

Part One: History of Soccer and Basic Rules

1.1 History of Soccer

On 21 May 1904, the representatives of France, Switzerland, Sweden, Belgium, Spain, the Netherlands and Denmark met in Paris, France and founded the Fédération Internationale de Football Association (FIFA).

In 1928 in Amsterdam, the Netherlands, the FIFA congress voted that a world soccer tournament was to be organized every four years, and voted that Uruguay should be the first nation to host a FIFA World Cup in 1930 and her capital, Montevideo, became the venue for the event. The champion title of the first FIFA World Cup went to the host nation, Uruguay (Gold medal in 1924 and 1928 Olympic Games). In addition, the champion of the FIFA Cup held in Brazil was Germany in 1914. Though both the FIFA World Cup and the Olympic Games have to be hosted every four years, the former should be alternately held with the latter with the interval of two years.

Other than the World Cup, the FIFA has taken the responsibility to organize various kinds of international football tournaments including the Olympic football games, and the FIFA Youth World Cup. The FIFA also took the lead to promote women's football: in 1991, the first FIFA Women's World Cup was organized in China and U.S.A won the champion title. The FIFA consists of different continental committees and the Asian Football Confederation (AFC) is one of them. The AFC is managed to organize international and clubs football events such as the preliminary rounds of the FIFA World Cup and AFC Asian Cup every four years in Asian countries.

1.2 Basic Soccer Rules

The FIFA has the responsibility to examine and revise the soccer rules regularly. In a match: each consisting of eleven players. A match may not start if either team consists of fewer than seven players. The match lasts two equal periods of 45 minutes and players are entitled to an interval at half time that must not exceed 15 minutes, full match time is 90 minutes. The standard length and width of the field for an 11-a-side game are 100m--110m and 64m--75m respectively. The flag post should not be less than 1.5m high. The distance between the inside of the posts is 7.32m (24 feet) and distance from the lower edge of the crossbar to the ground is 2.44m (8 feet). All players should wear jerseys, shorts and shin guards, and only the goalkeepers can wear trousers. A player must not use equipment or wear anything that is dangerous to him/her or other players, including any kind of necklace and watch.

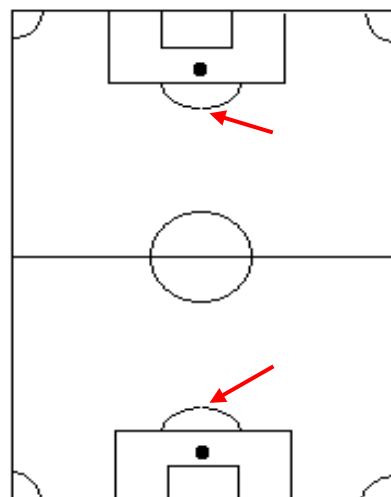
1.2.1 The Arc: On the right picture, the arrow points at the arc outside the penalty area, which serve as a marker ensuring other players are 10 yards away from the ball when there is a penalty kick.

1.2.2 Kick-off Procedure

- the referee gives a signal
- the ball is in play when it is kicked and clearly moves
- a goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents

1.2.3 Dropped ball Procedure

- Excluded the ball was in the penalty area, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play. The ball is in play when it touches the ground.



1.2.4 Number of substitutions

The number of substitutes up to a maximum of five.

1.2.5 Offside

Whether a player is in an offside position?

It is not an offence to be in an offside position.

A player is in an offside position if:

- any part of the head, body or feet is in the opponents' half (excluding the halfway line) and
- any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent

The hands and arms of all players, including the goalkeepers, are not considered. For the purposes of determining offside, the upper boundary of the arm is in line with the bottom of the armpit.

A player is not in an offside position if level with the:

- second-last opponent or
- last two opponents

Whether a player violate the Offside rule?

No Offence

There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

Whether a player violate the Offside rule?

Offence

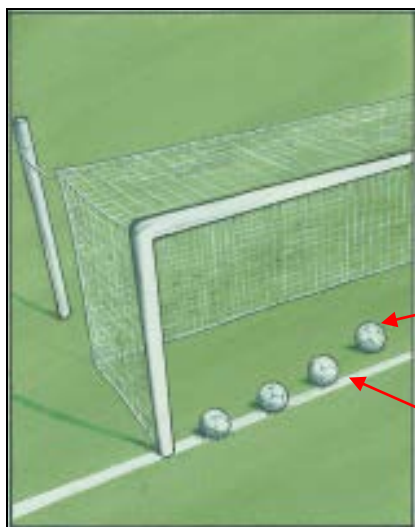
A player in an offside position at the moment the ball is played or touched* by a team-mate is only penalized on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an opponent by:
 - preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
 - challenging an opponent for the ball or
 - clearly attempting to play a ball which is close when this action impacts on an opponent or
 - making an obvious action which clearly impacts on the ability of an opponent to play the ball

or

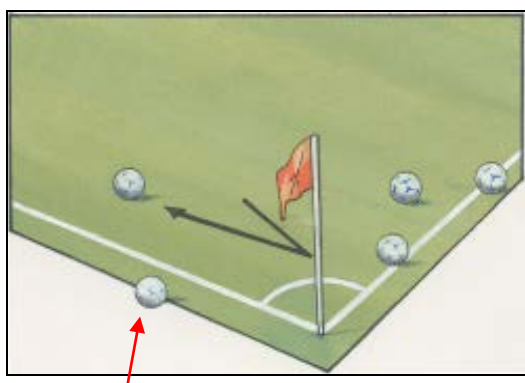
- gaining an advantage by playing the ball or interfering with an opponent when it has:
 - rebounded or been deflected off the goalpost, crossbar, match official or an opponent
 - been deliberately saved by any opponent

*The first point of contact of the 'play' or 'touch' of the ball should be used



1.2.6 The Definition for a Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. (refer to left photo)



1.2.7 The Definition for the ball out of bound/play

The ball is out of play when it has wholly passed over the goal line or touchline on the ground or in the air, or play has been stopped by the referee. The ball is in play at all other times, including when it rebounds off a match official, goalpost, crossbar or corner flag post and remains in the field of play. (refer to left photo)

Ball Out of Bound

1.2.8 Direct Free kick

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- charges • jumps at • kicks or attempts to kick • pushes • strikes or attempts to strike (including head-butt)
- tackles or challenges • trips or attempts to trip If an offence involves contact, it is penalised by a direct free kick.
- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned
- Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off

1.2.9 Indirect free kick

An indirect free kick is awarded if a player:

- plays in a dangerous manner
- impedes the progress of an opponent without any contact being made
- is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences
- prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player

1.2.10 Referee Signals: Below shows the basic hand signals of the referee.

						
Indirect Free Kick	Direct Free Kick	Yellow Card	Red Card	Throw-in	Offside	Substitution

1.2.11 Video Assistant Referee (VAR):

A video assistant referee (VAR) is a match official, with independent access to match footage, who may assist the referee only in the event of a '**clear and obvious error**' or '**serious missed incident**' in relation to:

- a. **Goal/no goal**
- b. **Penalty/no penalty**
- c. **Direct red card** (not second yellow card/caution)
- d. **Mistaken identity** (when the referee cautions or sends off the wrong player of the offending team)

1.2.12 Highlights of The Law changes for 2021/22:

Handling the ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

As from 2021/22 the following are no longer handball offences:

- Accidental handball by a team-mate prior to a goal being scored
- Accidental handball which creates a goal-scoring opportunity

Part Two: Basic Soccer Techniques

Soccer techniques – one of the four crucial elements in soccer, are the reasonable acts and actions of players in football games. They are also the foundations of the application of different tactics. By the connection between players and the ball, techniques are divided into with-ball techniques and without-ball techniques. By application, techniques are divided into offensive tactics and defensive tactics.

2.1 With-ball Techniques

2.1.1 Passing: (1) Inside of the Foot (2) Outside of the Foot (3) Instep (4) Back Heel

2.1.2 Controlling: (1) Inside of the Foot (2) Chest Trap (3) Thigh Trap

2.1.3 Faking with Ball: (1) Fake stoppage (2) Left and right sides step the ball (3) Draw the ball back and forth

Other includes heading, dribbling, shooting, tackling, throw-in etc.

2.2 Without-ball Techniques

Includes: starting, running, stopping, turning and faking without ball etc.

2.3 Goalkeeping skills

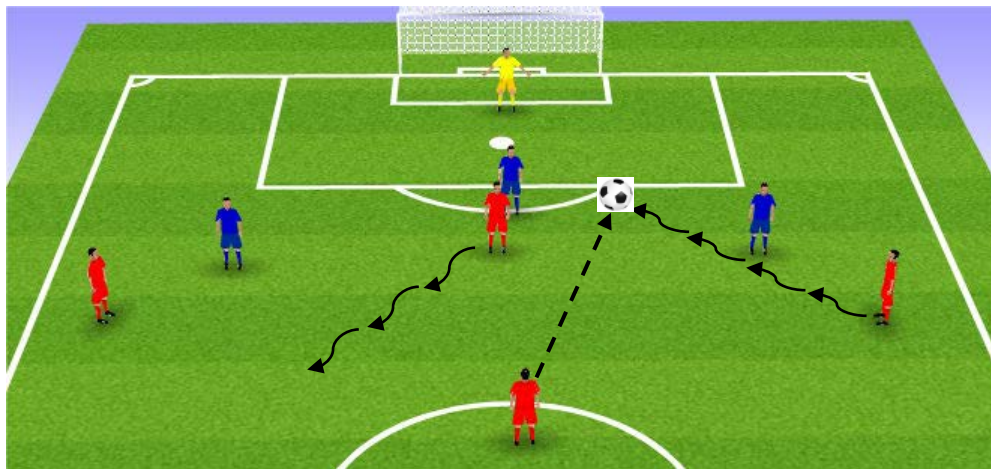
The main duty of a goalkeeper is to stop the opposing team score any goal, and also to make judgement of receiving in the way, including to receive front ball and side ball.

Apart from saving shots, goalkeepers are responsible for receiving crossing balls and balls passed in front of the goals. While dealing with the centring ball and cross shot, goalkeepers must possess the technique of deflecting the ball.

2.4 Offensive Tactics

In an international 11-a-side football match (90-minutes full match), assuming that each player has equal ball possession time, each player shares 4-5 minutes ($=90/22$) possession. When we understand this point, good “Support” is crucial in a game. Non-ball-carriers can move freely and receive ball passes at appropriate positions. “Creating Space” is one of offensive tactics, and also include Overlapping and Wall Pass. Below are example of the basic concept of offensive tactics.

2.4.1 Creating Space : one of the non-ball-carrier moves to the open space, draw away the defensive player, to let another non-ball-carrier to receive a pass in the spot.



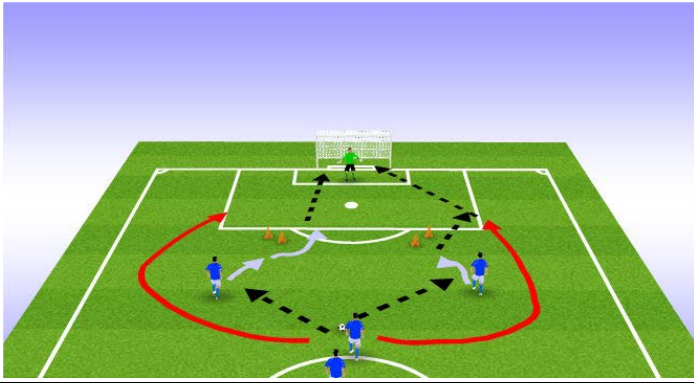
Player path



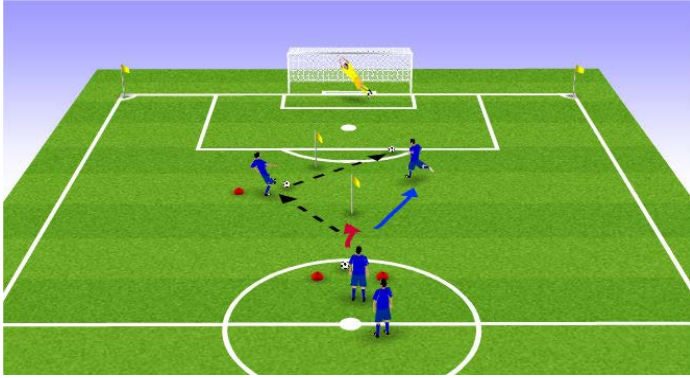
Ball path



2.4.2 Overlapping: When a player controls the ball, a non-ball-carrier runs around the back of the ball-controller, and toward the open space to receive a pass.



2.4.3 Wall Pass: a ball-controller pass a ball to teammate, and then runs to open space to receive a return.



2.5 Defensive Tactics

During the game, players should start defending right after they lose the possession. They should in the first place delay the attacking movements of the opponents. If the offensive player beats the first defensive player, the second defensive player tries to predict the route and cover the offensive player. A defender should use the inside of his foot for tackling. When doing a sliding tackle, the tackling foot (outside) of the defender should touch the ground. When defenders are in an unfavorable condition, they should kick the ball to the front or outside the sidelines; we call the kick “clearance kick”.

2.5.1 Covering: If the offensive player beats the first defensive player, the second defensive player tries to predict the route and cover the offensive player.



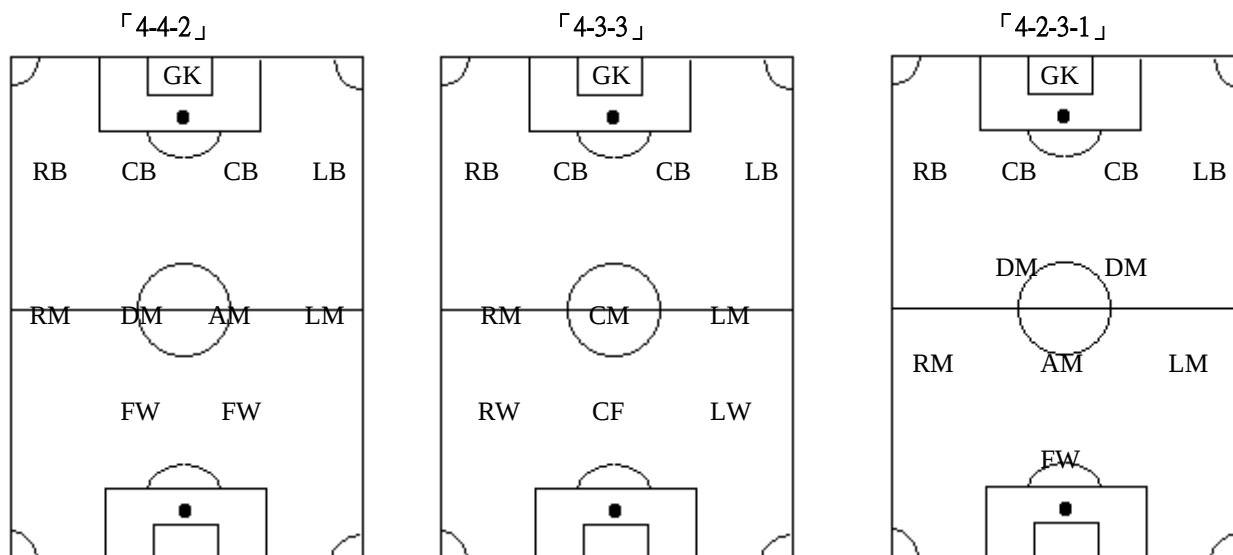
Part Three: Formations

With the implementation of the offside rules, “WM” formation was invented by British person in 1930. This is a balanced formation with clear division of labor. This formation was commonly used until 1950’s. Hungarians invented “4-forward” formation. 1958, Brazilians started to adopt a 4-2-4 formation. When the 12th World Cup was held in Spain in 1982, there were many different formations such as 4-4-2, 4-3-3, 3-5-2. Up to now, it includes 4-2-3-1, 3-4-3 etc.

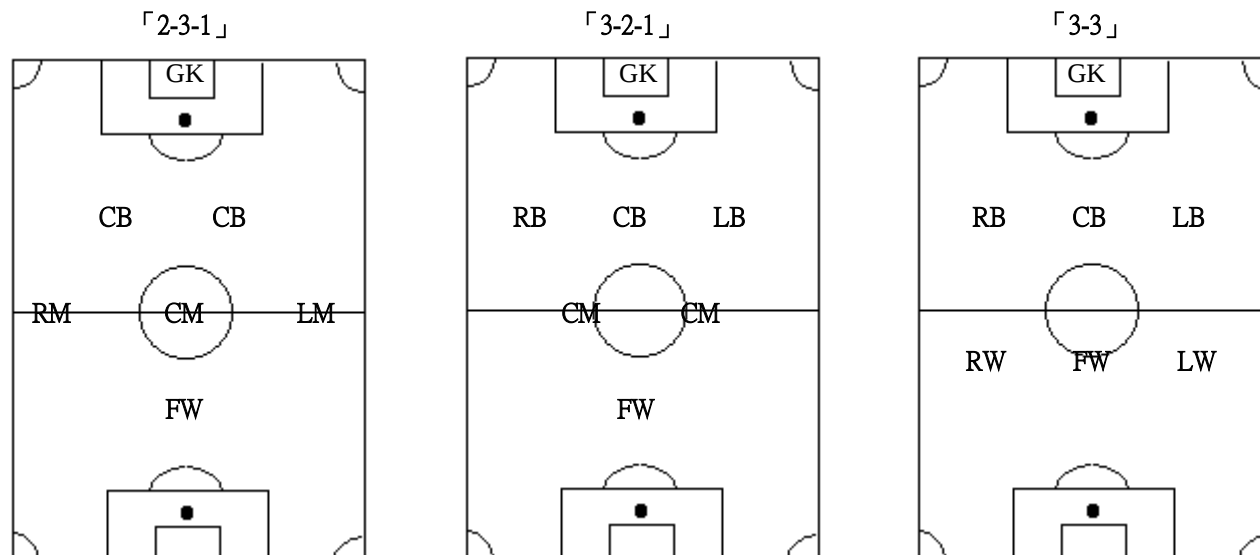
3.1 Short-hand of Soccer Players Positions

Defensive Positions	Mid-field Position	Forward Positions
GK : Goal Keeper RB : Right Back CB : Centre Back LB : Left Back B : Back / Last Man	DM : Defensive Midfielder AM : Attacking Midfielder CM : Centre Midfielder RM : Right Midfielder LM : Left Midfielder	FW : Forward CF : Centre Forward RW : Right Winger LW : Left Winger RU : Right Up LU : Left Up

3.2 The Common Formation Patterns of 11-a-side Play



3.3 The Common Formation Patterns of 7-a-side Play



Part Four : Reference

4.1 Related Websites

- 4.1 香港足球總會 <http://www.hkfa.com/> (2024)
- 4.2 國際足球協會 <http://www.fifa.com/> (2024)
- 4.3 亞洲足球協會 <http://www.the-afc.com/> (2024)

4.2 Reference Books

- 1. 國際足球協會委員會. (2021). 21/22 足球球例. 香港足球總會譯.
- 2. Terzis, A. (2019). Pep Guardiola Attacking Tactics - Tactical Analysis and Sessions from Manchester City's 4-3-3. SoccerTutor.com Ltd.
- 3. SoccerTutor.com Ltd. (2019). Pep Guardiola - 88 Attacking Combinations and Positional Patterns of Play Direct from Pep's Training Sessions (1)&(2) (Volume).
- 4. Cox, M. (2018). The Mixer: The Story of Premier League Tactics, from Route One to False Nines. HarperCollins.
- 5. 羅碧芝. (2018). 足球芝道. 商務印書館. 非凡出版.
- 6. 島田信幸, 三森. (2014). 全方位提升戰力: 少年足球培訓手冊 (鍾嘉惠, 譯). 東販出版.
- 7. 霍建明. (2007). 看懂足球. 沈陽出版社.
- 8. Thadani, S. (2006). SOCCER CONDITIONING. A & C BLACK LONDON.
- 9. 王增杰. (2006). 世界盃神話: 足球史上最震撼人心的故事. 新華書店. 新華出版社.
- 10. 劉丹. (2006). 足球體能訓練: 高水平體能訓練與實証. 北京體育大學出版社.

4.3 Sports Video

- 4.1 ULTIMATE PENALTY SHOOTOUT w/ WEIDENFELLER (12 碼罰球)

<https://www.youtube.com/watch?v=45WJRJDvYqo>

- 4.2 Soccer cone dribbling for beginner and intermediate players (運球)

https://www.youtube.com/watch?v=6UKPtEW6_YM

- 4.3 Improve passing and control - Learn to play Football/Soccer (傳控球)

<https://www.youtube.com/watch?v=zsAQtt0GVR8>

- 4.4 Soccer Tips : Heading Drills for Soccer (頭球)

<https://www.youtube.com/watch?v=QK19XTJuDvY>

4.5 How To Defend In Soccer - Soccer Defending Skills, Tactics, and Techniques (防守)

<https://www.youtube.com/watch?v=lCutg3TM92w>

4.6 FIFA 11+ Injury Prevention Program (預防受傷)

<https://www.youtube.com/playlist?list=PLCGIzmTE4d0jJ8nngB9Szd8uWwuEPD4QD>