

Unit 10 Assignment 10.1
Techniques, Rules and Tactics of Football

In this assignment I will be giving detailed explanations of the techniques, rules and tactics used in football. I will use detailed diagrams and pictures to show the relevant techniques, rules and tactics used. I will also give a general overview of the knowledge that is required by a coach.

1. Technique:

In football every position played in requires a number of different techniques to help bring the best result for your team. The team is broken down in to four different sections:

- Goalkeeper
- Defenders
- Midfielders
- Attackers

Each individual is required to learn a number of different techniques to become better and work well in their section.

Goalkeeper:

The goalkeeper is known as a defensive player but they are required to know a certain number of techniques to help keep the game under control, the goalkeeper plays a main role in some of the opposition's attacks .

Before a goalkeeper moves they must assess 4 major factors that could cause an opposition goal being scored these are:

1. Holding up their position even before the ball is kicked.
2. The line in which the ball is travelling to
3. The pace of the ball
4. The Trajectory of the ball, this includes the amount of swerve that is on the ball and if a dip is expected.

Attacking the ball:

When attacking the ball goalkeepers must also decide whether to move late, move quickly and take the ball at the highest point of play. When attacking the ball quickly early decisions must be made:

Early Decisions:

- Once the ball is kicked the goalkeeper can either decide whether to attack the ball or defend the goal.
- If they decide to attack the ball, an early call will help your co-defenders know your there, but they must make sure that the path is clear and i s not impeded by attacking players.

- If they decide to defend the goal then the goalkeeper may have to adjust their position, to reduce the angle of the shot.
- If the goalkeeper decides to attack, then that decision is final, the goalkeeper cannot change their mind halfway through doing so as this may increase a risk of conceding a goal.

If the goalkeeper decides to move late the four things can give you an advantage for delaying the movement:

- More time is given to assess the trajectory of the ball
- There will be more time for goalkeeper's co-defenders to clear the route of the ball.
- After this decision you must move quickly - greater height will be achieved, when jumping up for the ball.
- To decide if you are catching the ball or punching it away from goal.

Goalkeepers also have a major technique which is catching they must remember some points in how to do it and when to do it as it could cause a major decision in the game play these are :

- They must keep their eyes on the ball if the decision is to catch the ball.
- Decide if they need to take a one foot take off, to rise above your defenders and oppositions attackers to take the ball.
- If catching then arms must be out stretched with hands out in front of the head.
- Fingers must be out stretched - with hands to the side and behind the ball with thumbs close together, this will give a better grip on the ball and less chance of dropping.
- Once the ball is caught it must be brought to the body as quickly as possible to give attackers less opportunities of attacking the ball from your hands.
- When the ball is in the hand hold it for about 6 seconds or unless there is a chance of making a quick break. Most importantly take your time.
- When the ball is in the goalkeepers hands they need to make sure they are not too close to the edge of the area if the decision is to do a drop kick out of the hands- this is because some linesman may give free kicks on the edge of the area if they think that they have gone outside their area with the ball in their hands .

Punching the ball is a good technique that goalkeepers use in tight situations to get the ball out of their area as quick as possible. It is effective if used correctly and timed efficiently.

The punching technique is used in situations when the goalkeeper knows they cannot catch the ball, best times to use it are:

- When the goalkeeper is not sure of the balance of themselves so quick punch maybe a good way to clear the ball.

- To make a strong challenge from 1-2 opponents, it can be cleared with power and accuracy.

The technique of deflecting the ball over the bar is effective if it is done with skill and accuracy. The goalkeeper can do this technique with one or two hands depending on the situation they are in; it is an excellent technique for tight or fast situations to clear the ball out as fast as possible.

- The one handed technique is mainly used when the goalkeeper is recovering towards goal to deal with attacks such as lobs or dipping shots. This technique is either used with the palming or lifting the ball over the crossbar, the body must be side ways on and the hand that make contact with the ball is the inside hand, so the one which is nearest the attacker. It is important when using this technique to keep the head steady and watch the ball throughout.
- The two handed technique of this skill is usually used to deflect powerful shot on goal over the crossbar. Contact with the ball is, made with the palms and fingers of both hands on the underneath section of the ball.

Punching the ball is also a good technique for clearing the ball quickly and effectively. It is used at its best when attacking the ball along its line of flight from crosses or corners. The technique can be used with one or two fists.

- Two fists are best used if you want power on the ball and to clear it high and far. When applying this technique contact with the ball must be made with the surface of both fists, the fists must strike through the bottom half of the ball. To propel the ball high the arms must be fully extended.
- Punching the ball with one fist is exactly the same as using two, this technique just gives you less power, so is best used if attackers are blocking your view. The skill is made by using exactly the same techniques; contact should be made on the bottom half of the ball.

Handling is one of the most important techniques for a goalkeeper, your handling needs to be accurate and skilled to become a good keeper.

Good handling of the ball can either be used to hold the ball or deflect depending on the situation, which are ground shots or aerial shots.

- Ground shots (Hold): to hold ground shots one hand must be behind the ball to stop it and the other hand above the ball to still the ball in place and hold it. Having stopped the ball, it should be taken to the body as quickly as possible to secure possession, to make it even more secure bring the legs towards the body simultaneously.
- Ground shots (Deflect): This must only be used if there is any doubt of not being able to hold the ball, and then it must be deflected away safely. The wider the goalkeeper deflects the ball the safer it is and best results come when deflecting the ball out of play.
- Aerial shots (Hold): To hold an aerial shot the goalkeepers hands must be to the side of the ball and behind. If the ball cannot be gathered into

the body in mid-air, then the goalkeeper should twist and fall with the ball wedged between their hands and the ground. Then the ball should be secured to the body as in a ground shot.

- Aerial shots (deflect): This should only be used if the goalkeeper cannot hold the ball; the ball should be deflected high and wide. The best result comes if the ball is deflected over the crossbar or round the post.

Diving is also an effective technique to get behind the ball to stop any shot with the whole of the body. There are three things that must be remembered when applying this technique.

- Keep the head still
- Eyes on the ball at all times
- Push off from the leg nearest the ball

Outfield Players:

There are some basic techniques that every outfield player should use in any position on the field then they can be advanced on to help a situation in that occurs in the position they play in. For example Heading, Kicking, Passing are the basic skills needed in the game of football.

Heading techniques are vital for air power in football. The team that dominates in the air can win the ball in the vital danger zone in front of the six yard box both when defending and attacking, and that team can win the ball from long goal kicks. Heading skills also enable a team to use the long ball tactic bombarding the opposition with long passes towards their penalty area.

The correct part of the head to use is the forehead as shown in the photo. The forehead is the hardest and flattest part of your head, and it will give you better control over where you want to make the ball go as well as giving greater power.



This is the correct position on the forehead for heading the football.

Kicking techniques range from basic shooting and passing skills up to advanced techniques, such as bending the ball around a wall and overhead kicks. The basic skill though is the use of the instep for kicking at goal and passing the football.

The instep is the part of the foot where the laces are, it provides both power and control. The most common mistake made by footballers is to use the toe. Not only is this painful if somebody tackles hard when you are trying to kick, but it is terribly inaccurate. The advantage of the instep is that it presents a flat surface to the ball, and can also be used to make the ball swerve and dip.

The non-kicking foot provides support while kicking, and should be bent as you kick. If you want to keep the ball on the ground, the head is down, over the ball. The follow-through should be long and smooth, and another useful tip is to approach the kick slightly from the side whenever possible.

This basic kicking technique is often overlooked, because it is so simple. The real skill is being able to kick accurately whilst under pressure, and it is far more important to consistently improve at this basic skill than to be able to perform fancy tricks.

Useful drills for beginners or footballers who want to improve should include passing the ball in pairs over 10 -20 metres within a narrow corridor, and kicking at targets on a wall.



Use the instep to kick with power and accuracy.

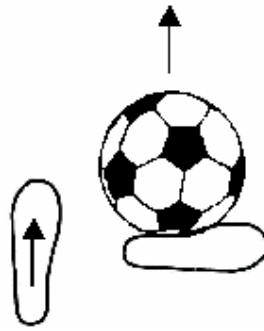


The toe presents a curved surface to the ball producing little power and little accuracy.

To follow the kicking technique there are a number of passing techniques to be learnt:

The inside of the foot pass (Push Pass):

The push pass using the inside of the foot, is the most important pass in football, as over 75% of all passes and receptions are made using the inside-of-the-foot. This technique is used a lot because it provides the largest flat surface for kicking the ball; so therefore, it is easy to be consistent when using the inside of the foot.



When learning the push pass technique there are four main points to remember:

1. Start by positioning yourself so the ball is directly between you and your target. You should be facing the ball and not turned sideways to it.
2. Place your left foot (your non-kicking foot, which is called your "plant" foot) on the left side of the ball so it is about 3" to 6" from the ball and pointing toward the target. This "plant" foot should be placed where you will feel comfortable when you strike the ball with your right foot; the toes of your plant foot can be toward the middle or back of the ball (whichever works best for you, but if you have trouble keeping the ball on the ground, move your plant foot back). Keep the knee of your plant leg bent a little, bend your kicking leg and take a short backswing.
3. Watch the ball with your head over the ball when you kick it and turn your foot so it is flat (squared) to the back of the ball on contact. Strike the ball with the inside of your foot at the arch just behind the middle of your foot near the anklebone, not with the front of your foot), lock your ankle on impact with toes pulled up (so your toes are about the same distance off the ground as your heel), strike the ball in the middle (about 5" above the ground) and follow through toward the target. It is called a "push" pass because you should use a long follow-through like you are pushing the ball toward the target.

4. Look up as soon as you strike the ball so you can see what to do next. For consistency and power, try to always take 1 step before striking the ball (although if an opponent is close you may not be able to do so). You will get top-spin if you use correct technique. The best players can pass the ball quickly and accurately.

Practice the following:

1. Right foot passes quickly and accurately. Left foot passes quickly and accurately
2. Practice 2-touch (which means you stop the ball and then pass it so that you have touched it 2 or more times) and 1-touch (which means you pass the ball back without stopping it so that you have only touched it once). Stress quick and accurate 2-touch passing.
3. See how hard a pass you can receive and still control the ball.
4. Angle your left foot so that when you receive the ball with your left foot the ball bounces to your right foot and then pass the ball with your right foot (try for one continuous motion).



When receiving a push pass:

1. While waiting to receive a pass, keep your knees slightly bent and stay on the "balls" of your feet so you are ready to quickly move to either side. (If you raise your heels off the ground about 1/2", you are on the "balls" of your feet). You may want to "bounce" from one foot to the other. Be ready to move in any direction. When the ball is kicked, quickly notice its direction (is it going to your left or right or straight at you?) and move toward the ball. Stop the ball in front of you or to the left or right depending on where your imaginary opponent is. If an opponent isn't close by, stop the ball so it comes to rest one step away from you (and in the direction you want to go) so you can quickly step up to the ball and pass or shoot it. But, if an opponent is close, you may want to stop the ball at your feet or you may want to block the ball so it rolls away from your opponent into an open area so you can have "time and space" to dribble or pass.
2. For consistency, get used to stopping the ball with the inside of your foot. (This is the safest and easiest way to stop it). Start by putting the

inside of the foot receiving the ball even with the toes of your "plant" foot (i.e., your non-receiving foot) and about 5" off the ground. (Do not put your receiving foot flat on the ground or the ball will hit it and bounce away.) Pull your toes up so your toes and the heel of your receiving foot are about the same distance off the ground and let the ball hit your arch or toward the back of your foot, not your toes. (It's easier for a bad bounce to hop over your toes.) Estimate how hard the pass is and relax or tense your foot so the ball stops where you want it to. (If it's a hard pass, pretend the ball is an egg that you don't want to break and pull your foot back on contact to absorb the impact). If you want to stop the ball to your left or right, you must angle your foot & contact the ball more in front of you or behind, depending on whether you want it to go left or right.

3. Anticipate the direction of the ball and start moving as soon as you can tell whether it is going left or right or straight at you. Do not just stand still and stretch your leg out to the side to stop the ball. Depending on where your opponents are, you may want to move toward the passer to intercept the ball early or you may want to let the ball roll by you while you run beside it or behind it and shield it from your opponent. Remember: You must stop the ball & then control it.
4. Practice the following with both your right foot and your left foot: (a) Practice 2-touch (which means you stop the ball and then pass it so that you have touched it 2 or more times) and 1-touch (which means you pass the ball back without stopping it so that you have only touched it once). Pass quickly & accurately. (b) See how hard a pass you can receive and still control the ball. (c) Angle your left foot so that when you receive the ball with your left foot the ball bounces to your right foot and then pass the ball with your right foot (try for one continuous motion). (d) Block the ball so it stops 2 or 3 steps to your right or left & then pass it.
5. If you are closely marked, it may be better for you to be "sideways" to receive the ball & to receive it with the outside of your foot so you can better shield the ball and keep it farthest from the defender; also, if a defender is nearby you should move toward the ball to receive it.

Throw-in Technique:

Every player on a football team should know how to take a basic throw-in. Throw-ins are important because your team may get as many as 25 of them during a game. If players can make longer throw-ins then these can result in scoring opportunities, but incorrect throw-ins will result in the assistant referee giving the ball to the other team, who then get to take the throw-in.

Three steps for taking a basic throw-in are:

1. Stand facing the pitch with feet shoulder width apart
2. Place a hand on either side of the ball

3. Take the ball behind the head and throw forward onto the pitch

This is the basic technique of a throw-in there are some points to remember when taking a throw-in so as not to give it to the opposition:

- Both feet must stay on the ground throughout the throw -in
- You can stand on or behind the side line
- The ball must go behind the head before release
- Must use both hands equally (can't use only one hand and if there is a lot of side spin the referee may say one hand was used too much)
- When learning the technique you should throw towards the other team's goal

For learning an advanced throw-in there are five main points to succeed in doing it:

1. Start with one leg in front of the other with your front legs knee bent
2. Lean back making both legs straight, bring the ball behind the head with elbows point out to the side as it will produce more power.
3. Remain upright, follow through with both arms, and snap wrists for a quick release.
4. While in the process on doing 3 drag the back leg up to the toes of the rear foot.
5. Try getting the ball over the opponents head.

A good way to practise this throw-in is to not use a ball make an imaginary ball play with the team.

When taking throw-in players usually make three typical mistakes:

1. Lifting a foot off the ground before the ball has left your hands (this is why it is important to drag the toe of the rear foot)
2. Using one hand too much, therefore producing a spin (the linesman can call this if it is obvious)
3. Not taking the ball behind the head.

With the right amount of practice in this technique these mistakes will never happen it is a technique that needed practicing over and over again.

Defending:

Heading:

Defensive header techniques in football enable a player to direct the ball upwards in such situations as clearing the football from defensive area. The key to this skill is to start with the forehead underneath the ball, so that the head can move upwards to attack the ball.

Your eyes should always remain below the ball, so that when your forehead makes contact with the ball, your head is moving upwards. You can use your legs to propel the body upwards for extra power and distance while heading as this helps to obtain good distance with the football.

A useful and fun game for beginners and more experienced players is heading the football over volleyball net. Since the ball has to be directed upwards to clear the net, it's particularly good for the defensive heading. It's also a great way for players to learn control, and direction.

Lofted Kick:

In defence, free kicks are similar to goal kicks with the choice of playing a short ball, or a long ball. This will depend on your team's strength and tactics, but the ball should always be cleared from dangerous positions. A way you can do this is with a lofted pass.

The lofted kick is the skill used to play the long ball, cross the ball into the penalty area, and to clear the ball from defence. This is the only technique for lifting the ball into the air with real power.

This skill uses the instep as for the basic kicking technique, but it is important to strike low down on the ball to generate lift, and to lean back slightly. Sometimes players find it difficult to balance properly, and it is very important not to fall too far to the side as you kick. Using the non-kicking foot as a firm anchor, and putting your opposite arm out for balance will help. Another useful tip is to try to place the non-kicking foot slightly in front of the ball instead of level with it.

It is important to obtain distance from your kick as well as height. Do not just kick the ball as high as possible. The object is to kick the ball high enough to clear any opposition players, but extra height is not necessary.

Tackling:

Tackling is a very important technique used by defenders it is the main way the team wins the ball, so the team relies on their defence to provide good tackles. There are two different types of tackling techniques these are:

- Block Tackle
- Sliding Tackle

The football block tackle technique is an essential skill, because any team must be able to win the ball. If you cannot tackle you are left relying on intercepting passes when your opponents make a mistake. Tackling allows you to compete for the ball. All beginners should start with the block tackle before learning the sliding tackle, as it is more advanced and must be used with accuracy.

The block tackle starts by planting the non-tackling foot firmly on the ground to provide a firm anchor. The inside of the foot is used for tackling, not the toe, it is important to put the full weight of the body behind the football, and to get the head down over the ball.



The leading leg is planted firmly on the ground before the tackle.

The sliding tackle or recovery tackle is an essential skill requiring timing and technique. If the football team that can tackle well they can take much of the initiative away from the opposition, denying them space, and putting them under pressure.

It is best to tackle with the foot that is furthest from the football. This gives you extra reach, and reduces the chances of giving away a foul. The sliding tackle is best made from a square position with your leg going out to the side rather than straight in front of you.

For this tackle timing is vital, and it takes plenty of exercise to get right. The key factors for any player are to watch the ball carefully, try to anticipate your opponents move without being distracted, and to always go for the ball. If you get a foot on the ball first, there is no foul, but if you miss the ball, you will give away a free kick.



The sliding tackle or recovery tackle requires excellent timing and technique. Lead with the non-tackling leg to give yourself room and better reach.

In any tackling technique timing is crucial. Try to tackle when the opponent is off balance, lets the football follow on too far in front of them or

also called 'showing too much of the ball' to you. Another good time to tackle is when the opponent looks down at the ball.

Midfielders:

Corner kicks:

The corner kick technique are excellent goal scoring opportunities, because the football can be crossed directly into the most dangerous area on the pitch, just in front of the six yard box. A well directed header from a corner kick into this region is all that's needed to score a goal. In general, corners are directed towards either the near or far post, but there are other useful options, such as a flick-on in front of the six yard box, or to play the ball back to the top of the penalty area for a shot.

For taking corners the kicking technique is usually to use the instep of the foot, and to kick low down and slightly across the ball to generate a lift and apply a spin to the ball. If you get a spin on the ball this then produces a swerve, and makes the cross harder for the goalkeeper to cut out. The outside of the foot can also be used to take corner kicks, but is not preferred by players because it is harder to control.

When taking a corner kick is usually best to aim on the edge of the six yard box, and not into it. As anything inside this the six yard box will be easily caught by the goalkeeper. Apart from the near and far post crosses, and the flick-on, another option is to play the ball short for a team mate to play the cross. The idea is to change the angle of the cross, and get the ball closer to the goal.

Attackers

The Volley:

Volley technique is a difficult soccer skill to master, but volleys have produced many spectacular goals. As well as goal scoring, volleys can be used for passing, and kicking the ball away from danger in your own area. In tight situations, it is often better for a defender to volley the ball away than to try to control the ball at a difficult height. The kicking techniques used for the full volley is different from the half volley, and the side volley pass.

One of the secrets of great volleys is the swivel motion. Start from a square position with both feet a comfortable distance apart. Then, without moving your feet twist your upper body to the right until your left shoulder is facing directly in front of you. Next, twist back to the right until your right shoulder is facing in front of you. This is the swivel motion that can improve your volleying technique, and it can be practised without a ball. Another way of thinking of this twisting motion is as a corkscrew. For a left-footed volley twist first to the right, and then to the left.

Keeping the ball down is one of the worst problems with volleying technique. As with all kicking skills watching the ball and keeping the head down helps, but it is important to try to keep the knee over the ball.



The volley technique uses a twisting motion with the head down, and the knee in a high position.

The diving header:

The diving header technique gives a football player that extra edge and versatility to get to the ball first and to get a head on crosses that otherwise would be missed. This is particularly true at the near post where the attacker is trying to get in front of the defender. It's a great soccer skill to perfect, and one of the best coaching drills is illustrated in the photo.

The diving header requires getting both feet off the ground, and a jump towards the football. You should be almost horizontal as you head the ball, using your forehead as always. Generally, take off is from only one foot, because the diving header is usually attempted on the run.

Most players find the dive the most difficult part of this technique. If you are having problems, practise the dive first without the ball. Put a low hurdle down, such as a large bag, a couple of twigs, or even a player crouched down if you can find a volunteer! Jump over the hurdle without hesitating. Then try the same thing with a partner serving the ball, so that you have to jump over the hurdle to head the ball.



Jumping over an obstacle is a great method of learning the diving header as it forces both feet to leave the ground.

Over-Head Kick:

The overhead kick is a great football technique, and it requires a lot of skill to perform well. Often, we see players who attempt an overhead kick that is sliced or a complete miss, but sometimes it produces spectacular goals. A

recommended soccer drill for beginners is to kick a football hung from the cross bar, and this training for the overhead kick is illustrated below.

Both feet *must* leave the ground for the overhead kick to be performed properly. The method is to jump off the *kicking foot*, and to throw the head back so that the body follows. At the point of contact with the ball, the upper body should be almost horizontal to the ground. On landing, try to keep the arms flat on the ground, and arch the back. Several players, including professional ones, have injured themselves attempting an overhead kick, so the landing is important, especially on hard pitches. Following this advice is entirely at your own risk! In particular, avoid landing on your head, the base of your spine and your elbows.

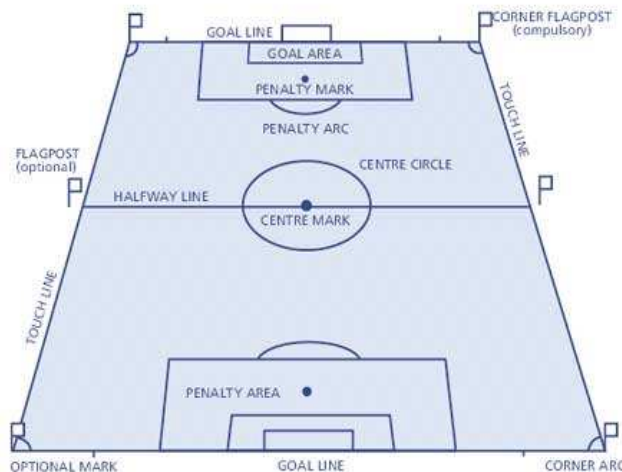
You can get the feel for the movement by hanging a ball in a net from the cross bar or other tall object, and kicking over head without falling over. Start with the ball at waist height, jump and kick with the same foot. Next, raise the ball higher and concentrate on throwing your head back and getting your non-kicking foot airborne.

2: Rules

Law 1 - The Field of Play

Field surface

- Matches may be played on natural or artificial surfaces, according to the rules of the competition.



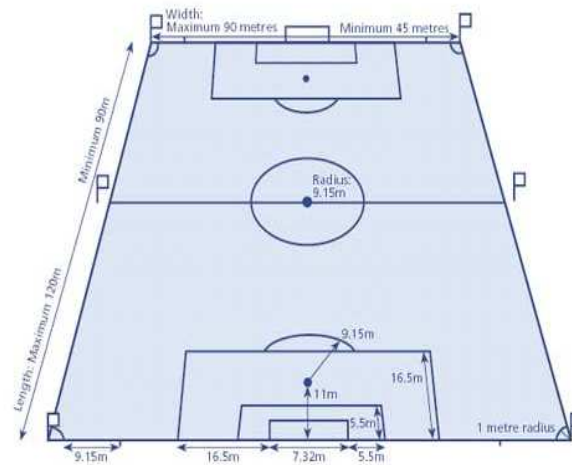
Dimensions

The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

minimum	maximum	
Length:	90 m (100 yds)	120 m (130 yds)
Width:	45 m (50 yds)	90 m (100 yds)

International Matches

	minimum	maximum
Length:	100 m (110 yds)	110 m (120 yds)
Width:	64 m (70 yds)	75 m (80 yds)



Field Markings

- The field of play is marked with lines. These lines belong to the areas of which they are boundaries.
- The two longer boundary lines are called touch lines. The two shorter lines are called goal lines.
- All lines are not more than 12 cm (5 ins) wide.
- The field of play is divided into two halves by a halfway line.
- The centre mark is indicated at the midpoint of the halfway line.
- A circle with a radius of 9.15 m (10 yds) is marked around it.

The Goal Area

- A goal area is defined at each end of the field as follows:
- Two lines are drawn at right angles to the goal line, 5.5 m (6 yds) from the inside of each goalpost. These lines extend into the field of play for

a distance of 5.5 m (6 yds) and are joined by a line drawn parallel with the goal line.

- The area bounded by these lines and the goal line is the goal area.

The Penalty Area

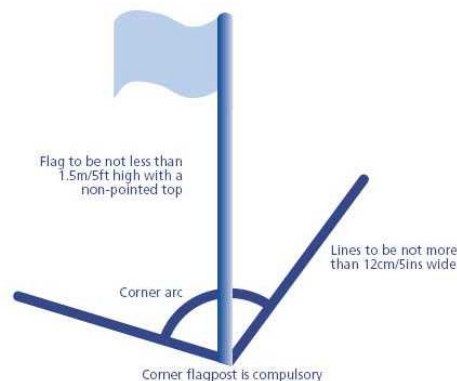
- A penalty area is defined at each end of the field as follows:
Two lines are drawn at right angles to the goal line, 16.5 m (18 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 16.5 m (18 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.
- Within each penalty area, a penalty mark is made 11 m (12 yds) from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 9.15 m (10 yds) from each penalty mark is drawn outside the penalty area.

Flagposts

- A flagpost, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag is placed at each corner.
- Flagposts may also be placed at each end of the halfway line, not less than 1 m (1 yd) outside the touch line.

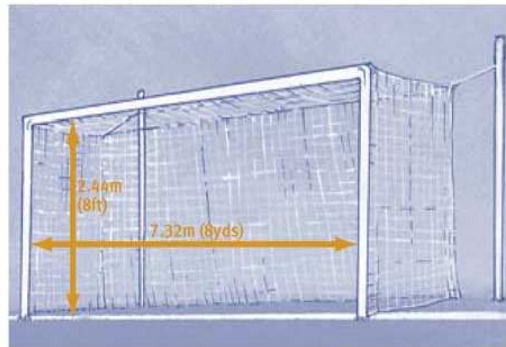
The Corner Arc

- A quarter circle with a radius of 1 m (1 yd) from each corner flagpost is drawn inside the field of play.



Goals

- Goals must be placed on the centre of each goal line.
- They consist of two upright posts equidistant from the corner flagposts and joined at the top by a horizontal crossbar.
- The distance between the posts is 7.32 m (8 yds) and the distance from the lower edge of the crossbar to the ground is 2.44 m (8 ft).
- Both goalposts and the crossbar have the same width and depth, which do not exceed 12 cm (5 ins). The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.
- The goalposts and crossbars must be white



Safety

- Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Decisions of the International F.A. Board

- **Decision 1**
If the crossbar becomes displaced or broken, play is stopped until it has been repaired or replaced in position. If a repair is not possible, the match is abandoned. The use of a rope to replace the crossbar is not permitted. If the crossbar can be repaired, the match is restarted with a dropped ball at the place where the ball was located when play was stopped. * (see page 3)
- **Decision 2**
Goalposts and crossbars must be made of wood, metal or other approved material. Their shape may be square, rectangular, round or elliptical and they must not be dangerous to players.

- **Decision 3**
No kind of commercial advertising, whether real or virtual, is permitted on the field of play and field equipment (including the goal nets and the areas they enclose) from the time the teams enter the field of play until they have left it at half-time and from the time the teams re-enter the field of play until the end of the match. In particular, no advertising material of any kind may be displayed on goals, nets, flagposts or their flags. No extraneous equipment (cameras, microphones, etc.) may be attached to these items.
- **Decision 4**
There shall be no advertising of any kind within the technical area or within one metre of the touch line and outside the field of play on the ground. Further, no advertising shall be allowed in the area between the goal line and the goal nets.
- **Decision 5**
The reproduction, whether real or virtual, of representative logos or emblems of FIFA, confederations, member associations, leagues, clubs or other bodies is forbidden on the field of play and field equipment (including the goal nets and the areas they enclose) during playing time, as described in Decision 3.
- **Decision 6**
A mark may be made off the field of play, 9.15 metres (10 yds) from the corner arc and at right angles to the goal lines, to ensure that this distance is observed when a corner kick is being taken.
- **Decision 7**
Where artificial surfaces are used in either competition matches between representative teams of member associations affiliated to FIFA or international club competition matches, the surface must meet the requirements of the FIFA Quality Concept for Artificial Turf or the International Artificial Turf Standard, unless special dispensation is given by FIFA.
- **Decision 8**
Where a technical area exists, it must meet the requirements approved by the International F.A. Board, which are contained in this publication.

Law 2 – The Ball

Qualities and Measurements

The ball is:

- spherical;
- made of leather or other suitable material;

- of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins);
- not more than 450 g (16 oz) in weight and not less than 410 g (14 oz) at the start of the match;
- of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1100 g/cm²) at sea level (8.5 lbs/sq in – 15.6 lbs/sq in).

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

- the match is stopped;
- the match is restarted by dropping the replacement ball at the place where the first ball became defective.

If the ball bursts or becomes defective whilst not in play at a kick -off, goal kick, corner kick, free kick, penalty kick or throw-in:

- the match is restarted accordingly.

Replacement of a Defective Ball

The ball may not be changed during the match without the permission of The Referee.

Decisions of the International F.A. Board

- **Decision 1**
In competition matches, only footballs that meet the minimum technical requirements stipulated in Law 2 are permitted for use. In FIFA competition matches, and in competition matches organised under the auspices of the confederations, acceptance of a football for use is conditional upon the football bearing one of the following three designations:
 - the official “FIFA APPROVED” logo, or
 - the official “FIFA INSPECTED” logo, or
 - the reference “International Matchball Standard”

Such a designation on a football indicates that it has been tested officially and found to be in compliance with specific technical requirements, different for each category and additional to the minimum specifications stipulated in Law 2. The list of the additional requirements specific to each of the respective categories must be approved by the International F.A. Board. The institutes conducting the tests are subject to the approval of FIFA.

Member association competitions may require the use of balls bearing any one of these three designations.

In all other matches, the ball used must satisfy the requirements of Law 2.

- **Decision 2**

In FIFA competition matches and in competition matches organised under the auspices of the confederations and member associations, no kind of commercial advertising on the ball is permitted, except for the emblem of the competition, the competition organiser and the authorised trademark of the manufacturer. The competition regulations may restrict the size and number of such markings.

Law 3 – The Number of Players

Players

- A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

Official Competitions

- Up to a maximum of three substitutes may be used in any match played in an official competition organised under the auspices of FIFA, the confederations or the member associations.
- The rules of the competition must state how many substitutes may be nominated, from three up to a maximum of seven.

Other Matches

- In other matches, up to six substitutes may be used.

All Matches

- In all matches, the names of the substitutes must be given to The Referee prior to the start of the match. Substitutes not so named may not take part in the match.

Substitution Procedure

To replace a player by a substitute, the following conditions must be observed:

- referee is informed before any proposed substitution is made;
- a substitute only enters the field of play after the player being replaced has left and after receiving a signal from The Referee;

- a substitute only enters the field of play at the halfway line and during a stoppage in the match;
- a substitution is completed when a substitute enters the field of play;
- from that moment, the substitute becomes a player and the player he has replaced ceases to be a player;
- a player who has been replaced takes no further part in the match;
- all substitutes are subject to the authority and jurisdiction of The Referee, whether called upon to play or not.

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that:

- The Referee is informed before the change is made;
- the change is made during a stoppage in the match.

Infringements/Sanctions

If a substitute enters the field of play without The Referee's permission:

- play is stopped;
- the substitute is cautioned, shown the yellow card and required to leave the field of play;
- play is restarted with a dropped ball at the place it was located when play was stopped.

If a player changes places with the goalkeeper without The Referee's permission before the change is made:

- play continues;
- the players concerned are cautioned and shown the yellow card when the ball is next out of play.

For any other infringements of this Law:

- the players concerned are cautioned and shown the yellow card.

Restart of Play

If play is stopped by The Referee to administer a caution:

- the match is restarted by an indirect free kick, to be taken by a player of the opposing team from the place where the ball was located when play was stopped.

Players and Substitutes Sent Off

- A player who has been sent off before the kick-off may be replaced only by one of the named substitutes.
- A named substitute who has been sent off, either before the kick-off or after play has started, may not be replaced.

Decisions of the International F.A. Board

- **Decision 1**
Subject to the overriding conditions of Law 3, the minimum number of players in a team is left to the discretion of member associations. The Board is of the opinion, however, that a match should not continue if there are fewer than seven players in either team.
- **Decision 2**
A team official may convey tactical instructions to the players during the match and he must return to his position after giving these instructions. All officials must remain within the confines of the technical area, where such an area is provided, and they must behave in a responsible manner.

Law 4 – The Players' Equipment

Safety

- A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).

Basic Equipment

The basic compulsory equipment of a player is:

- jersey or shirt;
- shorts – if thermal undershorts are worn, they are of the same main colour as the shorts;
- stockings;
- shinguards;

- footwear.

Shinguards

- are covered entirely by the stockings;
- are made of a suitable material (rubber, plastic, or similar substances);
- provide a reasonable degree of protection.

Goalkeepers

Each goalkeeper wears colours that distinguish him from the other players, The Referee and The Assistant Referees.

Infringements/Sanctions

For any infringement of this Law:

- play need not be stopped;
- the player at fault is instructed by The Referee to leave the field of play to correct his equipment;
- the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment;
- any player required to leave the field of play to correct his equipment does not re-enter without The Referee's permission;
- The Referee checks that the player's equipment is correct before allowing him to re-enter the field of play;
- the player is only allowed to re-enter the field of play when the ball is out of play.

A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without The Referee's permission is cautioned and shown the yellow card.

Restart of Play

If play is stopped by The Referee to administer a caution:

- the match is restarted by an indirect free kick taken by a player of the opposing side, from the place where the ball was located when The Referee stopped the match.

Decisions of the International F.A. Board**Decision 1**

- Players must not reveal undershirts that contain slogans or advertising.

A player removing his jersey to reveal slogans or advertising will be sanctioned by the competition organiser.

- Jerseys must have sleeves.

Law 5 – The Referee

The Authority of The Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

Powers and Duties

The Referee:

- enforces the Laws of the Game;
- controls the match in co-operation with The Assistant Referees and, where applicable, with the fourth official;
- ensures that any ball used meets the requirements of Law 2;
- ensures that The Players' Equipment meets the requirements of Law 4;
- acts as timekeeper and keeps a record of the match;
- stops, suspends or terminates the match, at his discretion, for any infringements of the Laws;
- stops, suspends or terminates the match because of outside interference of any kind;
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted;
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured;
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from The Referee, who must be satisfied that the bleeding has stopped;
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time;

- punishes the more serious offence when a player commits more than one offence at the same time;
- takes disciplinary action against players guilty of cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play;
- takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surrounds;
- acts on the advice of assistant referees regarding incidents that he has not seen;
- ensures that no unauthorised persons enter the field of play;
- restarts the match after it has been stopped;
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players, and/or team officials and any other incidents that occurred before, during or after the match.

Decisions of The Referee

- The decisions of The Referee regarding facts connected with play are final.
- The Referee may only change a decision on realising that it is incorrect or, at his discretion, on the advice of an assistant referee, provided that he has not restarted play.

Decisions of the International F.A. Board

- **Decision 1**
A referee (or where applicable, an assistant referee or fourth official) is not held liable for: any kind of injury suffered by a player, official or spectator; any damage to property of any kind; any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision that he may take under the terms of the Laws of the Game or in respect of the normal procedures required to hold, play and control a match.

This may include:

- a decision that the condition of the field of play or its surrounds or that the weather conditions are such as to allow or not to allow a match to take place;
- a decision to abandon a match for whatever reason;

- a decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, flagposts and the ball;
- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area;
- a decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment;
- a decision to request or insist that an injured player be removed from the field of play for treatment;
- a decision to allow or not to allow a player to wear certain apparel or equipment;
- a decision (in so far as this may be his responsibility) to allow or not to allow any persons (including team or stadium officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play;
- any other decision that he may take in accordance with the Laws of the Game or in conformity with his duties under the terms of FIFA, confederation, member association or league rules or regulations under which the match is played.
- **Decision 2**
In tournaments or competitions where a fourth official is appointed, his role and duties must be in accordance with the guidelines approved by the International F.A. Board, which are contained in this publication.
- **Decision 3**
Facts connected with play shall include whether a goal is scored or not and the result of the match.

3: Tactics

Formations

One of the most important tactics in the game of football is the formations of the team.

The first ever international match was Scotland vs England in 1872, in this match formations were used England played with a 1-1-8 formation where as Scotland played with a slightly more defensive 2-2-6. Although both team had attacking formations the result of the match was 0-0.

In 1885 England introduced the 2-3-5 formation. This was modified by Herbert Chapman Arsenal manager in 1925 when he introduced the W-M system.

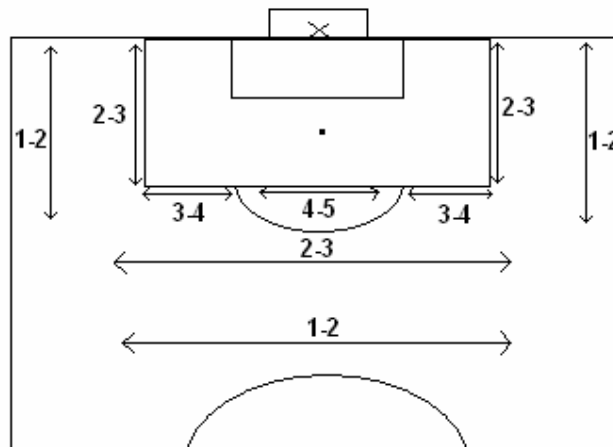
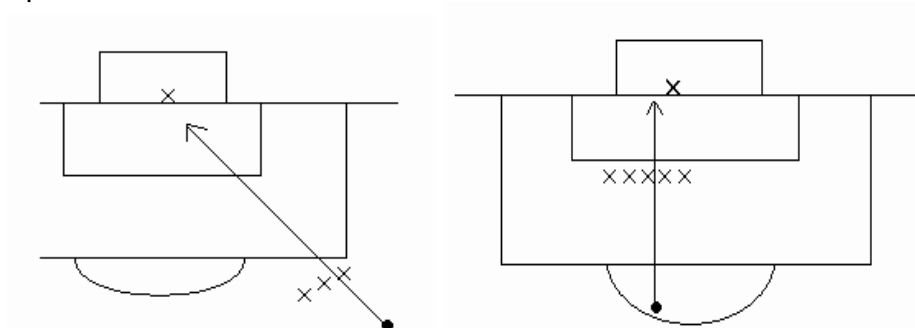
The W represented the attacking half of the team.

Goalkeepers:

Free Kicks:

When in the goalkeeping position, the goalkeeper should always know how many players to put in the defending wall, from wherever the attacking free-kick maybe on the pitch.

The diagram below shows the amount of players needed in the wall from every angle in the defending half, the X on the diagram shows your team's keeper.

**Examples:**

When in free kick situations goalkeepers should always remember three things:

1. Call out the number of players needed in the wall e.g. 3, 2 or 5 etc.
2. Line up one player with the ball and with one with the nearest post.
3. The goalkeeper should always be able to see the ball.

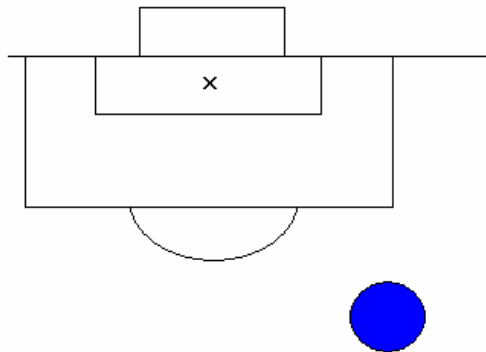
Crosses:

Even in crosses goalkeepers should know the certain positions they should be in when an attack from the opposite team is happening, the goalkeeper should move off their line ready to intercept the crosses made into the box.

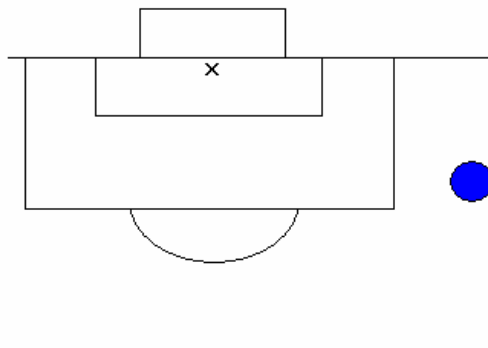
Below are some example of the crosses that goalkeepers may experience during a game and the positions they should take up when faced in these situations.

Key:

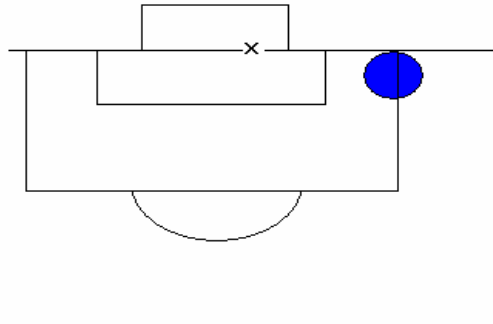
- × Goalkeeper
- Area which the ball and the player are



For when the ball is 30 yards out, the goalkeeper should be 3 yards off their line and lined up in the centre of the goalmouth, like in the diagram above.



For when the ball is around 12-15 yards out, the goalkeeper should be either 1 or 2 yards off their line and lined up in the centre of the goal, like in the diagram above.



For when the ball is either near the touch line or in the area the goalkeeper should be $\frac{1}{2}$ a yard off their line and approximately 3 yards from the nearest post to them, as shown in the diagram above.

Attacking Tactics:

Free Kicks:

Taking free kicks is an important skill that requires awareness of football tactics as well as sound technique. Free kicks provide an opportunity to control play, and around the penalty area they are goal scoring opportunities. The coach should plan several attacking set plays with his team, including free kicks from different angles, so that each player knows what he should be doing.

When taking free kicks around the penalty area, the fewer touches before shooting at goal the better. Teams and coaches should aim for a direct shot or a single pass before shooting, because set plays involving more than one pass allow plenty of time for the defense to organise and close down.

Here are some example plays:

- A direct shot around or over the wall.
- A pass to the side of the wall followed by a shot at goal.
- A chip over the wall towards the edge of the six yard box aiming for a player to head into goal.

Other tactics include decoy runs or late runs into the penalty area. For example, a player might run up to the ball as if to take the free kick himself, but step over the ball, and run into an attacking position looking for a pass. Another tactic is to put a player on the end of the wall, to disrupt the wall, or to move late to the side of the wall looking for a pass.

In the midfield, free kicks are opportunities to build an attack. Look to take the free kick quickly if there is a player with space, but otherwise allow time for your own team to push forward.

