** is actually legal to use!

**Offside:** When an offensive player passes the ball to his/her teammate **who is behind the last defender.** The ball is played as a free kick for the other team where the offensive player was offside, unless the ref decides to move the ball up the field.

**History:**

* Cuju is a traditional ball game in ancient China. It involves kicking a ball through an opening into a net. It is seen by FIFA as the earliest form of football.
* The Laws of the Game were originally codified in England by The Football Association in 1863.
* The first FIFA World Cup was held in Uruguay 1930. Today, the World Cup takes place every four years.

**Health Benefits:**

* Increases aerobic capacity and cardiovascular health
* Lowers body fat and improves muscle tone
* Builds strength, flexibility and endurance
* Increases muscle and bone strength
* Improves stamina and run speed