

The game of football 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 Tournaments after Olympics. 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 player of Brazil.

The football game started in A.D. 1863 in England, so England is counted as a birth place of the game. Players use socks upto knee and so, perhaps, the football game is known as 'soccer'.

International Football Federation

International Football Federation—FIFA was established at Paris in 21st May, 1904. Due to establishment of FIFA, the similar rules of the football game are applied in all the countries of the world. Today most of the countries are members of it. International competitions are organised 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 organise football world cup in the year 1927. The reputation of this scheme goes to Julereem and Henari Delon, football lovers of France. The world cup is organised every four years, but it is organised after two years of Olympic games in different countries. It is organised regularly since 1930 (except second world war period). First time the world cup was organised in Uruguay in the year of 1930. One fact should be noted that in the world cup competition, professional players can also participate from the year 1958.

The modern Olympic games was started in 1896. But the football game was included in the year of 1908 at London. From that the football game is included in every Olympic games festival.

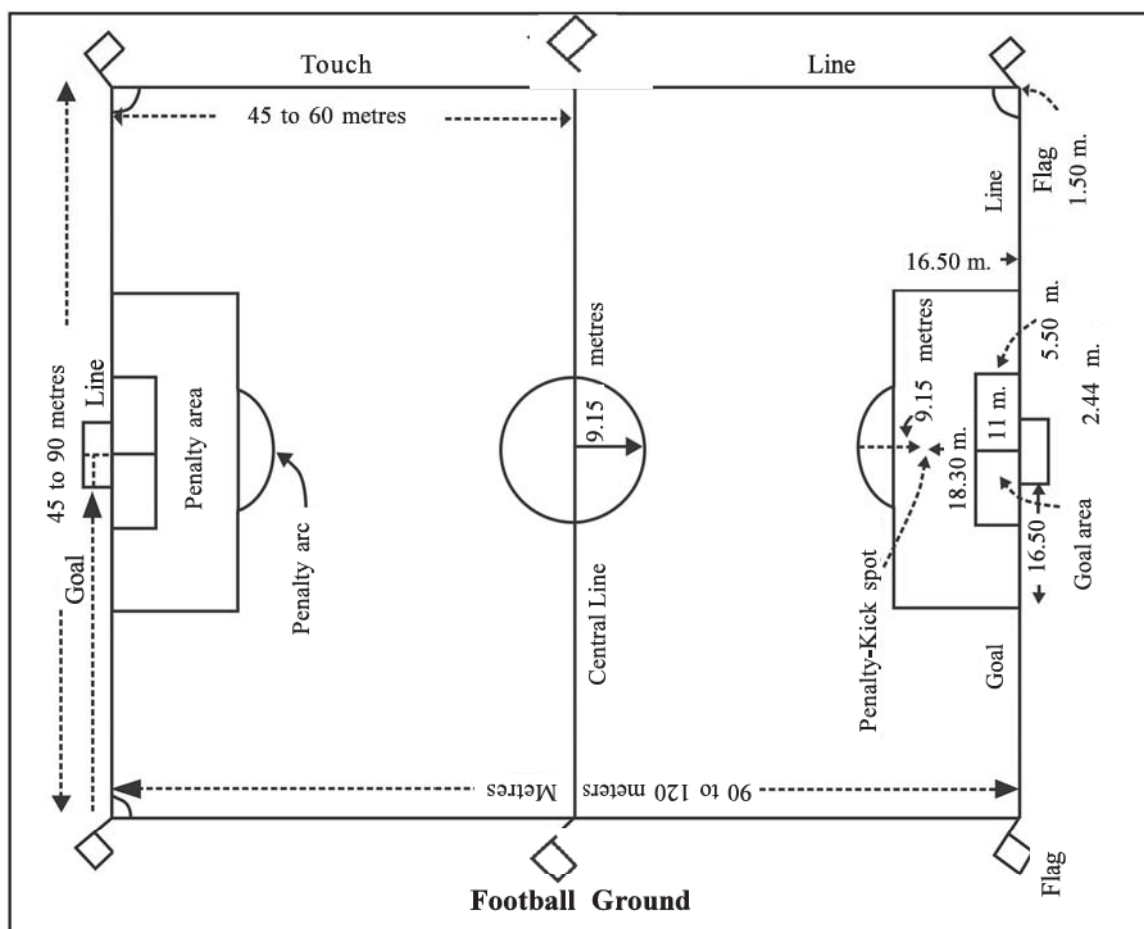
India had started 'Asian games' in 1951 at Delhi. Football game was included in it. India became champion in it. Since then football game is played regularly in Asian games.

Englishmen started this game in India. 'Delhousi Football club' was established in India. Indian football Association (IFA) was established in 1893, there after that association was converted into 'All India Football Federation.' National trophy of this game is called 'Santosh Trophy' in India. This trophy was started in A.D. 1941. Moreover other tournaments are also played regularly. Indian women also play football. 'Indian women Association' secured third place in 'Asian women football cup' of 1981.

Ground

The football game is played 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 field of the play should be as under.



The measurement of the football ground should be as under :

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

Width : 50 to 100 yards (45 to 90 m.)

- (1) Touch line : 100 to 130 yards (90 to 120 m.).
- (2) Goal line : 50 to 100 yards (45 to 90 m.).
- (3) Width of the goal : 8 yards (7.32 m.) and the height from the land should be 8 feet (2.44 m.).
- (4) The circumference of the Goal poles and the crossbar should be 5 inches (12 cm.).
- (5) Goal area : Length 20 yards (18.30 m.), width 6 yards (5.50 m.).
- (6) Penalty area : Length 44 yards (40.32 m.), width 18 yards (16.50 m.).
- (7) Penalty spot : 12 yards (11 m.) from the distance of the centre of goal line.
- (8) Centre circle : 10 yards (9.15 m.) radius.
- (9) Corner area : The arc of 1 yards (0.915 m.).
- (10) Penalty arc : The arc of 10 yards (9.15 m.) is drawn from the penalty spot to outside the penalty area.
- (11) 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 play field.

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

Equipments

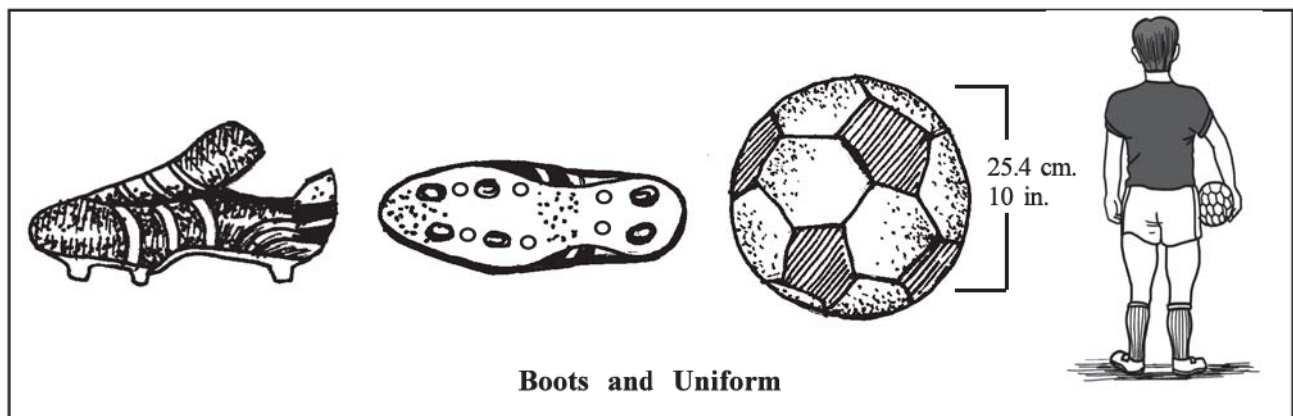
A ball, goalnet, corner flags and special socks for the goal-keeper are required in this game.

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 16.02 ounces. (396 to 453 grams).

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 $\frac{3}{8}$ inches in diameter. Most of the players wear boots, stocking, jersey and short. There are numbers printed on the back side of the jersey. The uniform should be similar. The uniform of the goal-keeper 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 boundry. When the ball goes out of the boundry line, a player from the team opposite to the team whose player was responsible for sending the ball will be given to 'throw-in', he puts the ball in play, following matters should be attended for throw-in.

- (1) The 'throw-in' is executed from the spot where the ball had crossed the touch line.
- (2) When the 'thrower' throws the ball, he will take his position facing the ground.
- (3) When the 'thrower' throws the ball, he must keep both his feet touching the out part of touch line ground.
- (4) The 'thrower' should take the ball in both his hands behind his head and throw the ball in with both his hands. He should not put the ball slowly in the ground.
- (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 not desirable for a player to keep the ball in his possession for a long time. Because the opponents will directly attack a player who has the ball. When a player is surrounded by the opponents, he immediately passes the ball to his teammate (સાથીદાર ખેલાડી). The football game is team game. It is very important to pass the ball at right time and should be passed correctly. The base of the game is passing.

(1) Inside Pass

This is simple pass. It is counted basic pass. During this pass, a passer puts his free leg in line of the ball and three to four inches away from the ball. The player passes the ball with the inner part of his foot. Before passing the player keeps his position and distance in front. During passing, the attention should be on the ball and the weight of the body on the free leg.

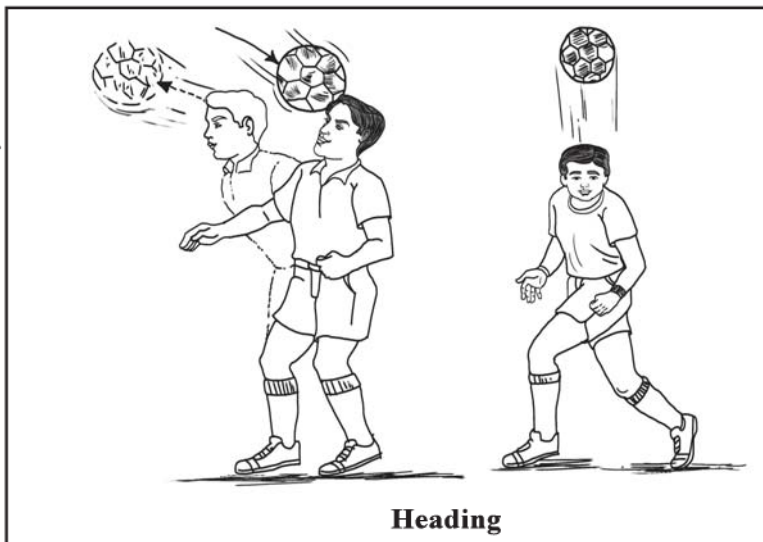
(2) Outside Pass

In this skill, the pass is being done by the outer part of the foot. The passer keeps his side in the direction in which he intends to send the ball. He puts his main leg about one and half feet to two feet away from the ball. He turns his leg, inside, he swings his leg outside and pushes the ball. The weight of the body is on the free leg. Both the hands are extended on the sides.

Moreover he can also pass the ball coming through the air directly by using the 'heading' skill. If the ball is to be passed onto player who is standing at some distance away, the player uses the 'in-step kick'. If he has to send the ball to the left or the right side, he uses 'inside of foot 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 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. Where there is a action of heading, the action of hitting the ball must be done with the forehead. The force for the heading should be gained from the waist, hands and land. Only from the force of the neck, the heading will not be done completely. The body is bent backwards and is to be extended from the waist with a jerk to where the ball is to be contacted. Both the arms are bent at the elbows. The muscles of the neck and throat 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 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 a jerk at the waist and the ball is hit with the forehead.

Kicking

This skill has an important place in the game of football. A player who has mastered this skill, occupies a special position in the team. Pass in the ball which is coming towards him or is in his possession towards his teammate or if the situation is favourable, sending it to the goal with a kick is called kicking. There are different types of kicking, to kick the ball with the different parts of foot leg and keeping in the different position.

(1) Inside of the foot kick : In this type of kicking the player pushes the ball with the inner side of his toes. While doing this, he places his free leg in the direction in which he intends to send the ball. The ball is on the side about four inches away from the free foot. Then he lifts the leg with which he intends to kick the ball and raises it backwards. The foot is held sideways and he pushes the ball in its upper portion with the inside part of the foot. The ball thus kicked goes rolling on the ground. At the time of kicking, the legs are placed at an angle of 90°. The weight of the body is on the free leg, which remains a little bent and the player's body leans towards the ball. This skill is also called the 'push pass'.

(2) Outside of the foot kick : This type of kick is used when the ball is to be passed at a short distance or when an opponent is to be dodged. The eyes of the player are fixed on the ball. The foot with which the ball is to be kicked is turned a little towards the inside. The kicking foot is moved in the direction of the ball which is kicked or pushed with the outer part of the foot. The free leg is placed at the back of the ball. The weight of the body is on that leg and both the hands are extended on the sides.

(3) Instep kick : In this type of kicking, the ball is kicked with the upper part of the foot. The stronger foot is used in this type of kicking. When the ball is to be sent rolling quickly and to a short distance, this type of kick is very useful. The foot of the player will remain stretched and the toes will be pointed to the ground at the time of kicking. The leg is raised backwards and the 'Swollen' part of the ball is hit in such a way that the whole foot touches it. The leg will be bent a little at the knee. The free leg will be placed on the side of the ball, 4 inches away from it. The body is bent over the ball, the leg is bent a little at the knee and the weight of the body is on the free leg. As soon as the ball is kicked, it will roll speedily on the ground. This kick is also known as the 'loos drive'.

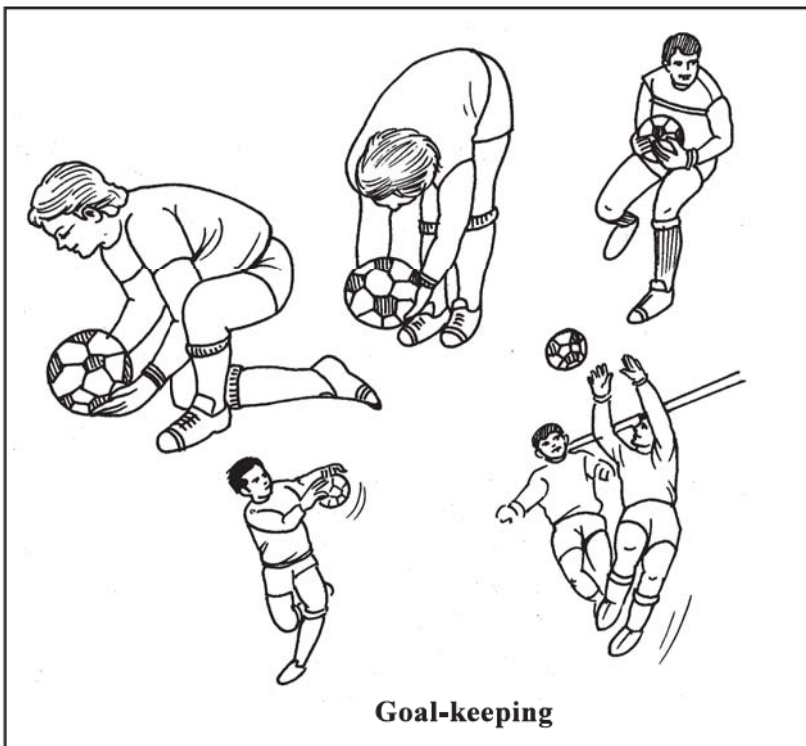
(4) Half-volley or drop kick : When the ball falls on the ground coming from the opposite side or from above and bumps a little, it is immediately hit with the upper part of the foot, tossed high in the air and sent forward. At the time of playing a half volley, the foot is stretched a little forward. The knees are on the ball and the weight of the body is on the free leg. This kick is called 'Drop kick' also.

(5) Full volley : When a ball is high in the air, the player hits the ball with his upper part of foot, tosses in the air and sends it to a distant. This kick is called 'Full volley'. In this kick the player sends the ball to his teammate or sends in the goal. In this kick, the free leg should be behind the ball, the knee is bent and the weight of the body will be on it.

Goal-keeping

It is very important to protect the goal in football game. A team, which scores more goal will be declared winner. The goal-keeper plays an important role in not letting the rival team score many goals. So there will be a good goal-keeper in the team. The goal-keeper is privileged to play the ball with the hands to protect the goal posts till the penalty area. The goal-keeper plays the ball with any parts of his body in the penalty area.

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 goal-keeper must always stand firmly



like a wall between the ball and the goal to protect the goal. The main skills of the goal-keeper are like these – to catch the ball, to throw the ball, to push the ball, to send the ball from cross bar and goal posts, to dive, to throw the ball with dodging the opposite player. The body of the goal-keeper should be between the goal and the ball to protect the goal. He should take care not to allow the ball between his legs. The good defence is depended upon the anticipation power of the goal-keeper. During goal-keeping, he maintains the balance of his body. The goal-keeper is expected to have a daring capacity to stop the ball in any situation. The goal-keeper is expected to have kicking capacity (as specially volley kick) and throwing of the ball with his hands. The goal-keeper puts full sleeves jersey and hand gloves. It depends upon the capacity of the goal-keeper to defeat or winning the team. The goal-keeper is expected to have a perfect alignment of 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 dribbling and dodging.

Formation of attacking and defencing play of football

The football game is played speedy with skillful formation and planning day by day. During the whole game, each player keeps the ball to his possession upto 3 to 4 minutes only. In the remaining time, he passes the ball to his teammates and the game is played. For gaining high result the ball should be passed with mutual understanding. The passing skill is useful. There are 11 players in each team. Generally, the front line players are known as 'Forward players', Second line players are known as 'Half back players', Third line players are known as 'Full back players' and Forth line, only one player is known as 'Goal-keeper'. The forward players are known as right wing, right in, the centre forward players are known as left in, the half back players are known as left in. The half back players are known as right half back, Left back, centre half back and left half back, the full back players are know as right full back, left full back and the goal-keeper is known as GK.

(A) Individual game

(1) Five front line players (Forward) : The main responsibility of these players is to make goal. They play forward. They play the main game as a director of the centre forward player, forward players and half back players. They pass the ball to the forward players for goal, and if it not suitable, they pass the ball to half back players for keeping the possession. The left in and right in, both players perform the goal, The right wing and left wing player pass the ball speedy and pass the ball to their player for goal.



Five front line players or Five forward players

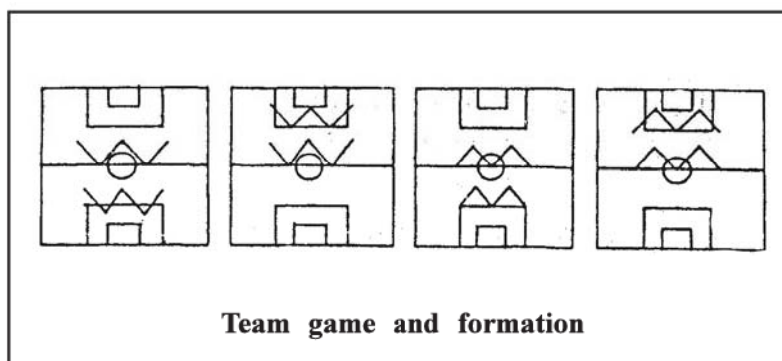
(2) Three second line players (Half back players) : These three players have two types of responsibilities. The centre half back players are key players in the game. They pass the ball to a forward player for goal. They protect the goal during opposite team attacks. These players perform difficult work to protect against opposite attack.

(3) Two full back player : These players are hardy, aggressive, courageous and play the game accurately. They protect the penalty area with understanding and harmony. They destroy the opposite formation for doing goal and the team will be removed from the fear. These players have the power to hit the ball powerfully and sending far.

(4) Goal-keeper : The last line of the goal protection is the goal-keeper. He is tall thin, he has to take rapid reaction, he has long hands, he has the ability to catch, push and play the game. He has good capacity to dive and dodging. Thus, each player plays the game from his place to goal, to stop and to attack.

(B) Team game and formation : The play field of the football is big one. In this big ground, a player has to play team game instead of individual. With the combined efforts of the players, the team will succeed. It is easy for defence and attack with team efforts.

There are well-known formations of M and W for defence and attacking in front ball game. In this formation, five players of front line play in W formation. The centre forward right wing and left wing play ahead, In the same way 3 half back and 2 full back players play in W formation and protect the goal. While in attacking time the front five players play completely ahead and rear five players go forward up to half play ground and provide the ball to the forward players for goal.



While they play in reverse formation M, they do attack and defence. In this right in, left in will be ahead and centre forward, right wing and left wing players will be rear and play. In the same way rear half back and full back players play in M formation.

Now this games play is speedy. There is change in formation of players to become winner. Instead of doing goal, the protection of goal is very important. So there are more players in defence line and more lines of defence. There are different formations of different countries as under :

Place	Types		
	1	2	3
Forward	0 0 0 0	0 0 0 0	0 0 0 0
Half back	0 0	0 0 0	0 0
Full back	0 0 0	0 0 0	0 0 0 0
Centre back (Sweeper)	0	-	-
Goal-keeper	0	0	0

(C) Zonal formation

When players play in their own half play ground and perform defensive duty, they are allotted main defensive duty. It is called zonal defence play. If the necessity arises, he goes every now and then to help his players and maintain harmony for the defence of the game.

(D) Man to man defence

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

Rules of the game

- (1) There are 11 players in each team of football at the beginning of the game. Any team can start playing with seven members. One of them will act as the goal-keeper. Players who arrive late may join the game with the permission of the referee. 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 central point of the ground and when it is steady, The player who is to kick, kicks the ball. At the time of kicking, all the 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 regarded as having gone out of the boundary. The side boundary lines are regarded as part of the ground. So the ball touching the outer edge of the line will be regarded 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 spot from where the ball had crossed the boundary line.

Penalties

- (1) If the throw-in is faulty, 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 a player of the attacking team scores a direct goal taking the indirect free kick, it will not be counted as a goal and the defending team will be awarded a goal kick. If a player of the defending team scores a goal while taking the indirect free kick from out side the penalty area, the attacking team will be awarded a corner kick.
- (4) If a player intentionally does any foul from the following nine fouls in the football game, then the opponent will be given 'free kick' from the spot, where the foul is done. If the defender does any foul from the following nine fouls in his penalty area then the opponent team will be given 'penalty kick'. Nine faults are as under :
 1. Any player holds the ball running with holding the ball, throws the ball with hand, the ball is played by hand or stroke with hand.
 2. Any player pushes the opponent with his hand or any part of his body.
 3. Any player holds the opponent.
 4. Attacking the opponent from behind.
 5. Blows the opponent or tries to blow.
 6. Attacking the opponent in violent or dangerous manner.
 7. Jumping at an opponent.
 8. Any player striking or attempting to strike an opponent.
 9. Any player twists the opponent's leg, tumbles him or tries to tumble him.
- (5) 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 has gone out and then execute a goal kick. If the goal-kicker plays the ball before any other player touches or plays it, the opposite team will be given 'an indirect free kick'. The indirect free kick will be given at the spot where there was a foul.
- (6) A ball which was last touched by a player of the defending team or if a ball hit by a player of the 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 arc drawn on the side by which the ball went out and the kick will be executed from there.
- (7) 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 consent of the referee.

- (8) During play, a maximum of two substitute players can take the place of the regular players with the permission of the referee. Five substitute players can be appointed in a team.
- (9) The game will consist of two halves of 45 minutes each. There will be a rest period of 5 minutes between the two halves. After the break period, both the teams will exchange the ground for next play. At the end of the first half or at the end of the game, if a team has been awarded a penalty kick, the game will be extended by the time needed to complete the penalty kick.
- (10) If at the end of play, both the teams have scored an equal number of goals, or there is no goal and both the teams have proved to be equal, and if the competition is played as knock-out method, the decision will be given as under :
 1. Two extra turns of 15 minutes each are granted. The referee tosses the coin, the toss winner team chooses the either the side of the ground or kicking and game starts.
 2. At the end of 30 minutes, the team which scored more goals will be declared as winner.
 3. If both the teams are still equal, each team will be given alternate five penalty kicks. The team which scores more goals will be declared as winner.
 4. At the end of five penalty kicks, if both the teams are still equal, each team will be given five penalty kicks. Each team will take the kick by turns as per sudden death method. Each kick will be executed by a different player. When a player succeed to score the goal, the game will be stopped. The team scoring of the goal will be declared winner.

Exercise

1. Answer the following questions in details :

- (1) Explain the importance of kicking skill and type of kicks.
- (2) Why is the heading skill used ? Explain heading skill.
- (3) Why is the passing skill used ? Explain the passing skill.
- (4) How is throw-in taken ?
- (5) Explain the responsibility of a goal-keeper and the goal-keeping skills.

2. Answer the following questions briefly :

- (1) When will the goal-keeper not hold the ball ?
- (2) Which special rights are given to the goal-keeper till the penalty area ?
- (3) When is the throw-in given ?
- (4) When there are an equal numbers of goals, how does the referee give a decision ?
- (5) How many players are there at the beginning of the game ?

3. Write answer to the following questions by selecting correct option from the options given below :

- (1) How many flags are there compulsory on the football ground ?
 (A) Two (B) Three (C) Four (D) Five
- (2) Where are the flags posted ?
 (A) In the middle of goal line (B) In the middle of touch line
 (C) Near goal post (D) On the four corners

- (3) What is the radius for marking centre circle ?
(A) 8 yards (B) 9 yards (C) 10 yards (D) 11 yards
- (4) What is the length of football ground ?
(A) 70 to 80 metres (B) 75 to 85 metres
(C) 120 to 130 metres (D) 90 to 120 metres
- (5) What is the width of the football ground ?
(A) 35 to 40 metres (B) 45 to 90 metres
(C) 95 to 100 metres (D) 100 to 105 metres
- (6) What is the shape of football ground ?
(A) Square (B) Rectangular (C) Round (D) Oval
- (7) How many studs are there at the sole of boots ?
(A) 5 (B) 7 (C) 8 (D) 10
- (8) What is the duration of the game for one half (one play) ?
(A) 45 Minutes (B) 50 Minutes (C) 55 Minutes (D) 40 Minutes
- (9) 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
-