Playing Soccer

Fitness Fun is all about Harold playing soccer. Use the information below to play a game of soccer where members from each team are trying to score as many goals as possible while preventing their opposing team from scoring goals.

You Will Need:

2 teams
A soccer ball
A goal at either end of a marked playing area

Rules:

1. The ball can only be kicked, chest passed or headed but cannot be handled except by the goalie or when being thrown-in.

2. If the ball leaves the field by crossing the sidelines a throw-in occurs. A player from the team who did not kick the ball out throws the ball back onto the field. The thrower must have both feet on the ground and throw the ball with both hands over their head.

3. If the ball leaves the field by crossing the end line a corner or goal kick is taken. If the offensive team kicked the ball out a goal kick is needed from anywhere inside the goalie box by any member of the defending team. If the defensive team kicked it out a corner kick is required from the corner closest the where the ball went out.

4. Soccer is a physical contact sport but a foul is committed if a player deliberately kicks, trips, jumps at, charges, strikes, pushes, holds or spits at an opponent.

5. If a foul is called either from a handball or contact a penalty kick is awarded to the defending team. The ball is placed on a marked spot 11 metres in front of the center of the goal. All players must remain outside the penalty area until the ball is kicked. The goalkeeper must keep both feet on the goal line until the ball is kicked. If the kicked ball rebounds off the goal or the keeper and stays on the field play continues.

learnfromplay.com   lifeeducation.org.au