***Outdoor soccer study guide***

**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

**Corner kick -** A free kick that is awarded to the attacking team that is to be taken from a corner of the field. The free kick is awarded after the ball has been kicked out of bounds and over the goal line (outside the posts) by the defending team.

**Goal kick -** A method to resume play in a game after the ball has been kicked over the goal line, but it was not scored a goal, by the opposing team. The ball is usually hit over the net, or over the goal line on either side of the goal. The goalkeeper is the player who usually kicks the ball to resume play, and they either kick it short to a teammate or it is kicked extremely hard to travel a long distance.

**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.

**Trap-** This term describes of method of gaining control of the ball off of a pass or a loose ball. Trapping the ball involves using the feet, thighs or chest to bring the ball to the ground while keeping it in the player’s possession. It can include stopping the ball completely or redirecting the ball in a controlled manner. When trying to stop or slow the ball, players cushion the ball as it moves towards them. It is a key skill for any soccer player to master.

**Throw-in -** Restarting play after the ball has exited the field of play through either side of the field. The team who did not touch the ball last is the team that is awarded the throw-in to restart play. The throw-in location is the spot where the ball exited touch-line, or side-line. The proper form of throwing-in the ball, is to first have both feet standing behind the touch-line that is out--play. Then the player holding the ball, must lift the ball over their heads with both hands and then throw the ball back into play, resuming the match. The opponent may stand in front of the player who is throwing-in the ball, but may not stand any closer than two meters.