

6

Let us play football

Football has been played since ancient times and today it is a very popular and enjoyable game. A special feature of this game is that it provides the opportunity for the participants to engage in playing for a long time which helps develop all the skills needed for enhancing physical fitness. Two teams of eleven players each are required to play a football match. The team that wins the toss can opt to select the side of the field or to start the play. In football, teams can score goals by playing the ball into the goal of the opposing team.

The game of football has been created with a combination of a number of skills such as dribbling the ball, kicking the ball, controlling the ball, heading the ball, throw-in, defending the field, and goal keeping. You have learnt and practiced those skills when you were in previous grades. When you were in Grade 10 you learnt the skills of kicking the ball, controlling the ball and heading the ball, and you also learnt some of the rules that should be followed in playing football matches as well as the signals used in judging a football match.

In this lesson we will study some key rules that are relevant to various occasions of a football match.



Figure 6.1 - A football match



Activity

Divide yourselves into two teams of eleven each and play a football match following the skills and the rules and regulations you have learnt so far.

Kick off



Figure 6.2 - Kick off

A kick off is a method of starting or restarting the play. A kick-off is used in the following occasions:

1. At the beginning of a match
2. After scoring a goal
3. At the start of the second half of a match
4. At the start of each period of extra time if the two teams are on a tie.

The procedure for kick-off is as follows:

The ball should be placed stationary on the centre mark. All players must remain in their own half of the field of play. The opponents of the team taking the kick-off should remain at least 9.15 m away from the ball until it is in play. After the referee has given the signal the ball may be kicked so that it either moves forwards or it is directly played into the goal. (A goal may be scored directly from a kick-off.) The player who takes the kick-off can touch the ball again only after it has been touched another player.

Ball in play/out of play

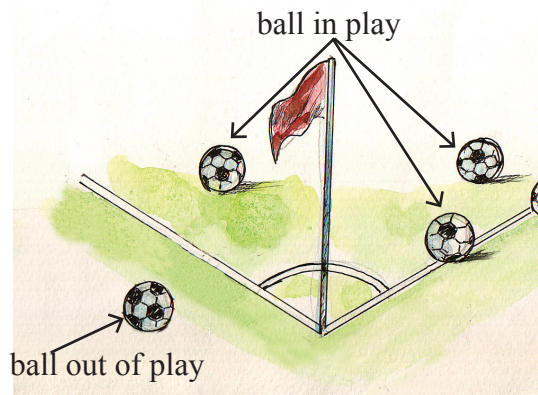


Figure 6.3

In football the ball is in play and the ball is out of play on the following occasions

The ball is out of play when:

- i it has wholly crossed the goal line or touch line whether on the ground or in the air
- ii play has been stopped by the referee

The ball is in play when:

- i it rebounds off a goalpost, crossbar or corner flag-post and remains in the field of play
- ii it rebounds off either the referee or an assistant referee when they are on the field of play

scoring

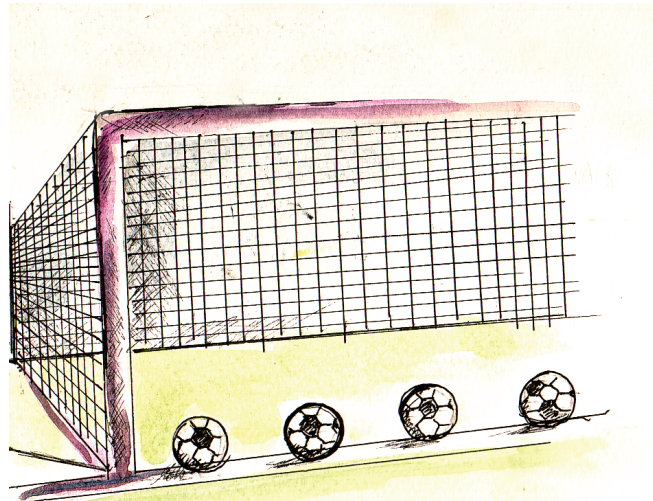


Figure 6.4

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.

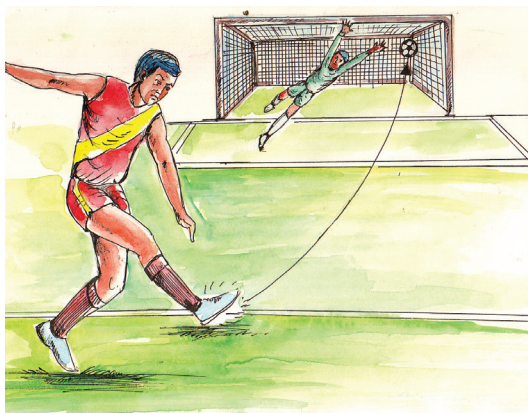
Free kick

When a player commits an infringement the opposing team is awarded a free kick.

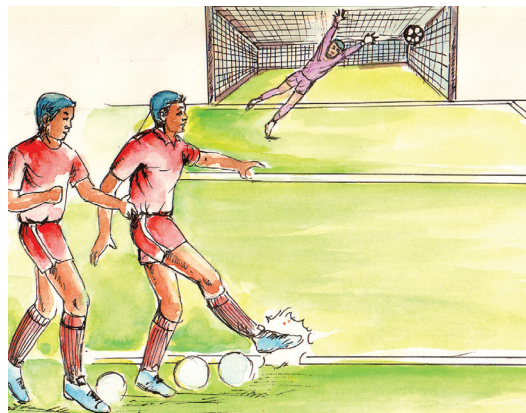
When taking the free kick, the ball should remain stationary and the opponents of the team taking the free kick should remain at least 9.15 m away from the ball until it is in play. The player who takes the free kick can touch the ball again only after it has been touched by another player.

The free kick is divided into two as follows:

- i. direct free kick – a goal can be scored directly from a direct free kick.
- ii. indirect free kick - a goal cannot be scored directly from an indirect free kick.



Direct free kick



Indirect free kick

Figure 6.5

Penalty kick

If a player commits an infringement inside the penalty area of his team, a penalty kick is awarded to the opposing team. When the infringement is committed, the ball should be in play and the position of the ball is not taken into consideration.

Except for the player taking the penalty kick and the goal keeper of the opposing team, all the other players should remain outside the penalty area.

Facts to be taken into consideration related to penalty kick

- The referee must identify the player taking the penalty kick.
- The ball should remain stationary on the penalty mark.
- The ball should be kicked forwards.
- The defending goalkeeper must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked.
- If additional time is required for the penalty kick, the time taken for that should be added to the relevant half of the play.

Offside position

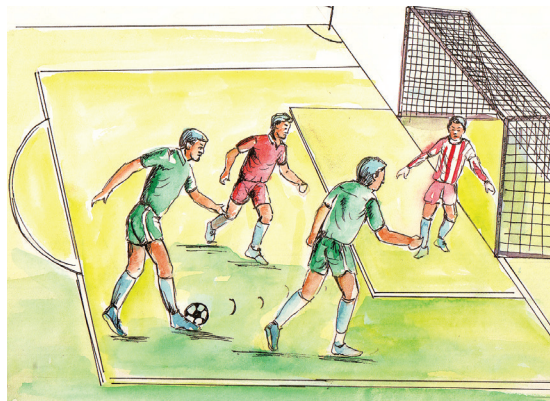


Figure 6.6 - Offside position

A player is considered to be in an offside position if he is nearer to his opponents' goal line than both the ball and the second-last opponent. When a player is in offside position the player's active involvement in play is taken into consideration. The law of offside position will not be applicable if a player receives the ball directly from:

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

In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Fouls and Misconduct

A penalty kick is awarded to the opposing team from the penalty mark if a player intentionally commits a serious offence in the penalty area. If such an offence is committed in some other area of the field, a direct free kick is awarded from the place where the offence occurs.

A direct free kick is awarded to the opposing team if a player commits any of the following offence:

I. kicks or attempts to kick an opponent



Figure 6.7

II. trips or attempts to trip an opponent



Figure 6.8

III. jumps at an opponent



Figure 6.9

IV. handles the ball deliberately, hitting it with hand or carrying it

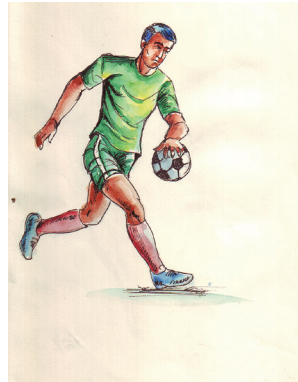


Figure 6.10

V. strikes or attempts to strike an opponent



Figure 6.11

VI. pushes an opponent



Figure 6.12

VII. holds an opponent



Figure 6.13

VIII. align tackles an opponent

IX. spits at an opponent

Throw-in



Figure 6.14 - Throw-in

A throw-in is awarded to the opposing team when the whole of the ball crosses the touch line, either on the ground or in the air. The throw-in is awarded to the opponents of the player who last touched the ball before it crosses the touch line.

- A throw-in is a method of restarting play.
- A goal cannot be scored directly from a throw-in.

The following should be taken into consideration when the throw-in is taken:

- Each foot of the thrower should be touching the ground.
- At the moment of delivering the ball the thrower should be facing the field of play.

- Should deliver the ball from behind and over the head.
- Should be holding the ball with both hands when delivering the ball.
- After delivering the ball, the thrower must not touch the ball again until it has touched another player.
- The opponents must stand not less than 2m from the point at which the throw-in is taken.
- The ball may be thrown either being in standing position or by approaching the place running.

Goal kick



Figure 6.15 - Goal kick

A goal kick is awarded to the defending team when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team.

- The goal kick is taken from any point within the goal area of the half from which the ball ran out of the field.
- When taking the goal kick, the opponents should remain outside the penalty area until the ball is in play.
- A goal may be scored directly from a goal kick.
- In a goal kick, no player should touch the ball until it has passed the penalty area.

Corner Kick



Figure 6.16 - Corner kick

A corner kick is awarded to the attacking team when the whole of the ball passes over the goal line between the goal posts and the corner flag-posts, either on the ground or in the air, having last touched a player of the defending team.

- When taking the corner kick, the opponents should remain at a distance not less than 9.15m until the ball is in play.
- The kicker must not play the ball again until it has touched another player.

Summary

The kick-off is used for starting the play of a football match or for restarting the play during a match.

In football, several occasions where the ball is in play and the ball is out of play can be identified separately.

In order to score a goal in football, the whole of the ball should pass over the goal line, between the goal posts and under the cross bar

When a player commits an infringement, the kick that is awarded to his opposing team is called a free kick. It is divided into two as direct free kick and indirect free kick.

The kick that is awarded to the opposing team when a player commits an infringement inside the penalty area of his team is called a penalty kick.

If a player remains nearer to his opponents' goal line than both the ball and the second-last opponent, he is considered to be in an offside position.

A throw-in is awarded to the opponents of the player who last touched the ball before the whole of the ball crosses the touch line, either on the ground or in the air.

A goal kick is awarded to the defending team if the whole of the ball passes over the goal line, either on the ground or in the air.

A corner kick is awarded to the attacking team when the whole of the ball passes over the goal line having last touched a player of the defending team.



Exercies

1. Name four occasions where a kick-off is taken.
2. Name two occasions each for ball in play and ball out of play.
3. Name one occasion each on which a direct free kick and an indirect free kick are awarded to the opposing team.
4. Write five offences committed by players which result in awarding a direct free kick to the opponents.
5. What are the factors that should be taken into consideration when a throw-in is taken?
6. Write the occasions on which penalty kick, goal kick and corner kick are awarded.