

## **Part One: History of Soccer and Basic Rules**

### **1.1 History of Soccer**

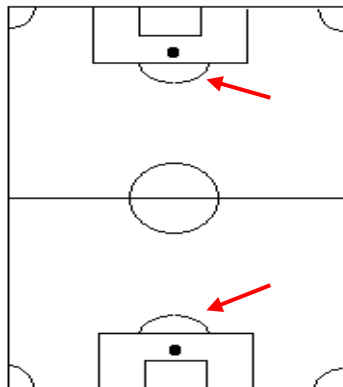
On 21 May 1904, the representatives of France, Switzerland, Sweden, Belgium, Spain, the Netherlands and Denmark met in Paris, France and founded the Fédération Internationale de Football Association (FIFA).

In 1928 in Amsterdam, the Netherlands, the FIFA congress voted that a world soccer tournament was to be organized every four years, and voted that Uruguay should be the first nation to host a FIFA World Cup in 1930 and her capital, Montevideo, became the venue for the event. The champion title of the first FIFA World Cup went to the host nation, Uruguay (Gold medal in 1924 and 1928 Olympic Games). In addition, the champion of the FIFA Cup held in South Africa was Spain in 2010. Though both the FIFA World Cup and the Olympic Games have to be hosted every four years, the former should be alternately held with the latter with the interval of two years.

Other than the World Cup, the FIFA has taken the responsibility to organize various kinds of international football tournaments including the Olympic football games, and the FIFA Youth World Cup. The FIFA also took the lead to promote women's football: in 1991, the first FIFA Women's World Cup was organized in China and U.S.A won the champion title. The FIFA consists of different continental committees and the Asian Football Confederation (AFC) is one of them. The AFC is managed to organize international and clubs football events such as the preliminary rounds of the FIFA World Cup and AFC Asian Cup every four years in Asian countries.








### **1.2 Basic Soccer Rules**

The FIFA has the responsibility to examine and revise the soccer rules regularly. In a match: each consisting of eleven players. A match may not start if either team consists of fewer than seven players. The match lasts two equal periods of 45 minutes and players are entitled to an interval at half time that must not exceed 15 minutes, full match time is 90 minutes. The standard length and width of the field for an 11-a-side game are 100m--110m and 64m--75m respectively. The flag post should not be less than 1.5m high. The distance between the inside of the posts is 7.32m (24 feet) and distance from the lower edge of the crossbar to the ground is 2.44m (8 feet). All players should wear jerseys, shorts and shin guards, and only the goalkeepers can wear trousers. A player must not use equipment or wear anything that is dangerous to him/her or other players, including any kind of necklace and watch.



1.2.1 The Arc: On the picture, the arrow points at the arc outside the penalty area, which serve as a marker ensuring other players are 10 yards away from the ball when there is a penalty kick.

1.2.2 Referee Signals: Below shows the basic hand signals of the referee.

						
Indirect Free Kick	Direct Free Kick	Yellow Card	Red Card	Throw-in	Offside	Substitution

### 1.2.3 Offside

#### Whether a player is in an offside position?

It is not an offence in itself to be in an offside position.

#### A player is in an offside position if:

- any part of the head, body or feet (arms and hands not included) in the opponents' half and nearer to the opponent's goal line than both the second-last opponent and the ball.

#### A player is not in an offside position if:

- he is in his own half of the field of play
- he is level with the second-last opponent
- he is level with the last two opponents

#### Whether a player violate the Offside rule?

##### Offence

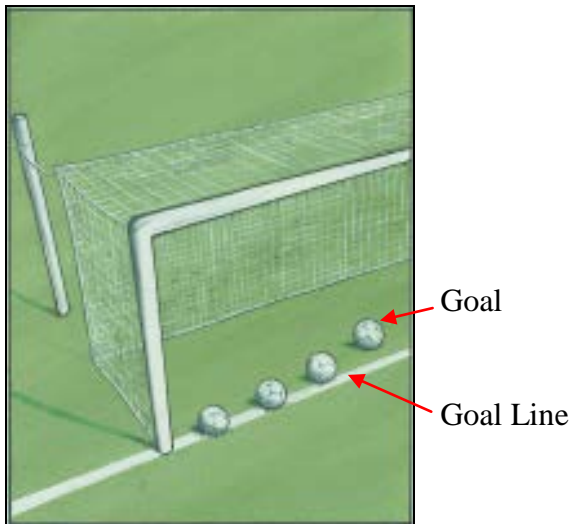
A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position
- preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision

##### No Offence

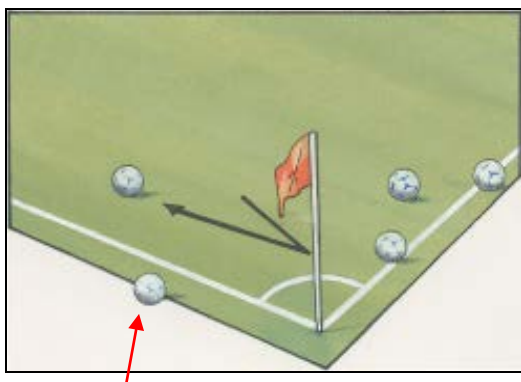
There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick



### 1.2.4 The Definition for a Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. (refer to left photo)



Ball Out of Bound

### 1.2.5 The Definition for the ball out of bound/play

The ball is out of play when it has wholly passed over the goal line or touchline on the ground or in the air, or play has been stopped by the referee. The ball is in play at all other times, including when it rebounds off a match official, goalpost, crossbar or corner flag post and remains in the field of play. (refer to left photo)

## **Part Two: Basic Soccer Techniques**

Soccer techniques – one of the four crucial elements in soccer, are the reasonable acts and actions of players in football games. They are also the foundations of the application of different tactics. By the connection between players and the ball, techniques are divided into with-ball techniques and without-ball techniques. By application, techniques are divided into offensive tactics and defensive tactics.

### **2.1 With-ball Techniques**

2.1.1 Passing: (1) Inside of the Foot (2) Outside of the Foot (3) Instep (4) Back Heel

2.1.2 Controlling: (1) Inside of the Foot (2) Chest Trap (3) Thigh Trap

2.1.3 Faking with Ball: (1) Fake stoppage (2) Left and right sides step the ball (3) Draw the ball back and forth

Other includes heading, dribbling, shooting, tackling, throw-in etc.

### **2.2 Without-ball Techniques**

Includes: starting, running, stopping, turning and faking without ball etc.

### **2.3 Goalkeeping skills**

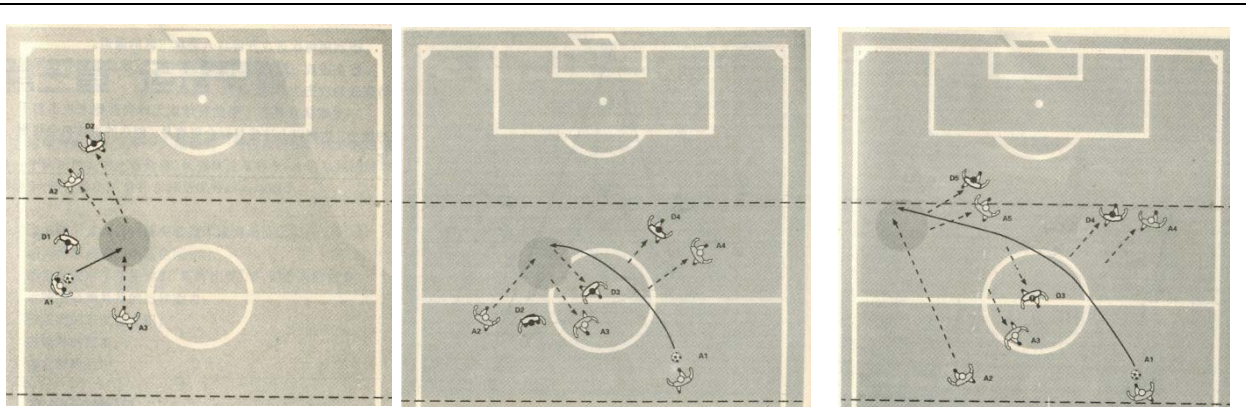
The main duty of a goalkeeper is to stop the opposing team score any goal, and also to make judgement of receiving in the way, including to receive front ball and side ball.

Apart from saving shots, goalkeepers are responsible for receiving crossing balls and balls passed in front of the goals. While dealing with the centring ball and cross shot, goalkeepers must possess the technique of deflecting the ball.

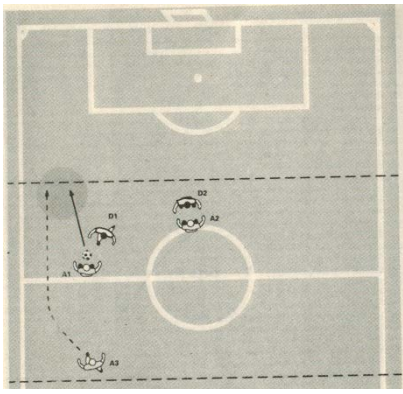
### **2.4 Offensive Tactics**

In an international 11-a-side football match (90 minutes full match), assuming that each player has equal ball possession time, each player shares 4-5 minutes (=90/22) possession. When we understand this point, good “Support” is crucial in a game.

Non-ball-carriers can move freely and receive ball passes at appropriate positions. “Creating Space” is one of offensive tactics, and also include Overlapping and Wall Pass. Below are example of the basic concept of offensive tactics.



2.4.1 Creating Space : one of the non-ball-carrier moves to the open space, draw away the defensive player, to let another non-ball-carrier to receive a pass in the spot.



2.4.2 Overlapping: When a player controls the ball, a non-ball-carrier runs around the back of the ball-controller, and toward the open space to receive a pass.



2.4.3 Wall Pass: a ball-controller pass a ball to teammate, and then runs to open space to receive a return.

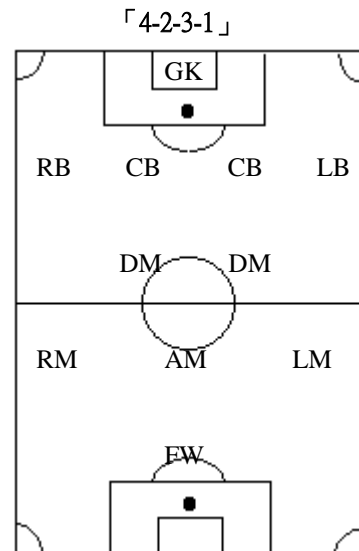
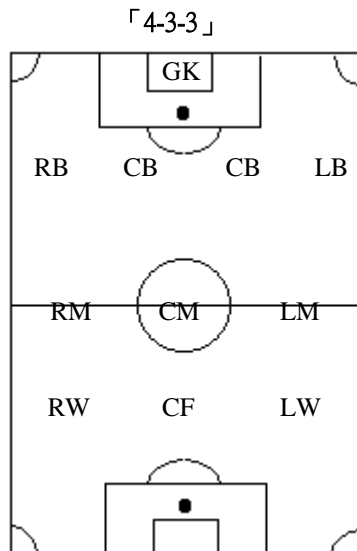
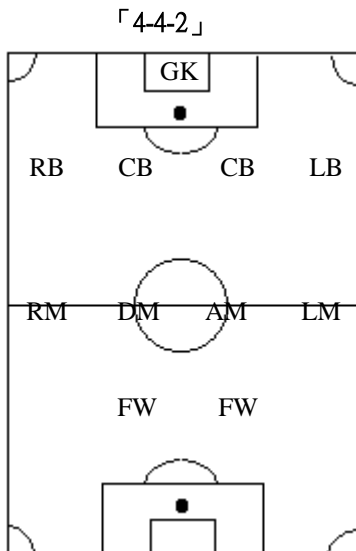
## 2.5 Defensive Tactics

During the game, players should start defending right after they lose the possession. They should in the first place delay the attacking movements of the opponents. A defender should use the inside of his foot for tackling. When doing a sliding tackle, the tackling foot (outside) of the defender should touch the ground. When defenders are in an unfavorable condition, they should kick the ball to the front or outside the sidelines; we call the kick “clearance kick”.

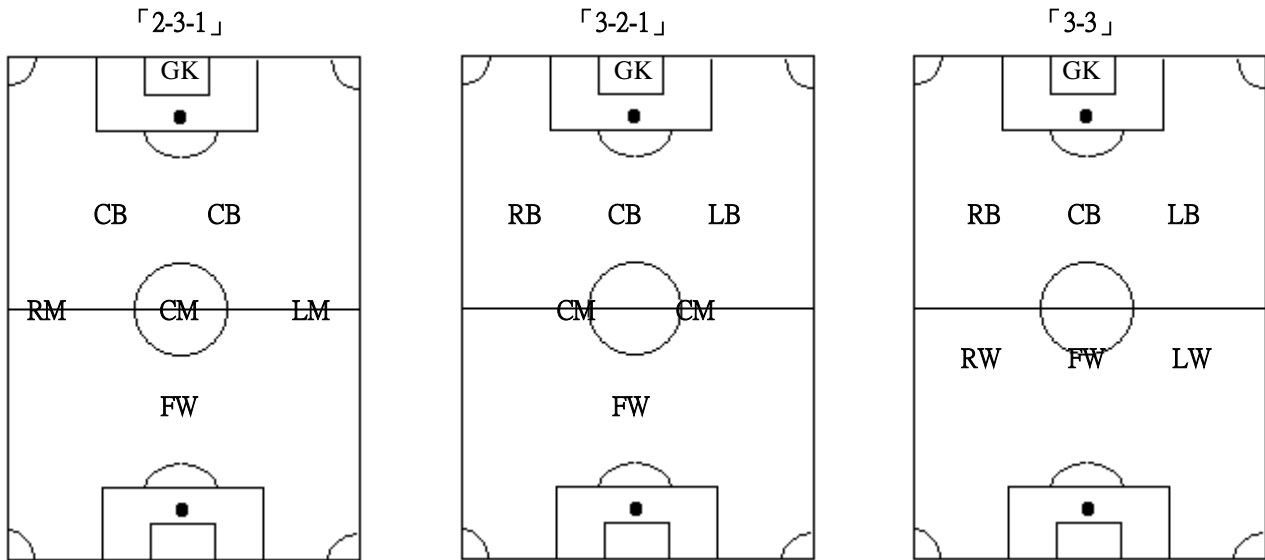
## Part Three: Formations

With the implementation of the offside rules, “WM” formation was invented by British person in 1930. This is a balanced formation with clear division of labor. This formation was commonly used until 1950’s. Hungarians invented “4-forward” formation. 1958, Brazilians started to adopt a 4-2-4 formation. When the 12th World Cup was held in Spain in 1982, there were many different formations such as 4-4-2, 4-3-3, 3-5-2. Up to now, it includes 4-2-3-1, 3-4-3 etc.

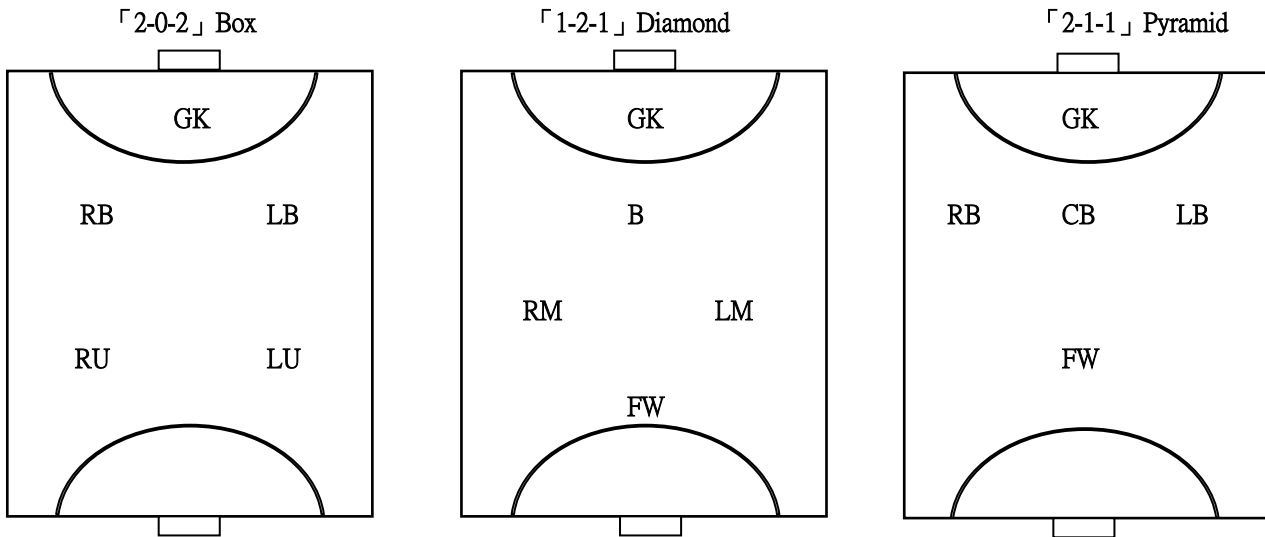
### 3.1 The Common Formation Patterns of 11-a-side Play



### 3.2 The Common Formation Patterns of 7-a-side Play



### 3.3 The Common Formation Patterns of 5-a-side Play



### 3.4 Short-hand of Soccer Players Positions

Defensive Positions	Mid-field Position	Forward Positions
GK : Goal Keeper	DM : Defensive Midfielder	FW : Forward
RB : Right Back	AM : Attacking Midfielder	CF : Centre Forward
CB : Centre Back	CM : Centre Midfielder	RW : Right Winger
LB : Left Back	RM : Right Midfielder	LW : Left Winger
B : Back / Last Man	LM : Left Midfielder	RU : Right Up
		LU : Left Up

## **Part Four : Reference**

### **4.1 Related Websites**

4.1.1 <http://www.hkfa.com/> Hong Kong Football Association Limited

4.1.2 <http://www.fifa.com/> The Fédération Internationale de Football Association

4.1.3 <http://www.the-afc.com/> The Asian Football Confederation

### **4.2 Reference Books**

	書名	著者/團體	譯/編者	出版者	年份
1	全方位提升戰力 少年足球培訓手冊	島田信幸・三森	鍾嘉惠	東販出版	2014
2	足球競賽規則 2009/2010	中國足球協會	---	北京:人民體育出版社	2009
3	看懂足球	霍建明	---	沈陽出版社	2007
4	SOCCER CONDITIONING	SIMON THADANI	---	A & C BLACK LONDON	2006
5	世界盃神話:足球史上最 震撼人心的故事	新華書店	王增杰	新華出版社	2006
6	足球體能訓練:高水平體 能訓練與實証	劉丹	---	北京體育大學出版社	2006
7	現代足球理念	谷明昌	---	北京體育大學出版社	2005
8	足球技術與戰術	埃里希·考拉特	張華南	人民體育出版社	2003

### **4.3 Sports Video**

4.1 ULTIMATE PENALTY SHOOTOUT w/ WEIDENFELLER (12 碼罰球) <a href="https://www.youtube.com/watch?v=45WJRJDvYqo">https://www.youtube.com/watch?v=45WJRJDvYqo</a>
4.2 Soccer cone dribbling for beginner and intermediate players (運球) <a href="https://www.youtube.com/watch?v=6UKPtEW6_YM">https://www.youtube.com/watch?v=6UKPtEW6_YM</a>
4.3 Improve passing and control - Learn to play Football/Soccer (傳控球) <a href="https://www.youtube.com/watch?v=zsAQTt0GVR8">https://www.youtube.com/watch?v=zsAQTt0GVR8</a>
4.4 Soccer Tips : Heading Drills for Soccer (頭球) <a href="https://www.youtube.com/watch?v=QK19XTJuDvY">https://www.youtube.com/watch?v=QK19XTJuDvY</a>
4.5 FC Barcelona - Legenda TIKI TAKA <a href="https://www.youtube.com/watch?v=3wVoavliLaA">https://www.youtube.com/watch?v=3wVoavliLaA</a>
4.6 How To Defend In Soccer - Soccer Defending Skills, Tactics, and Techniques (防守) <a href="https://www.youtube.com/watch?v=1Cutg3TM92w">https://www.youtube.com/watch?v=1Cutg3TM92w</a>