

## IMPORTANT SOCCER TERMS TO LEARN

Corner kick — a direct free kick that is awarded when the defending team puts the ball over the goal line. A corner kick is taken by the offensive team from next to the corner flag.

Goal Kick — a type of restart that is awarded when the attacking team puts the ball over the goal line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Throw-in — a way to restart play when the ball goes out over the sidelines. The team that did not touch the ball last is allowed an overhead throw. For a throw-in to be legal: (a) the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line (e) the ball must be throw-in from the place where it went out of bounds

Penalty area — The larger rectangle in front of the goal that includes the goal area. Purpose: Marks both where the goalkeeper is allowed to touch the ball with his hands AND the area where harsh fouls committed by the defending team result in penalty kicks.

Clear — The first priority of defenders is to "clear the ball" (i.e., kick the ball) out of the "Danger Zone" (i.e., out of scoring range). If the ball is in front of your goal and in scoring range, the Defenders should "clear it" because a turnover would give the opponent a scoring opportunity.

Distribute — Goalkeepers "distribute" the ball by kicking, punting or throwing it. Once they pick up the ball, they have six seconds to punt it or release it. They can pick it up, run with it and then punt it, throw it or drop it and dribble it or kick it.

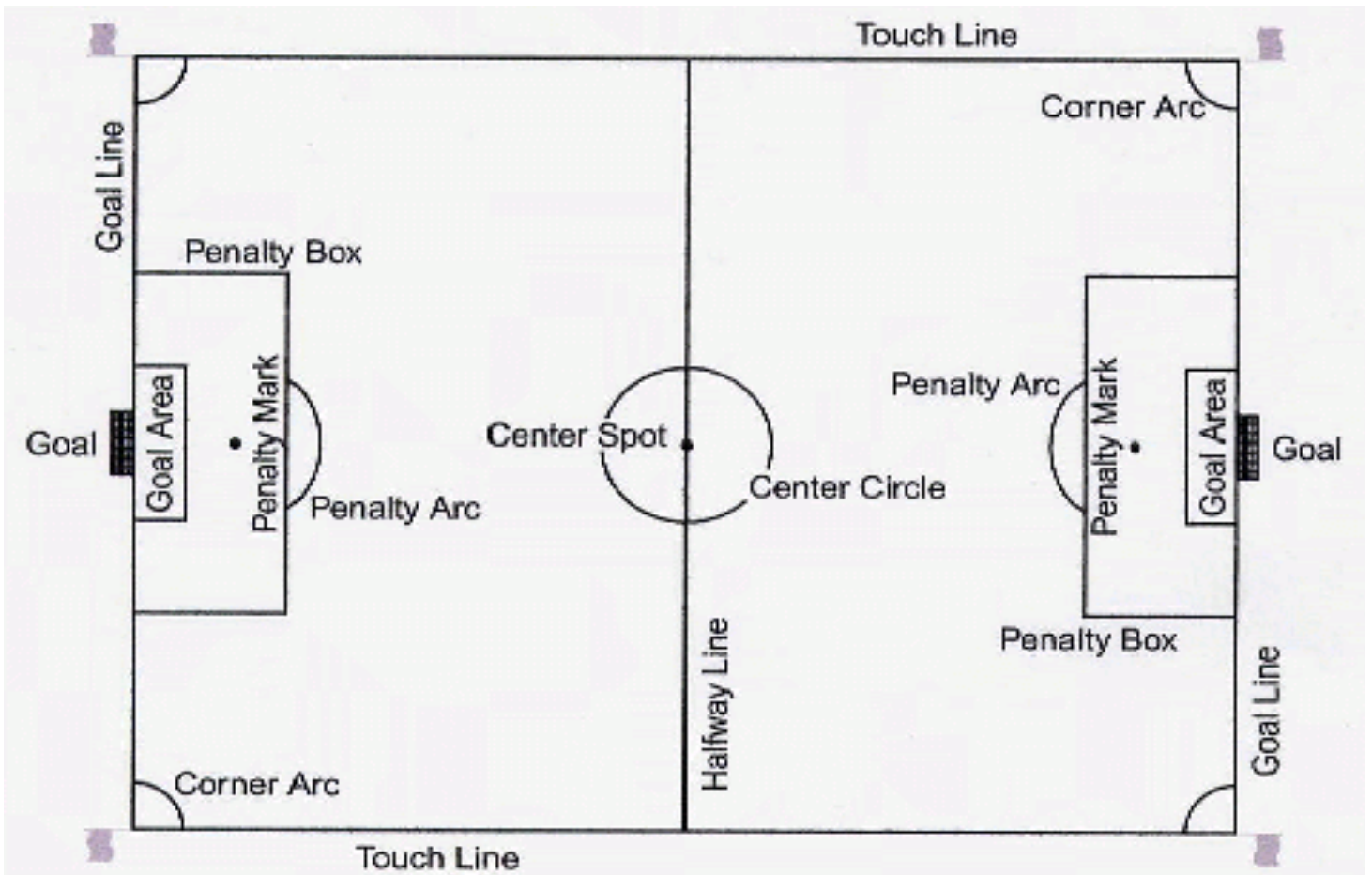
Attacking Third — The 1/3 of the field that contains the other team's goal. Forwards should aggressively pressure the ball & try to steal it if the other team has it in our "Attacking Third".

Middle Third — The 1/3 of the field containing the Halfway Line & Center Circle.

Defending Third — The 1/3 of the field containing own goal.

Far Post — Refers to the part of the goal farthest from the ball (e.g., "run to the far post" or "cover the far post" or "set up off the far post").

Near Post — Refers to the part of the goal nearest the ball.



**Kick-off Rules.** At each kick-off, the ball is placed in the center of the "Center Mark" (on the half-way line) & both teams must be on their own half of the field and the receiving team must stay outside the Center Circle until the ball is "kicked". Moving the ball any constitutes a "kick-off", even if it only goes an inch. However, the ball must move forward on the "kick-off". The "kicker" may not touch the ball again until someone else (on either team) has touched it (if he does, the opponent gets the ball and an "indirect kick").

**Mark Up:** Means to guard a player one-on-one.

**Push Pass:** The most important and most frequently used pass. Made with the inside-of-foot & called a push pass because of the long follow-through which sometimes looks like pushing the ball. The ball is struck with the part of the foot under the anklebone.

**Push-Up:** Refers to fullbacks or midfielders moving forward toward the halfway line rather than staying in defending third.