



Overview



- Football (known as soccer in some countries) is a team sport played between two teams of eleven players. The objective is to score goals by getting the ball into the opposing team's goal using any body part except the hands and arms (only goalkeepers are allowed to use their hands within the penalty area).
- Played on a rectangular field with a goal at each end, football is the world's most popular sport, enjoyed by millions both recreationally and competitively.
- Football helps develop cardiovascular fitness, teamwork, coordination, and strategic thinking.
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Rules

- Team Composition: Each team has 11 players (10 outfield players and 1 goalkeeper).
- Scoring: A goal is scored when the entire ball crosses the goal line between the goalposts and below the crossbar.
- Duration: Matches are 90 minutes long, split into two 45-minute halves with a 15-minute halftime break.
- Kickoff: Starts the game and restarts after a goal; the ball must move forward, and opponents must stay outside the centre circle.
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- Offside Rule: A player is offside if they are closer to the opponent's goal than the ball and the second-last opponent when the ball is played to them.

Further Support

- Fédération Internationale de Football Association (FIFA): The international governing body for football, overseeing global competitions like the World Cup. [FIFA Website](#)
- The Football Association (FA): Governs football in England, establishing rules and organizing domestic competitions. [FA Website](#)
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Did you know?

Origins: Football's roots trace back to ancient civilizations, with the modern game standardized in 1863 when England's Football Association established the first rules.

World's Most Popular Sport: Played by over 250 million players in more than 200 countries.

World Cup: The FIFA World Cup, held every four years, is the sport's premier tournament, watched by billions worldwide.

Skills

Passing: Moving the ball accurately to a teammate. Types of passes include short, long, through, and chip passes.

Dribbling: Controlling the ball while moving, using various parts of the foot to change direction and evade opponents.

Shooting: Kicking the ball toward the goal to score, requiring power and precision.

Tackling: Defensively dispossessing an opponent without fouling, using either a standing or sliding tackle.

Positioning and Awareness: Knowing where to be on the field to support teammates and cover opponents.

Heading: Using the head to play the ball, often for directing passes, clearances, or attempting to score.

Goalkeeping: Specialized skills for goalkeepers, including shot-stopping, diving, and catching.

Vocabulary

Goal

Offside

Corner Kick

Free Kick

Foul

Pass

Dribble

Shoot

Tackle

Control

Throw In

Penalty

Attack

Defend

Goalie