

A football game is one of the most popular games in the world. It is called soccer game in foreign countries. It is known as football game in India.

This game is very popular in Europe. Due to its popularity, it is considered 'The king of games'. This game is played in the most of the countries of the world. The football world cup is considered one of the most thrilling and popular game after world Olympic. Some good players of football are counted 'National Wealth' of the country. i.e. The government of Brazil has given 'Brazil Wealth' status to Pelle the great football player of Brazil.

The football game started in the year 1863 in England so it is considered as a birth place of the game. Players use socks up to knee and so, perhaps, the football game is known as 'soccer'.

#### **International Football Federation :**

International football federation. FIFA, established at paris on 21st May, 1904. Due to establishment of FIFA, the rules of the football game are applied similarly in all the countries of the world. Today most of the countries are members of it. International competitions are organized with its approval and help. The country which is not a member of FIFA, is not allowed to participate in the International competition.

#### **Football world cup :**

FIFA had accepted to organize football world cup in the year 1927. The honour of this scheme goes to Julereem and Henari Delon, football lovers of France. The world cup is organized every four years, but it is organized after two years of Olympic game in different countries. It is organized regularly since 1930 (except second world war period). First time the world cup was organized in Uruguay in the year of 1930. One thing should be kept in mind that from the year 1958 in the world cup football competition, professional players can also participate.

The modern Olympic games was started in 1896. But the football game was included in the 1908 London Olympic From that year the Football game is included in every Olympic. It should be kept in mind that only amateur players are allowed to participate in it.

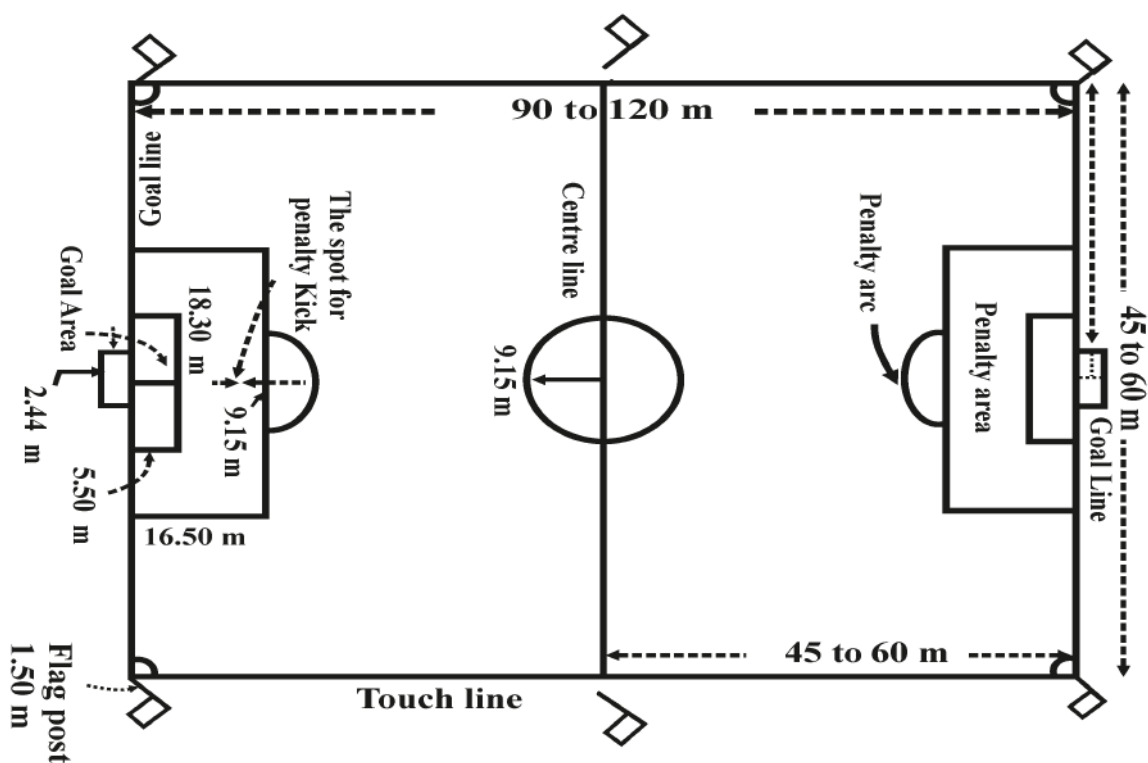
India had started 'Asian Games' in 1951 at Delhi and football game was included and India became champion in it. Since then football game played regularly in Asian Games.

Englishmen started this game in India. "Delhousi Football Club was established in India. Indian football Association (IFA) was established in 1893, thereafter that association was transformed into All India Football Federation. National trophy of this game is called Santosh trophy in India. This trophy was started in 1941. More over other tournaments are also played regularly. Indian women also play football. Indian women team secured third place in Asian Women football cup in 1981.

#### **Ground :**

The football game is palyed on rectangular ground. For international competition, the length of the ground should be 110 to 120 yards (100 to 110 metres) and width of the ground should be 70 to 80 yards (64 to 75 metres.) For other competitions, the measurements of the ground should be as under :

### Ground :



**Football Ground**

The measurement of the football ground should be as under

Length : 100 yards to 130 yards (up to 90 to 120m).

Width : 50 yards to 100 yards (up to 45 to 90 metres).

(1) Width of the goal : 8 yards (7.32 m) and the height from the land should be 8 feet (2.44 m).

(2) The circumference measurement of the Goal poles and cross bar should be 5 inches (12cm).

(3) Goal area : Length - 20yards (18.30 m), Width - 6 yards (5.50 m).

(4) Penalty Area : Length - 44 yards (40.32 m), Width : 18 yards (16.50m).

(5) Penalty spot : From the distance of the centre of the goal line 12 yards (11 m).

(6) Centre Circle : The radius of 10 yards (9.15 m).

(7) Corner Area : The arc of 1 yard (0.915 m).

(8) Penalty arc : The arc of 10 yards (9.15 m) is drawn from the penalty spot to outside penalty area.

(9) Flag : A flag on a post not less than 5 feet (1.50 m) high shall be placed at each corner, a similar flag post may be placed opposite the half way - line 1 metre away from the touch line on each side of the playfield is optional.

Marking of the playfield : The field of play shall be marked with distinctive lines, not more than 5 cm in width. The lines are included in the playfield.

### Equipments :

A ball, goal net, corner flags and stocking for the goal keeper are required for this game.

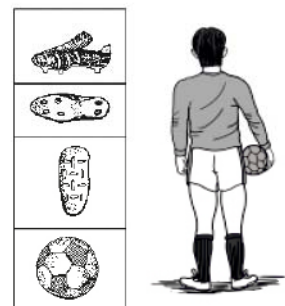
### **The Ball :**

The circumference of the ball shall be 27 to 28 inches (68 to 71 cm). The weight of the ball should be 14 to 16 oz (396 to 453 gram).

### **Boots and uniform :**

There are special type of the boots in football game. There are 10 studs on the sole. The studs should be minimum of 3.8 inches in diameter. Most of the players wear boots, long socks, Jersey and short. There are numbers printed on the back side of the Jersey. There should be similar uniform of a whole team.

The uniform of the goalkeeper is distinctive than the other players taking part in the game. He can wear hand gloves also. He wears a long sleeve jersey. A player shall not wear anything which is dangerous to another player. It is responsibility of each player to come on the ground with proper uniform.



### **Skills :**

#### **Throw - in :**

When the ball goes beyond the touch line rolling or crosses it in the air, it will be regarded as having gone out of the boundary. When the ball goes out of the boundary line, a player from the team opposite to the team whose player was responsible for sending the ball out will be given 'throw-in', He puts the ball in play. Following matters should be kept in mind for throw-in.

- (1) The 'throw-in' is executed from the spot where the ball had crossed the touch line.
- (2) The 'thrower' will take his position facing the ground while 'throw-in'
- (3) The 'thrower' must keep both his feet touching the out part of touch line ground while 'throw-in'
- (4) The 'thrower' should take the ball in both hands behind his head and shall throw the ball -forward with both his hands. He should not put the ball slowly in the ground. A ball should be thrown with both hands.
- (5) No direct goal can be scored with a 'throw-in'.
- (6) The thrower will not be able to play the ball again until one of the players touches or plays it.

#### **Passing :**

It is risky for a player to keep the ball in his possession for a long time and try playing with it, for the opponents will directly attack a player, who has the ball in his possession. In such a situation when a player is surrounded by the opponents, he passes the ball to a team-mate who is in a better position to play. This skill is known as 'passing'.

In order to pass the ball to a team-mate, a player uses the kick skill. he can also pass the ball coming through the air directly by using the 'heading' skill. If the ball is to be passed on to player who is standing at some distance away, the player uses the 'in-step' kick skill. If he has to send the ball to the left or right side, he uses the inside of kick. The success of the passing action depends upon the accuracy and judgement of the player. An agile player passes the ball coming through the air by giving it a suitable kick. This is called the "Volley".

#### **Heading :**

To prevent a ball coming from some height in the air from falling on the ground, the player hits the ball with his forehead. This skill is called heading. While heading, the action of hitting the ball must be done with the forehead. The body is bent backwards and is to be extended from the waist with a jerk to where the ball is to be contacted and both the arms are bent at the elbows. The muscles of the neck are hardened and both legs are slightly bent at the knees. Heading is divided into different types depending on the direction in



which the ball goes after it is hit with the forehead : If the ball passes towards the front, it is called 'forward heading'. If the ball goes from above the head, it is called 'upward heading'.

If the ball goes downwards, it is called 'downward heading' and if it goes towards the side, it is called sideward heading and if it goes towards the backside, it is called 'backward heading'. During all these different types of heading, the body is bent slightly backward or forward, but every time the body should be brought forward with jerk at the waist and it should be hit with the forehead.

### **Kicking :**

When a player sends the ball at the short distance or a long distance with a kick is called 'kicking'. This is one of the most important and basic skill in the football game. This skill is useful for passing the ball which is coming towards him or is in his possession towards his team - mate or if the situation is favourable, sending it to the goal with a kick. There are seven different types of kicking . (1) In step kick (2) Inside of the foot kick (3) Out side of foot kick (4) Drop kick (5) Ground kick (6) Push kick and (7) Volley kick.

### **Goal Keeping :**

The goal keeper plays an important role to stop the goal. The goal keeper is privileged to push or catch the ball with the hand to protect the goal posts till the penalty area. So, his position and responsibilities are different from the other members of the team. He is expected to be more skilled than the other players. The goal keeper plays the ball more often with his hands than with his feet. The goalkeeper must always stand firmly like a wall between the ball and the goal to protect the goal. The goal keeper has to use his hands, feet and head to stop and throw away the ball coming from any side. Sometimes, he has to dive to catch or stop the ball. The goal keeper is expected to have a perfect co-ordination to his arms and legs and the maximum capacity to maintain the balance of his body. In addition to the ability to catch, push and throw the ball, the goal keeper is expected to master the skill of kicking, dribbling and dodging.

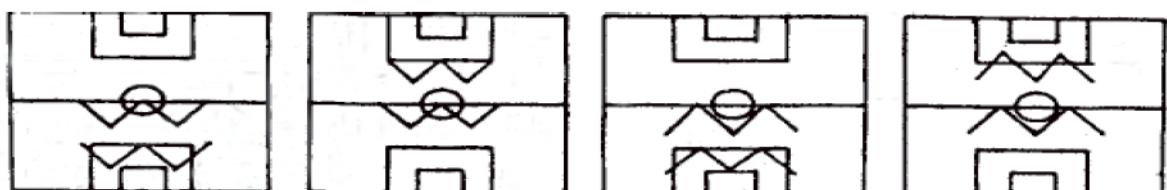
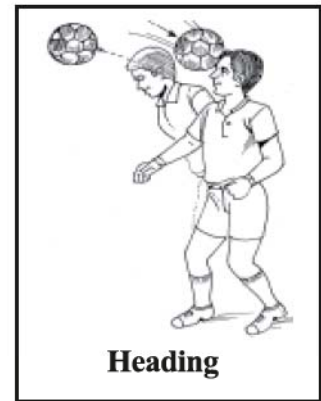
### **Defending and Attacking :**

#### **Position Play :**

There are 11 players in each team of football. Generally, 5 players forward players of front line are known as right out, right in, centre forward, left out and left in. While three players of centre line are known as right half back, centre half back and left half back, two players of back line are known as right full back and left full back. The protector of goal is known as goalkeeper. A goalkeeper shall wear full sleeve jersey of separate colors which distinguish him from the other players.

#### **Team Game :**

The play field of football is big one. In this big ground, a player has to play instead of individual, he has to play team game and then With the combined efforts of the players it is easy for defence and attacking and it may be transformed in good performance and result. Generally in football game the formation M and W are for attacking and defencing. In this formation, five players of front line, play in 'M' formation and five players of back line also play in 'W' formation. At the time of attacking, the front five players play completely forward.



Five players of back line go up to the half ground and pass the ball to the forward players for goal. While they play in reverse formation (M), they do attack and defence. In this formation right in and left in play forward and centre forward, right out and left out players play back. In the same way rear half back and full back players play in M formation.

When the , five attack players of front line go to the opposite ground for goal, the defender players, except the goalkeeper, 3 half back and 2 fullback players seize each player and perform as defender in football game.

### **Strategy :**

When players play in their own half play ground and perform defensive duty, he is allotted main defensive duty. If there is need he goes every now and then to help his players and maintain the co-ordination among the players.

### **Rules of the game :**

(1) The football game will be played between two teams, each consisting of 11 players at the beginning of the game. Any team can start playing with seven members. One of them will act as the goalkeeper. Players who arrive late may join the game with the permission of the referee. But the members of team should not be more than 7 players. No player will leave the ground during the play. If a player leaves the ground during play, he will not be able to re-enter the ground before the end of the game. Each team can use two substitutes any time during the course of the game.

(2) The game starts with the tossing of the coin. The team which wins the toss chooses either the side of the ground or kicking. The ball is placed on the centre point of the ground and when it is steady, the player who is to kick, kicks the ball. At the time of kicking, all remaining players stand in their own sides of the ground, away from the ball.

(3) If during play, the ball goes beyond the end line or the touch line rolling or crosses it in the air, it will be considered as having gone out of the boundary. The side boundary lines are included as part of the ground. So the ball touching the outer edge of the line will be considered as 'in'. When the ball goes out of the boundary line, a player from the team opposite to the team whose player was responsible for sending the ball out will be given a 'throw-in'. The 'throw-in' is executed from the out parts of the spot where the ball had crossed the boundary line.

The 'thrower' will take his position facing the ground and will place the ball in both his hands over his head and throws the ball with both hands. In with both his hands. With this action, the ball will come in to play. The thrower will not be able to play the ball again until one of the players touches or plays it. No direct-goal can be scored with a 'throw-in'. The 'thrower' must keep both his feet touching the ground until the ball is released from his hands.

### **Penalties:**

(1) If the throw-in is wrong, the opposite team will get the chance to throw-in from the same spot.

(2) If the thrower plays the ball before any other player touches or plays it, the opposite team will be given an 'indirect free kick.'

(3) If the ball passes between the two goal posts and under the horizontal bar and crosses the goal line either in the air or on the ground, it will be considered as a goal scored. If a defending player crosses the goal line from between the posts with the ball in his hands, it will also be considered as a goal.

If the ball coming as a result of an indirect free kick is kicked or touched by a player of either team and it crosses the goal line between the two posts and from under the cross bar, it will be considered as a goal.



(4) If during play, the attacking team sends a ball and it goes rolling on the ground or flying in the air beyond the goal line, a player from the defending team will place the ball in the middle of the goal area on the side by which the ball had gone out and then execute a goal kick. When the goal kick is being executed, all the players of attacking team will stand outside the penalty area. After the goal kick, the ball will not be considered as being in play until the ball goes out of the penalty area. If the ball does not go out of the penalty area, the goal kick will be given again. The players who kicks the ball will not be able to play the ball again until any player touches or plays it. If the same player plays the ball a second time, it will be considered breach of rule and the opposite team will be awarded an indirect free kick from the spot where the fault was committed.

(5) A ball which has last touched a player of the defending team or if a ball hit by a player of defending team crosses the goal line while rolling on the ground or through the air, the attacking team will be awarded a 'corner kick'. The corner kick will be executed by placing the ball in the area drawn on the side by which the ball went out and the kick will be executed from here.

(6) During a football match, not more than 11 players will play in each team. One of them will be a goal keeper. During play, no player will be allowed to leave the ground without the permission of the referee.

(7) During play, a maximum of two substitute players can take place of the regular players with the permission of the referee. Five substitute players can be appointed in the team.

(8) The game will consist of two halves of 45 minutes each. There will be a break of 10 minutes between the two halves. After this break, both the teams will change their ground. At the end of the first half or at the end of the game, if a team has been awarded penalty kick, the game will be extended by the time needed to complete the penalty kick.

(9) If at the end of the play, both the teams have scored equal number of goals or no goals and the results are same then both the teams will be given two extra turns of 15 minutes of each.

(10) If in spite of the play being extended to extra time, if both the teams are still equal, each team will be given five penalty kicks. The referee will decide the goal posts for the penalty kicks. Each team will take the kick by turns. Each kick will be executed by different players. No player will be allowed to kick twice.

**Officials :** (1) One Chief Referee (2) Two lines-men (3) A scorer (4) A time keeper.

### **Exercise**

**1. Answer the following questions :**

- (1) Explain the 'throw-in' skill of football.
- (2) Explain the 'Passing' skill of football.
- (3) Explain the 'Heading' skill in football.
- (4) Clarify the kicking skills in football.
- (5) Give the explanation of goal keeping in football.

**2. Answer the following questions in one or two sentences.**

- (1) Describe the feet position of thrower in football.
- (2) When the thrower will be able to play the ball ?
- (3) A player is surrounded by the opponents, to whom he passes the ball ?
- (4) By which part, the player hits the ball in heading ?
- (5) Which parts of the body are to be used by the goal keeper for playing the ball ?
- (6) When will be given throw-in ?

- (7) Both the teams have scored an equal number of goals, what does the referee do ?  
 (8) When the player kicks the ball for play, at that time, where do stand all the remaining players ?

**3. Answers to the following questions by selecting correct option from the options given below.**

- (1) Where shall be placed flags on the football ground ?  
 (A) In the middle of goal line (B) In the middle of touch line.  
 (C) Near goal posts (D) On the four corners.
- (2) What is the radius of centre circle ?  
 (A) 8 yards (B) 9 yards (C) 10 yards (D) 11 yards
- (3) What is the length of a football ground ?  
 (A) 70 to 80 metres (B) 75 to 85 metres  
 (C) 120 to 130 metres (D) 90 to 120 metres
- (4) What is the width of a football ground ?  
 (A) 35 to 40 metres (B) 45 to 90 metres (C) 95 to 100 metres (D) 100 to 105 metres
- (5) What is the shape of football ground ?  
 (A) Square (B) Rectangular (C) Round (D) Oval
- (6) How many studs are there at a sole of boot of football game ?  
 (A) 5 (B) 7 (C) 8 (D) 10
- (7) How many players are there in the playing team of football ?  
 (A) 9 (B) 10 (C) 11 (D) 12
- (8) How many substitutes can be used in football game ?  
 (A) One (B) Two (C) Three (D) Four
- (9) What is the duration of the game of one half (one play) ?  
 (A) 45 minutes (B) 50 minutes (C) 55 minutes (D) 40 minutes
- (10) What is the duration of the break between two halves in football game ?  
 (A) 5 minutes (B) 7 minutes (C) 8 minutes (D) 10 minutes

