

# Let us play football

Football is one of the most popular games in the world. A football team consists of 11 players and it is played in a rectangular field. The victory of a football match is decided on the number of goals the teams score within a period of 90 minutes.

When you were in the previous grades, you gained theoretical knowledge and practical experience about the skills of kicking the ball, stopping the ball and heading the ball.

In this lesson you will get the opportunity to learn the skills of throw-in and goal keeping, which are two important skills in football.

## Throw-in

In football, throw-in is a method of restarting play.

When a football match is being played, a throw-in is used to bring the ball back to the court when the ball has gone out of the court across the side line.

The opponents of the player who last touched the ball before it crossed the side line get the opportunity for the throw-in from the place where the ball crossed the side line.

A goal cannot be scored directly from a throw-in.

The ball should always be thrown-in from outside the court. The opponents must stand not less than 2 meters from the point at where the throw-in is taken. After the ball is released, the thrower should not touch the ball again until it has touched another player.

### technique of throw-in

- The thrower should be facing the field of play at the moment the ball is released.
- Both feet of the thrower should be behind the side line, with one foot behind or apart.
- The ball should be held in both hands and thrown from behind over the head.
- The body should be bent backwards and as the body is straightened again, the hands should be brought forwards and the ball should be released.

## Goal Keeping

Out of football skills, goal keeping is a very important skill because the victory of a match depends on the number of goals scored. Preventing the ball from entering the goal is called goal keeping. By goal keeping, the opponents can be prevented from winning goals. Only the goal keeper is allowed to touch the ball with the hand. The goal keeper should be clad in a colour that is different from that of the other players of his team.

Methods of goal keeping vary based on the ways the ball reaches the goal. Accordingly, keeping the ball that is coming towards the goal is done in the following ways:

1. Keeping of the ball that is coming along the ground from the front.

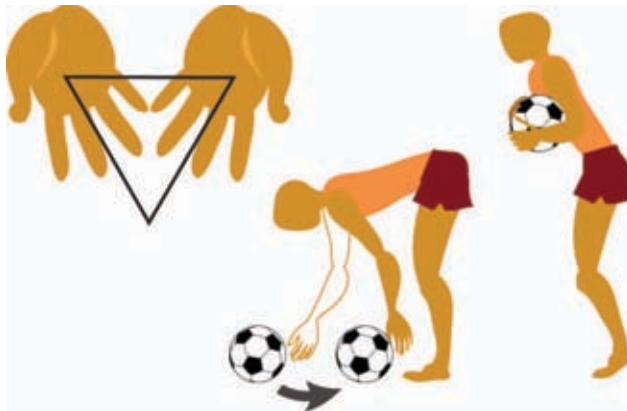


Figure 7.1

2. Keeping of the ball that is coming along the ground from a side.



Figure 7.2

3. Keeping of the ball reaching at chest level or abdominal level.



Figure 7.3

4. Keeping of the ball reaching above head.

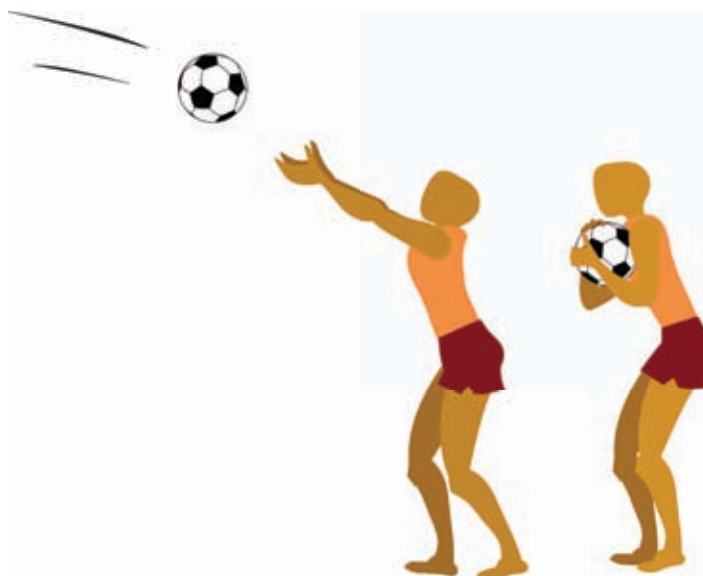


Figure 7.4

5. Keeping of the ball by jumping to a side or by changing the direction of the ball.



Figure 7.5

Out of the methods described above, let us now learn how to goal keep when the ball is coming along the ground and at chest level or stomach level.

### Technique of goal keeping

- The goal keeper should stand on the goal line with legs about shoulder-width apart maintaining body balance.
- Hands should be bent at the elbows and should be positioned on the sides of the body above shoulder level.
- The knees should be bent bringing the body downwards and bending the body slightly forwards.
- The goal keeper should stand on the balls of the feet so that it is easy to move.
- When the goal keeper is in this position, he can easily move to the left, to the right, forwards or backwards.



Figure 7.6

## **Keeping of the ball that is reaching along the ground**

- The goal keeper should be prepared with the correct technique.
- Then he should reach the path of the ball and should stand with the legs close together.
- As the ball comes closer, the keeper should lower the body bending from his knees.
- The eyes should be focused on the ball.
- The fingers of the hands should be spread and the ball should be held with both hands.
- As the keeper straightens the knees and raises his body, the ball should be lifted towards his chest.

## **Keeping of the ball reaching at chest level or stomach level**

- The keeper should be prepared according to the correct technique.
- Eyes should be focused on the path of the ball and the keeper should be positioned with the legs slightly apart according to the path the ball takes.
- The body should be bent slightly forwards by bending the knees according to the path the ball takes and the ball should be brought close to the chest or abdomen.
- When the goal keeper is in this position, his elbows should be slightly bent so that it is easier to catch the ball.
- Soon after holding the ball it should be brought close to the chest.



## Let us go outdoor

### Activities to practise the throw-in

1. › Hold the ball correctly and throw it to some distance from over the head.



Figure 7.7

2. › Get into pairs. Hold the ball correctly and pass it to each other from above the head.



Figure 7.8

3. › Get into two groups and stand in two lines facing each other.  
› Leave sufficient space between the two lines to pass the ball between the two students in the front as shown in the figure

- › The ball should be held with both hands from above and behind the head and the student at the front of each line should pass the ball between two of them.
- › After passing the ball, two players should run to the back and stand at the back of their lines.
- › This activity should continue until all the students have passed the ball.



Figure 7.9

## Practise activities for goal keeping

### Practising keeping the ball that is coming along the ground

1. › Bounce the ball on a wall so that the ball goes in different directions.
  - › Stand in the correct position and keep the ball.



Figure 7.10

2. › Get into pairs.
  - › One should kick the ball so that it moves in different directions along the ground.

- › The other should keep that ball following the correct technique.
- › Now the next pair should practise doing the activity.



Figure 7.11

### Keeping the ball that is reaching at chest level

1. › Take a football and bounce it on a wall from chest level so that the ball moves in different directions.
- › Now be in the correct position and catch the ball.

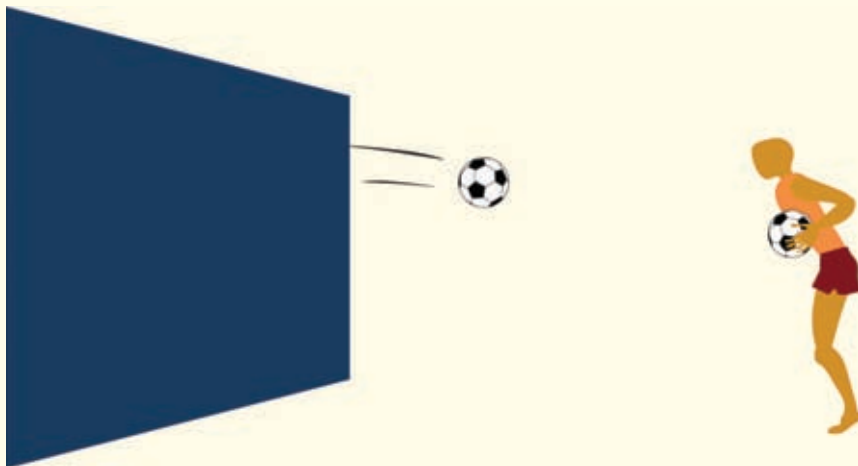


Figure 7.12

2. › Get into pairs.
- › One should throw the ball to the left, to the right, forwards and backwards from shoulder level.
- › The other should stand in the correct position and catch the ball.
- › Then the next pair should practise doing this activity.





Figure 7.13



### Activity

Create a lead-up game including activities to practise throw-in and goal keeping in football and engage in the game.

## Summary

When the ball has gone out of the court across the side line, the skill of throw-in is used to bring the ball back to the court.

It is important to learn the throw-in technique, activities that can be used to practise throw-in and rules and regulations related to throw in.

Preventing the ball from entering the goal is called goal keeping.

Methods of goal keeping vary depending on the ways the ball reaches the goal. Such ways are the ball coming along the ground from front or from a side, at chest level or abdomen level, above head level and the ball that cannot be caught by hand.

You can engage in activities in order to learn how to keep the goal, adopting the correct technique.



## Exercise

1. What skill is used to restart play in a football match when the ball has gone out of the field across a side line?
2. Write three faults that may be committed while a throw-in is taken.
3. State the different methods of keeping the goal according to the ways the ball is coming towards the goal.
4. Which player of a football team should be clad in a different colour?