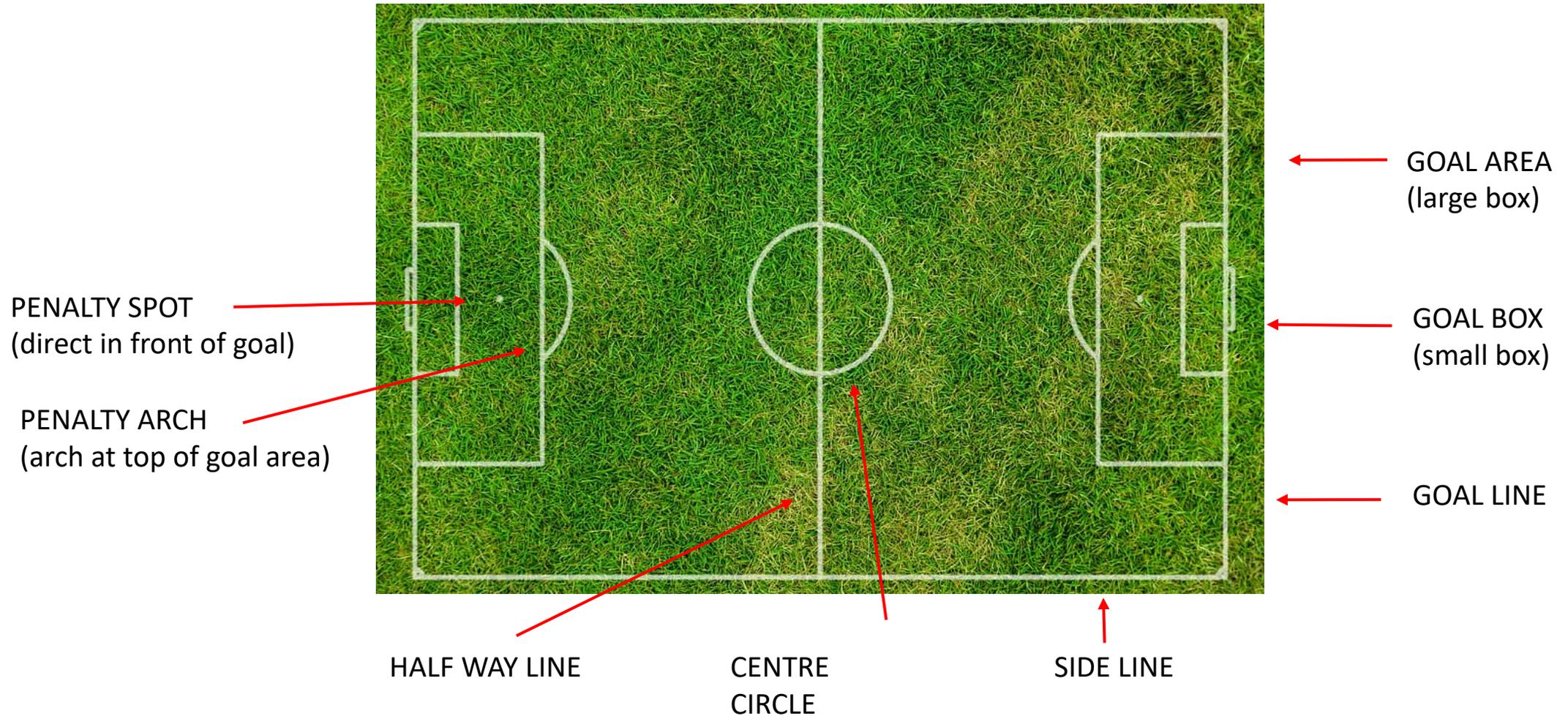




Parent / Volunteer Training  
- Basic Rules of the Game

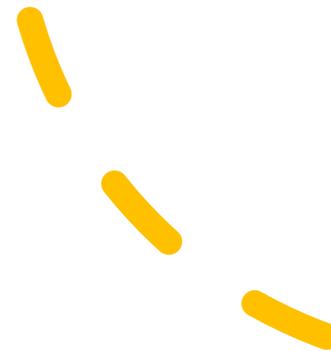
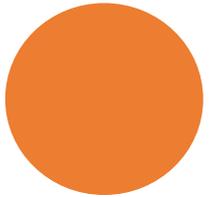
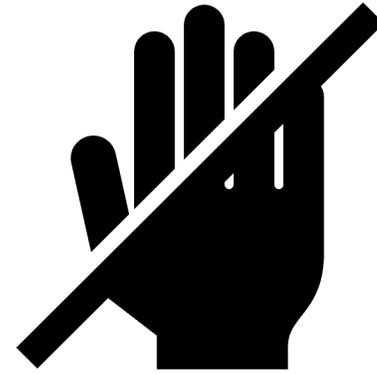
# Football Pitch & It's Parts



# Basic Rules of the Game #1

No touching ball with your hand

If the ball touches anywhere from the tips of your fingers to your shoulder during a game, a handball foul will be called.





# Basic Rules of the Game

## #2

### Goal Kicks and Corner Kicks

If the ball goes out of play at the goal line it will result in a goal kick or a corner kick.

**Attacking team kicks the ball out = goal kick**

**Defending team kicks the ball out = corner kick**



Goal kick can be from anywhere inside the goal box.

Corner kick is taken from the closest corner from where the ball went out.

# Basic Rules of the Game #3

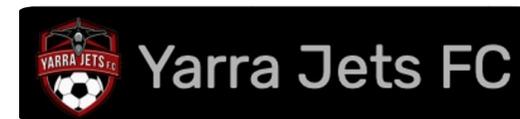
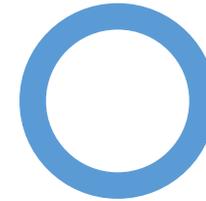
## Throw In

**If the ball goes out of play over the sidelines = thrown in**

The throw in is by a player from the opposing team (the team who didn't touch it last).

A proper throw in requires:

- both feet planted on the ground
- two hands overhead

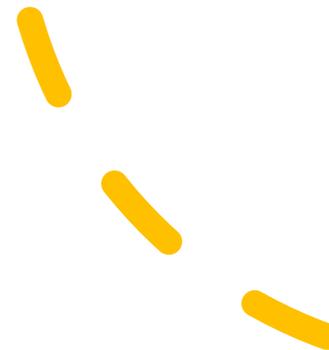
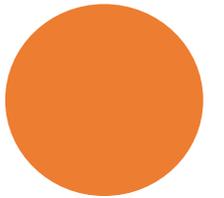
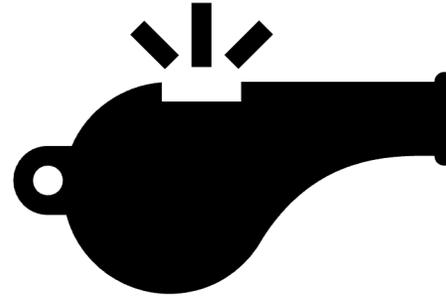


# Basic Rules of the Game #4

## Fouls

If a player kicks, strikes, jumps at, charges, trips, pushes, spits at or holds an opponent, a foul can be called.

General rule of thumb is if the action appears deliberate then it's a foul.





# Basic Rules of the Game #5

Direct and Indirect free kicks

**A contact foul or hand ball will result in a direct kick , all other free kicks will be indirect.**

A direct free kick = a direct attempt at goal

An indirect free kick, requires at least one other player to touch the ball before an attempt at goal (two touch)



# Basic Rules of the Game #6

## Penalty

**A Penalty Kick is a direct kick from a contact foul inside the penalty area.**

Taken from the penalty spot which is directly in front of goal.

All other team members must stand behind the penalty spot and only the Goalkeeper can defend.

