

## Glossary

**ATTACKER:** A player looking to help score a goal when his or her side is in possession of the ball.

**CLEATS:** Pieces of leather, rubber or plastic attached to the sole of the shoe and sticking out from the shoe to prevent slipping.

**COACH:** The teacher of an athlete or sports team.

**CONES:** Plastic markers shaped like witch's hats that are used as traffic markers and for marking out practice areas on a sports field.

**CONTINENT:** A large part of the world often containing several countries and usually surrounded by seas and oceans.

**CO-OPERATION:** People helping each other, especially in team sports.

**CORNER KICK:** Awarded to the attacking side when a defender plays the ball over the defending end line. The kick is taken from the corner nearest where the ball went out of play.

**DEFENDER:** A player helping his or her team prevent the opposition from scoring.

**DRIBBLING:** The skill of running forward with the ball under close control while evading challenges from the opposition.

**FOUL:** An illegal challenge such as a trip, push or kick; or a deliberate hand ball.

**FREE-KICK:** A free pass or shot awarded after a foul by an opponent — such as tripping, handling, etc. In 11-a-side soccer, the opposition has to stand at least 10 yards from where the free kick is taken. In small-sided soccer the distance is 5 yards.

**GOAL KICK:** Taken from in front of the goal after the attacking team has shot and missed the goal and the ball has gone out of play.

**GOAL POSTS:** Two vertical posts of wood or metal that are placed on the end line of the field to be the objective of the game. To score “a goal,” the ball must go through the posts. The goal posts are sometimes joined across the top by a horizontal bar to form the “goal.”

**GOALKEEPER:** The only player who can handle the ball in the goal box (or penalty area in 11-a-side play).

**HAND BALL:** Handling the ball on the field of play is illegal in soccer, except for the goalkeeper. The “hands” include arms up to the shoulders.

**HEADER:** A pass or shot made with the forehead.

**KICK-OFF:** The way a game is started, or re-started after half time or after a goal is scored. The ball is kicked off from the center of the field.

**OFFSIDE:** A special rule for 11-a-side soccer which places some restrictions on when and where the attacking players can go in the attacking half of the field.

**OPPONENTS:** Players on the opposing team.

**PASS:** The movement of the ball from one player to another — usually by kicking.

**PENALTY:** A free shot at the goal after a deliberate foul in the goalbox

**POSSESSION:** Keeping the ball from the opposing team is called “possession” of the ball

**POSITION:** Players remaining in certain parts of the

field are playing a position: defender, goalkeeper, midfielder.

**RECTANGLE:** A four-sided figure with two sides that are longer than the other two; the shape of a soccer field.

**REFEREE:** The person who makes sure the rules of the game are followed, and decides if the goals count.

**ROTATION:** A system of substituting players so that everyone has equal time.

**SHINPAD:** A piece of protective equipment worn over the shin and under the socks. The shinpad helps to prevent injury from a misplaced tackle.

**SHOT:** An attempt to score a goal by kicking or heading the ball.

**SOCCER BALL:** A round, leather ball usually hand stitched, with bladder inside and a valve to allow the ball to be inflated or deflated

**TEAM:** A group of players who combine together with a common purpose.

**TEAMMATES:** Players on the same side.

**THROW-IN:** A special way of re-starting the game after the ball has gone out of play over the sideline.

**TRIANGLE:** A figure with three straight sides; a shape that is used in soccer to form a team play between three players.

**UNIFORM:** The standard jersey, shorts and socks worn by every player except the goalkeeper, who wears a distinguishing jersey.