187. HISTORICAL FACTS ABOUT SOCCER

- The Chinese played "football" games at least 3,000 years ago.
- It is suspected that the Celtic nations of Europe and the Vikings had rather nasty football ceremonies.
- A game called Tlatchi once flourished in South and Central America.
- The ancient Greeks and Romans used football games to sharpen warriors for battle.
- Roman games such as Harpastum or Paganica, which all had elements of kicking or running with the ball, spread throughout Europe with their empire's armies.
- Traditional football games played throughout Europe in centuries past are still being staged in modern times, especially in the British Isles.
- They usually include an element of mob battles and chases over countryside and through water.
- Undertones of ancient Celtic pagan ceremonies as well as the influence of old Roman Empire army "games" can be recognized.
- In later years football play was often linked to rural wedding-day celebrations in Western Europe.
- It was in England that football began to take the shape we now recognize.
- The games that are now known as Rugby and Association Football began in England about halfway through the 1200s.
- It started as a folk game and grew more and more with time.
- The English King Edward III banned the game because he feared his bowmen were spending too much time away from archery practice in preparation for war against France.
- Eventually the wild and disorderly street game began to subject itself to rules.
- It was introduced into the Universities of Oxford and Cambridge, and the young students brought football to London and Sheffield where the first football clubs were formed.
- By 1863 there were three main influences: public schools, universities, and the clubs.
- When the London Football Association issued its first set of rules in 1863, order was brought to the sport.
- It is important to understand that "football" began to be used specifically to describe Association Football in Europe some time after the Football Association was formed in London in 1863.
- All major innovations in soccer were English, such as international matches (between England and Scotland in 1872), the introduction of professionalism (1885) and the first full-time league (1888).
- British sailors and settlers carried soccer to continental Europe, South America, and India, and it gained instant appeal wherever it was demonstrated.
The sport was made a regular Olympic Games event in 1908.

Soccer’s international governing body FIFA was formed in 1904 with the aim of organizing championship matches among professional teams of different nations.

Professionalism arrived in continental Europe in the 1920s and in South America less than a decade later.

The interest in soccer was high enough by 1930 to ensure the success of the first World Cup, even though only 13 countries entered.

Soccer arrived in the United States during the middle nineteenth century. However, widespread nationwide sanction did not take place until the National Collegiate Athletic Association (NCAA) recognized it as an official collegiate sport and instituted a national championship tournament.

Soon after the formation of the North American Soccer League (NASL) in 1968, soccer became the fastest growing sport in the United States for young people.

The critical turning point for soccer in the United States was Pelé’s joining the New York Cosmos of the NASL in 1975.

Perhaps history’s greatest player (he led Brazil to World Cup triumphs in 1958 and 1970), Pelé attracted fans in record numbers to NASL games, many young people to try the game.

188. SOCCER HISTORY TIMELINE

2500 B.C. Ancient China; the earliest mention researchers have found, like game states that balls made of animal skin were kicked through a gap in a net stretched between poles 30 feet high. Records state that tsu chu was played as a part of the emperor’s birthday celebration.

2500 B.C. Ancient Egypt and Near East; historians have suggested religious rites in ancient Egypt and religious ceremonies in ancient Near East may have been linked to the development of the game.

B.C.’s Rome, Greece, Japan, and China; references to games that were ancestors of football have been found.

100–500 A.D. England; one story speaks of using the enemies’ skulls as balls. The tale tells of a brave village defeating a Roman team and running out of the town in 217 A.D.

200 Italy; the Italians play a game called harpastum which they invented.

217 England; the British say they already play a similar game. Roman soldiers say they started playing the game by kicking the skulls of their enemies. Roman soldiers from a liberated village. Then Britain secrets that a so-called football game more than other countries.
Mexico and Central America; the creation of the rubber ball. These people play games on a recessed court shaped like a capital “I.” The court is 40 to 50 feet long with vertical walls several feet high. In the middle of each wall is a mounted stone or wooden ring and the object is to project the hard rubber ball through the ring.

Middle Ages  Italy and France; records of the game have been found.

1100s  England; by the twelfth century, the game has become a violent mob sport with no rules.

1314  England; King Edward II orders citizens to stop playing football.

1369  England; edict of King Edward III forbids the game of football because it interferes with archery.

1500s  Italy; the Italians play a game called calcio with teams of 27+ people. The game is simple: kicking, carrying, or passing a ball across a goal line.

1561  Richard Mulcaster, an English schoolmaster, mentions the game in a treatise on the education of the young, influenced by the game of calcio in Florence.

1572  England; Queen Elizabeth I seriously bans football.

1580  Italy; a set of rules of the game of calcio is published.

1605  England; football again becomes legal and by the end of the seventeenth century it is the country’s most popular sport.

1609  USA; in the original Jamestown settlement native American Indians play a game called pasuckuakohowog, meaning “they gather to play ball with the foot.” Beaches, a half-mile wide with goals one mile apart, serve as playing fields for as many as 1,000 people at a time. Games are often rough, resulting in broken bones, but no one could be identified because players disguise themselves with ornaments and warpaint, making retaliation close to impossible. It is common for games to be carried over from one day to the next with a feast for all at the conclusion of the match.

1600s  Pacific Islands; inhabitants develop games using hands and feet. They use coconuts, oranges, and pig bladders as balls.

1600s  Alaska and Canada; the native Eskimos play aqsaqtuk or soccer on ice. Balls are stuffed with grass, caribou hair, and moss. One legend tells of two villages playing against each other with goals 10 miles apart.

1680  England; football wins patronage from King Charles II.

1820s  USA; football is played among the Northeastern universities and colleges of Harvard, Princeton, Amherst, and Brown.
1827  USA; Harvard freshman and sophomore classes institute an annual intramural football contest played on the first Monday of the new school year. The games are evidently quite rowdy as the event is known as “Bloody Monday.”

1830s  England; the modern form of soccer is originated. The sport grows among working-class communities and is seen as a way of keeping children out of trouble at home, and in school they can let off steam and learn the value of teamwork.

1862  USA; Oneida Football Club is formed in Boston, the first soccer club outside of England.

1863  England; The Football Association is founded.

1885  USA; USA versus Canada, first international match is played outside of Great Britain.

1886  The Football Association starts training match officials.

1888  The league system is inaugurated—professional football and referees are given extensive powers of control.

1888  Introduction of the penalty kick.

1908  Football becomes an Olympic event.

1930  First World Cup in Uruguay with 13 teams.

1958  First live worldwide TV coverage of the World Cup.

1970  World Cup in Mexico is beamed by satellite to Europe. Football is pioneered in Spain.

1991  First FIFA World Championship for Women's Football is won by the USA.

1996  Major League Soccer (MLS) begins as the top USA pro-soccer league.

1999  Women's World Cup Final in Los Angeles sees the USA win in front of 90,185 fans. This is the largest attendance for women's sport event in world history. The tournament has over 658,000 fans and over 1 billion television viewers worldwide, thus helping women's soccer but women's sport into mainstream society.
189. SOCCER BALL SPECIFICATIONS

- Made with a leather or synthetic leather cover.
- Measures 27 to 28 inches in circumference.
- Weighs 14 to 16 ounces.
- Has 14 pounds of air pressure.

190. HOW TO CHOOSE THE BEST SOCCER BALL

- Be certain to select the correct size. Ages 8 and under use size 3; ages 8 through 12 use size 4; ages 13 and up use size 5 (the official international-size soccer ball).
- Select a softer ball for a younger player, particularly to practice heading.
- One type is a PVC plastic ball, geared specifically for youth soccer and made in all sizes.
- Choose a harder ball for advanced players, who often prefer it for striking.
- To test for softness, pick up the ball and press into it with your thumb.
- Judge balls on their reputation. You should ask for the opinions of experienced coaches and players.
- Look for the words “FIFA Approved” or “FIFA Inspected” for higher-end balls.
- Choose the reasonably priced for everyday use.
- Purchase from a sports specialty store with knowledgeable salespeople.
- Check out the inner materials. The key to the feel of the ball is the bladder, or inner portion, which holds the air. Balls with butyl bladders tend to be less expensive and harder, while higher-quality balls have latex bladders.
- Know the difference between stitched and laminated balls, which are glued together. Laminated balls tend to be harder.
- Most higher-quality balls are stitched, with the best balls stitched by hand.
- Put the ball on the ground and have the player test it if possible.
- Consider the weather. Balls are harder in the cold.
- Consider purchasing several balls for various purposes. Teams, for example, often have balls they use for practice, saving better-quality balls for competition.
191. SOCCER FIELD

Goal Line 50 Yds. Min.—100 Yds. Max.

Corner Kick Area

Center Circle

Penalty Mark

Center Line

Penalty Kick Circle

6 Yds.

10 Yds.

44 Yds.

20 Yds.

18 Yds.
192. SOCCER PLAYERS AND POSITIONS

→ Systems of play (e.g., called "4,4,2" or "4,3,3") refer to the alignment of defenders, midfielders, and forwards, in that order.

Goalkeeper

→ Also called goalie, or keeper, goalkeepers are unique in that they are the only players allowed to touch the ball with their hands.
→ They may use their hands within the penalty area to keep the opposing team from scoring.

Defense Players

→ Their primary role is to take the ball away from the offense and start the attack in their team’s favor. Their secondary role is to shut down the attack of the opposing team.

→ Defense players include Right Fullback, Left Fullback, Sweeper, and Stopper.

→ Functions of Fullbacks:
  • Spread out (create width) the attacking offense.
  • Man-to-man marking (man-to-man defense) or space marking (zone defense).
  • Create balance for cover.
  • Start the attack out of the defensive end.

→ Functions of Stopper:
  • Defend against opponent’s center forward.
  • Deny the ball to opposing forwards.
  • Help support the midfielders.
  • Must possess following attributes:
    Ability to mark (defend) tightly
    Speed
    Intensity
    Strength

→ Functions of Sweeper:
  • Must be aware at all times of the following:
    Position of ball
    Position of opponents
    Position of teammates
    Position of goal
    Position of offside
    Position of goalie
**Midfield Players**

- They are often among the most hard-working players. They play both offense and defense. The midfield (middle ground) is the link between the offense and the defense.

- Midfield players include the *Right Midfielder, Left Midfielder, and Center Midfielders* (also known as *Half-Backs*).

- Functions of Midfielders:
  - Creativity
  - Distribute ball to proper channels (passing lanes)
  - Aware of the rhythm or flow of the game
  - Vision and pace
  - Ability to see and/or change the point of an attack
  - Possess offensive and defensive skills

**Forwards**

- They finish the attack and try to score. They must be willing to come forward in the midfield or defense to start an attack. Often, forwards must defend corner kicks and free kicks.

- Forwards include the *Right Wing, Left Wing, and Center Forward*.

- Functions of Forwards:
  - Shoot
  - Score
  - Head
  - Dribble
  - Maintain position (create space)
  - Speed
  - Pass and move
193. BASIC RULES OF SOCCER

Each team has 11 players. A game is played in two halves, each of 35, 40, or 45 minutes, with 5 to 10 minutes for half time, depending on the age group. Players must kick the ball or they may use their head or chest to play it.

**Kickoff**
- The kickoff is kicked from the center point on the center line.
- The ball must roll one complete revolution before any player on either team can touch it.
- After this, it is free to the first player who gets to it.
- Kickoffs are taken at the start of the game, to start the second half, and after a goal is scored.
- Players are in their own half of the field.

**Throw-in**
- The throw-in is taken when the ball crosses completely over the touch line.
- It is taken where the ball crossed the line (one meter).
- It is taken by a player on the team who did not touch the ball last.
- Opponents must not impede the throw-in.
- Players must use both hands, and must throw behind and over head with feet on or outside line.
- If ball is thrown improperly, a throw-in is awarded to the opposite team.
- The ball is in play when it enters the field after being released.
- Player cannot score directly off a throw-in.

**Dropped Ball**
- A dropped ball is taken after a temporary suspension of play.
- It is taken where the ball was when play was stopped (except in goal area).
- The ball is dropped by the referee and is in play when it touches the ground.
- The player may dribble, pass, or shoot.

**Hand Ball**
- A hand ball is when a player other than the goalie touches the ball with any part of the arm from the shoulder to the fingers.
- The call will not be made if the player who committed the hand ball, or his or her team, did not get an advantage or possession.
Foul

\(\rightarrow\) A foul, as in basketball or football, is an illegal play.
\(\rightarrow\) Knocking a player down, tripping, or grabbing the jersey are all examples of fouls.
\(\rightarrow\) Fouls can result in free kicks as well as a yellow or even red card if the play is dangerous enough.

Yellow Card

\(\rightarrow\) A yellow card is issued when a player commits a foul that is considered dangerous to the opposing player.
\(\rightarrow\) If two of these cards are received during the course of one game, a red card will be issued.
\(\rightarrow\) A yellow may also be issued if the player holds the ball out of bounds too long in order to waste time at the end of the game if his or her team is winning.
\(\rightarrow\) There is no set limit of time that can be spent holding the ball.

Misconduct Resulting in Caution (Yellow Card)

\(\rightarrow\) Unsportsmanlike behavior
\(\rightarrow\) Dissent
\(\rightarrow\) Persistently infringing the rules
\(\rightarrow\) Delaying the restart of play
\(\rightarrow\) Failing to respect required distance

Red Card

\(\rightarrow\) A red card is the most serious punishment in the game of soccer.
\(\rightarrow\) The player who receives the card will be kicked out of the game.
\(\rightarrow\) In high school soccer the referee has the final say in whether or not the player must miss the next game.
\(\rightarrow\) The coaches may also enforce a team-issued code of conduct that states the player will miss a set number of games.
\(\rightarrow\) Red cards can be issued to a player who has already received a yellow card and commits another foul.
\(\rightarrow\) Excessive arguing may also be grounds for a red card.
\(\rightarrow\) Purposely hitting the ball with the hand or hitting the ball while the goalie has it in his or her hands are also red-card offenses.

Misconduct Resulting in Send-Off (Red Card)

\(\rightarrow\) Serious foul play
\(\rightarrow\) Violent conduct
\(\rightarrow\) Spitting at opponent or other person
\(\rightarrow\) Denying a goal by handling ball
\(\rightarrow\) Denying an obvious goal opportunity
\(\rightarrow\) Using offensive, insulting, or abusive language or gestures
\(\rightarrow\) Receiving second caution
Obstruction

→ Obstruction is when a player stops another player from getting the ball by running in the way purposely without any intent of going for the ball.

Offside

→ An offside call is made if an attacking player has two or fewer defending players between him or her and the goal he or she is attacking.
→ The call will not be made if the player in the offside position does not interfere with the play.
→ A player cannot be offside on his or her own half of the field.

Corner Kick

→ This is awarded when a player kicks the ball over the endline (goal line) he or she is defending.
→ There are four corner flags on the corners of the field.
→ A player from the attacking team kicks the ball from the corner closest to where the ball went out.
→ Opponents must be ten yards away.
→ The ball is in play when it is kicked and moves.
→ Offense can score directly off the corner kick.

Goal Kick

→ When the ball is kicked over the endline by a player attacking that end, a goal kick is awarded.
→ This means the goalie of that end may kick the ball from the box in front of the goal.
→ Kick may be taken anywhere in goal area, by any player of the defending team.
→ Opponents must be outside of the penalty area until the ball leaves the area.
→ The ball is in play when it leaves the penalty area (if played again before leaving penalty area, it must be retaken).

Out of Bounds

→ The ball must cross completely over the line to be called out of bounds.
→ The call can be made before the ball even touches the ground.
→ A player can be standing out of bounds and not be called if the ball is still not out.

Free Kick

→ Any time any foul or hand ball is committed, the other team receives a free kick.
→ When taking free kicks, the other team must be at least ten yards away.
→ After three or four warnings, the player closest to the referee who is not far enough away may get a yellow card.
Direct Free Kick: Fouls other than by defense in own penalty area. Goal can be scored directly against offending team.

Indirect Free Kick: Misconduct, offside, or other technical infractions.
- Taken where foul occurred.
- If by defending team, taken in own goal area, anywhere in goal area.
- Goal cannot be scored until ball is played or touched by another player or either team.
- Opponents must be ten yards away unless on own goal line between posts.
- Delaying of kick is serious misconduct.
- Ball is in play when ball is kicked and moves.
- Kicks by defending team in own penalty area must leave the area (if player again before leaving the area, must be retaken).

Penalty Kick
- This is the direct result of a foul in the large box, or penalty box. The ball is put mark off 12 paces from the center of the goal line (penalty mark).
- The goalie of the team that committed the foul will have to stand 10 yards from the person the other team chooses to take the free kicks.
- These can also be the result of a hand ball.
- The goalie cannot move until the kicker takes his or her first step.
- All players, except goalkeeper and kicker, must be ten yards outside penalty mark, and in field.
- Goalkeeper must be on goal line between posts until ball is kicked (generally).
- Ball is in play when it is kicked forward.