

SOCCER TIPS FOR EVERYONE

by: Head Coach Cory Carter



Spring is here and Soccer is in the air! It is time to get ready for the 2007 Summer Season. Now is a good time to pick up all of your essential soccer equipment:

• Soccer Shoes • Shinguards • Water Bottle • Lawn Chairs (for mom and dad)

I would like to take this opportunity to provide all the new and returning players and parents with some of the terminology that will be heard around the "Pitch" this summer. Many soccer terms can be very foreign to young players and to parents who have never been around the game. Many of the following terms will be heard throughout the KSA to U12 levels this summer.

Pitch: Soccer games are played on the pitch (AKA field).

Cleats: The plastic or rubber points in the bottom of a soccer shoe used to provide a player with traction.

Referee: The chief official makes all final decisions, acts as timekeeper, calls all fouls and starts and stops play.

Halftime: The intermission between the 2 periods or halves of a game.

Center spot: A small circular mark inside the center circle that denotes the center of the field from which kickoffs are taken to start or restart the game.

Touchline/Sideline: 1. Side boundary of the field. 2. The side lines of the field.

Kickoff: The method of starting a game or restarting it after each goal.

Dribbling: A way of moving the ball along the ground by using the feet while keeping the ball under player's control.

Out of bounds: When a ball is outside the boundaries of the field, having completely crossed a sideline or goal line.

Throw-in: A type of restart where a player throws the ball from behind his/her head with two hands while standing with both feet on the ground behind a sideline; taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline

Goal kick: A type of restart where the ball is kicked from inside the goal area; awarded to the defending team when a ball that crossed the goal line was last touched by a player on the attacking team.

Corner kick: A direct free kick taken by the attacking team from the one yard arc at the corner of field.

Foul: A violation of the laws for which an official assesses a free kick.

Free kick: A kick awarded to a players team for a foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of the ball.

Direct free kick: A restart situation that can be scored directly by the shooter.

Indirect free kick: A restart situation which will not score a goal unless touched or played by one other player before going into the goal.

Drop ball: A method of restarting a game where the referee drops the ball. The ball must hit the ground before it can be touched by a player.

Hand ball: A foul where a player touches the ball with his hand or arm; the opposing team is awarded a direct free kick.

Shinguards: Pads that strap onto a player's lower leg to protect the shins should he or she be kicked there.

Tackle: A challenge using the feet, to take the ball away from an opponent.

Volley: Any ball kicked by a player when it is off the ground.

Header: The striking of a ball in the air by a player's head.

Goal: When the ball passes completely over the goal line and under cross bar

Offside: An attacking player without a ball is closer to the goalie than the last defender (aka cherry picking). Technically, this is worded differently, but this makes more sense.

*For more information on the Milton Soccer Academy please visit
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