

Resources

Check your local library and schools and any youth soccer leagues in your area for information and resources.

U.S. Soccer Federation

1801 S. Prairie Ave.

Chicago, IL 60616

Phone: 312-808-0094; Fax: 312-808-1301

Web site: <http://www.us-soccer.com>

American Youth Soccer Organization (AYSO)

National Support and Training Center

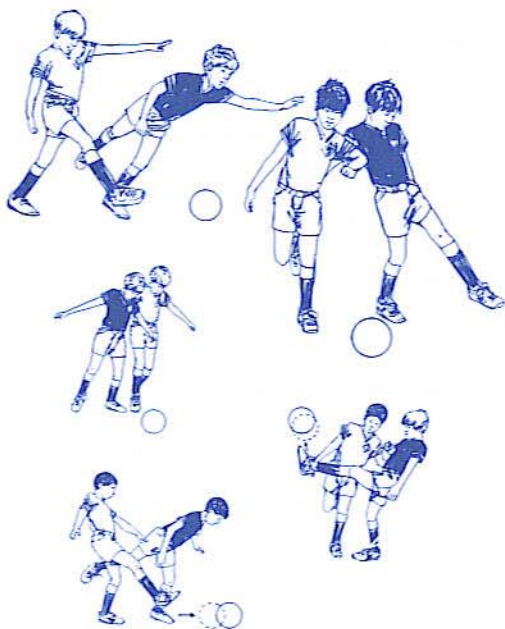
12501 South Isis Ave.

Hawthorne, CA 90250

Phone: 1-800-USA-AYSO; Fax: 310-643-5310

Web site: <http://www.soccer.org>

Common Fouls



- **Charging:** Leaning against another player with the upper shoulder only when the ball is not within playing distance. **Penalty:** Indirect free kick.
- **Unintentional hand ball:** Player kicks ball against arm of opponent. **Penalty:** No infraction. Play continues.
- **Intentional tripping:** Player trips opponent on purpose. **Penalty:** Direct free kick.
- **Unintentional tripping:** Player has played ball cleanly; opponent arrives late to gain possession and falls over outstretched leg. **Penalty:** Play continues.
- **Pushing:** Player pushes opponent with his elbow. **Penalty:** Direct free kick.

Basic Elements of Soccer

The team: The adult team consists of 11 members, but a scaled-down version of seven to nine players is recommended for Cub Scout-age boys.

The captain: One boy should serve as captain. He should be a good leader and encourage good sportsmanship.

Uniforms: A jersey or shirt, shorts, socks, and shoes. Goalkeepers wear a jersey that is a different color from all other players. Shin guards are a good idea if the action is likely to be heavy.

The ball: A regulation ball is 27 to 28 inches around and weighs a little less than a pound. A scaled-down ball for boys younger than 12 may be 25 to 26 inches, weighing 11 to 13 ounces.

Safety: Make sure the field and goal areas are clear of obstacles and holes and that players are not wearing or carrying anything that might hurt someone (i.e., sharp zippers, large wrist watches).

The field: Scale down the official field size (64 to 73 meters wide and 100 to 110 meters long) to 32 to 46 meters wide and 64 to 82 meters long.

Time of play: A regulation soccer game includes two 45-minute halves. Boys ages 10 to 12, however, should play 30-minute halves, and younger boys, 25-minute halves.

Substitutes: In youth soccer, unlimited substitution is OK, as opposed to the only two substitutions per game in regulation soccer.

Referee and linemen: These people make sure that every player follows the rules. The referee is always *on* the field, and the linemen work *outside* the field.

- **Dangerous play:** Player stops or hurts opponent while playing recklessly. **Penalty:** Indirect free kick.
- **Obstruction:** Player makes a pass to a teammate and intentionally obstructs an opponent to prevent him from tackling the player who is receiving the ball. **Penalty:** Indirect free kick.

Soccer Tennis

Divide an area about the size of a tennis court with a rope about 1 meter high across the center. Each team can kick or head the ball three times among its own players and then must play it over the rope into the other team's half. The ball can bounce only once between passes or headers. When one team makes a mistake, the other team gets a point. A variation would be to shoot the ball under the rope and allow a score if it crosses the goal line.