Indoor sideline soccer

There are 2 teams with each team having 2 groups. 1 group is on the court while the other is on the sideline which is the green area of the court. Groups take turn playing sideline. There isn’t an out of bounds so we do not have throw-ins or corner kicks.

**Sideline players** – can pass the ball up and down the sideline or to a court player but cannot score. They must stay in one area on the sideline and not move up and down the sideline. They must stay in the green area of the court.

**Zone defense** – a defense where a certain area of the field/court is defended by the defender

**Man to man defense** – a defense where a player defends a specific player from the other team

**Offensive players** – forwards (center, right, and left) who try to score goals. Offensive players must go to the other team’s side of the court and stay.

**Goalie** – the player that guards the goal and can use their hands as long as he/she stays in the goalie box

**Goalie box** – the box in front of the goal where the goalie can use their hands

**Mid fielder** – player who plays both offense and defense

**Defenders** - players who should stop, hold up and minimize any attempts on goal. Defenders must stay on their side of the court.

**Dribbling** - the art of close control while moving with the soccer ball at the feet

**Slide tackle** - when a defending player goes to ground and uses an extended leg to win the ball

**Handball** – touching the ball with the elbow down to your hands

**Penalty kicks/free kicks** – when a player commits a foul (handball, physical contact, slide tackle), the other team receives a free kick and the other team must back up 10 yards.

**Indirect kick** – the ball must be passed to another player before a score can occur

 **Direct kick** – the ball can be kicked directly to the goal

**Kick off** – a kick off occurs at the beginning of a game and after a score. The team kicking off must pass the ball horizontally or backwards to a team mate.