

English Tutorial Classes Week 7

FOOTBALL

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THE ORIGIN AND EVOLUTION OF FOOTBALL

Football, also known as **soccer**, is one of the most popular sports in the world today. Its origins can be traced back to ancient times, with various forms of the game being played throughout history.



Ancient Origins Of Football

In ancient times, several civilizations had their versions of ball games that resemble modern-day football.

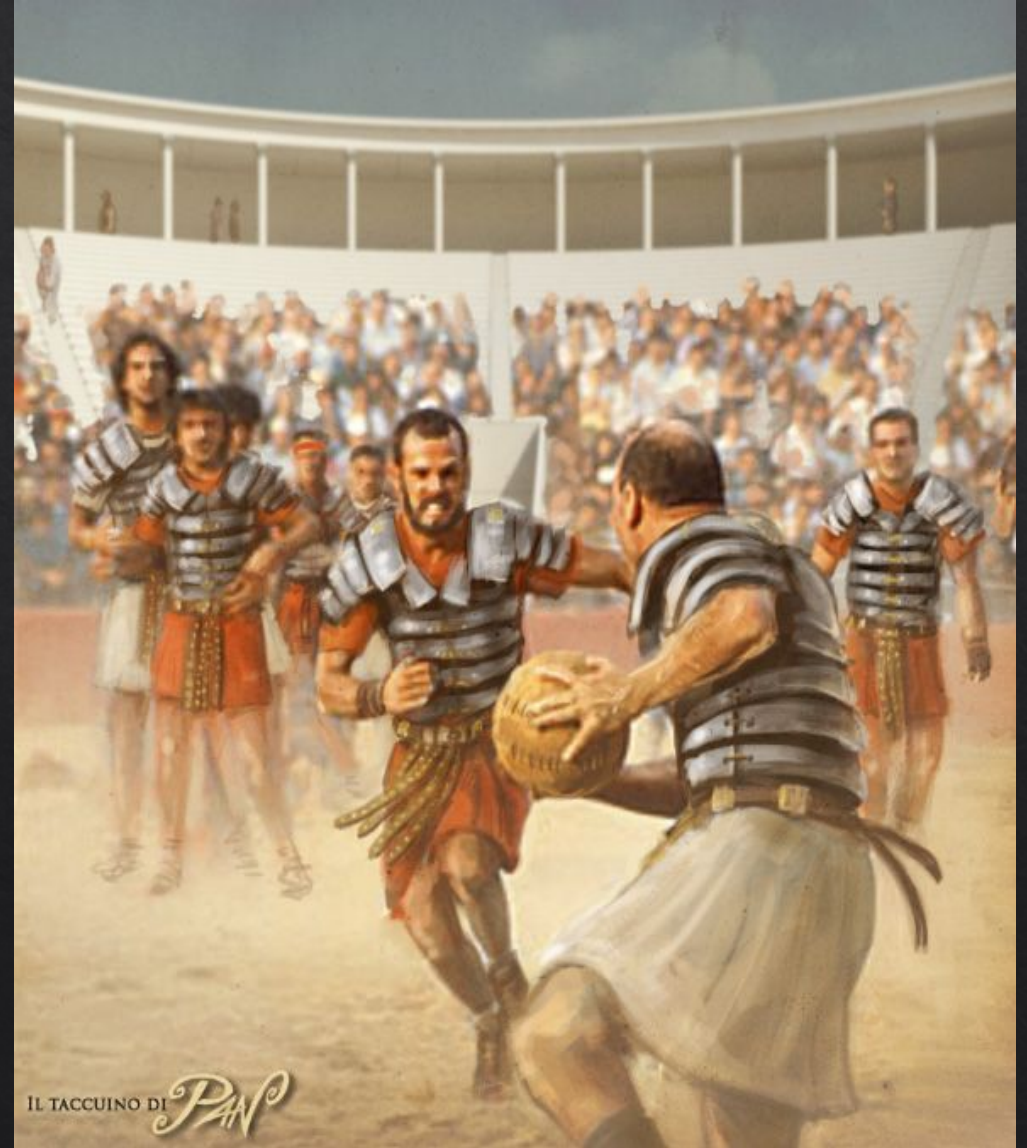
These early games were often played as a form of military training or religious rituals. For example, the **Chinese game of cuju** played as early as the 3rd century BCE, involved kicking a ball into a net.



Ancient Origins Of Football

Other ancient civilizations, such as the Greeks and Romans, also had their variations of ball games. One notable example is **the Roman game of harpastum**, which involved two teams trying to keep a small ball from the opposing team.

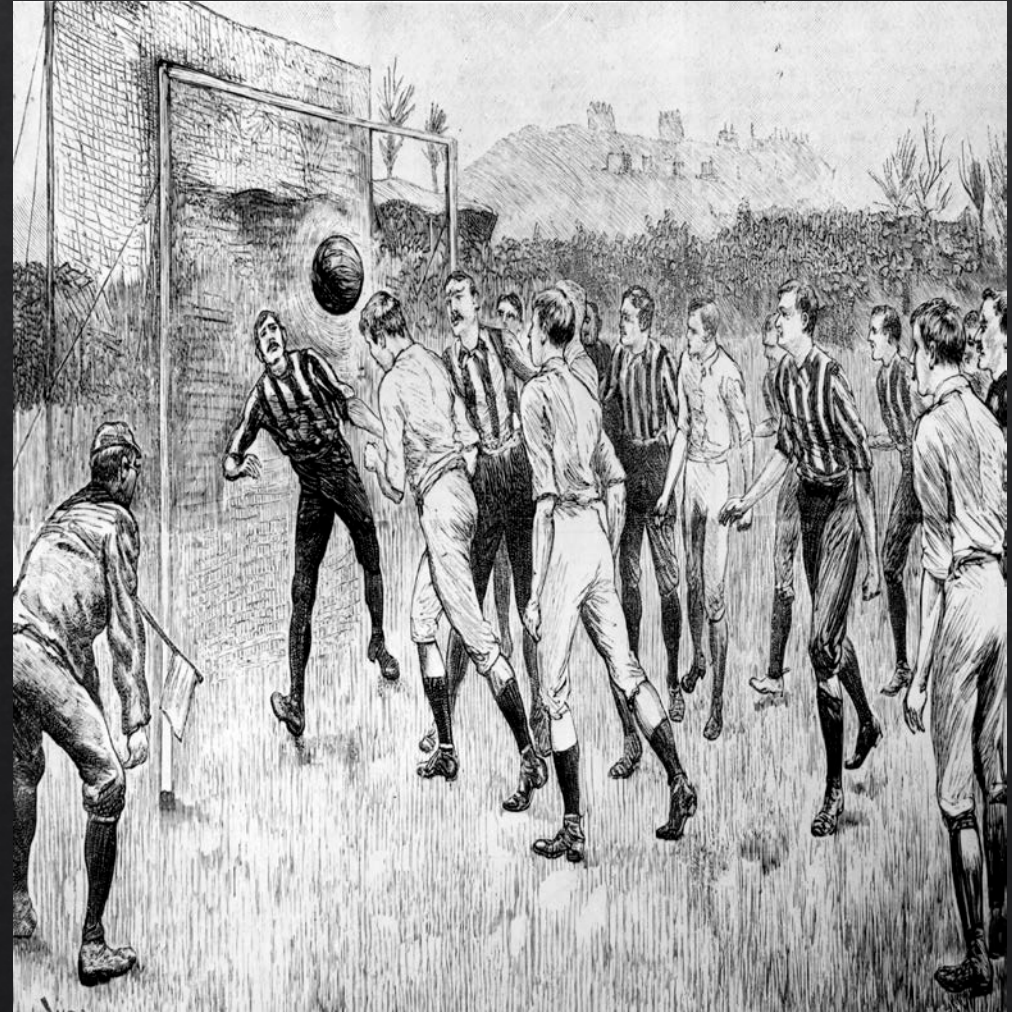
These ancient games laid the foundation for the development of football as we know it today.



The Evolution Of Football Throughout History

During the 19th century, football underwent significant changes and began to take its modern form.

The Industrial Revolution played a key role in the standardization of the sport, as factories and workplaces formed teams and organized matches. This led to the establishment of rules and regulations, making the game more structured and organized.



The Birth Of Modern Football

The birth of modern football can be credited to the formation of the **Football Association (FA) in England in 1863**. The FA introduced a standardized set of rules, which became the foundation for modern football.

These rules included the use of a **round ball, the prohibition of physical violence, and the concept of offsides**.



The Birth Of Modern Football

In the late 19th and early 20th centuries, football spread rapidly across Europe and other parts of the world.

International competitions, such as **the FIFA World Cup**, were established, further popularizing the sport and bringing nations together through the joy of football.



Key Milestones In The History Of Football

Milestone	Year
First official football match	1872
Introduction of the penalty kick	1891
FIFA World Cup inaugural tournament	1930
Introduction of yellow and red cards	1970
Development of modern football tactics	1950s-1960s

Field of Play



Field of Play

Football is typically played on a rectangular field with dimensions between 100-110 meters in length and 64-75 meters in width.

The field is divided into two halves by a **halfway line**, and there are **goal areas** and **penalty areas** at each end.



Duration of the Match

A standard football match consists of **two halves**, each lasting **45 minutes**, with a **15-minute halftime break**.

Additional time, known as **stoppage time** or **injury time**, may be added at the end of each half to compensate for time lost due to stoppages.



Scoring

The objective of the game is to score goals by kicking the ball into the opponent's **goal**.

A goal is scored when the entire ball crosses the **goal line** between the **goalposts** and beneath the **crossbar**.



Teams

Each team consists of **11 players**, including one **goalkeeper**.

Substitutions are allowed during the match, typically up to three per team.



Positions And Formations In Football

Goalkeeper (GK): The goalkeeper is the last line of defense and is responsible for preventing the opposing team from scoring goals.

They primarily use their hands to catch or block shots on goal and organize the defense.



Positions And Formations In Football

Defender (DF): Defenders play in front of the goalkeeper and are tasked with stopping the opposing team's attacks.

They mark opposing attackers, make **tackles**, **intercept passes**, and clear the ball from danger.



Positions And Formations In Football

a. **Center-back (CB):** Center-backs typically play in the central area of defense and are responsible for marking the opposing team's center forwards and strikers.

b. **Full-back (FB):** Full-backs play on the left and right flanks of the defense. They provide defensive cover and also support the team's attacks by overlapping with midfielders and wingers.



Positions And Formations In Football

Midfielder (MF): Midfielders play in the central area of the field and are crucial in linking defense with attack. They control possession, distribute the ball, and provide defensive cover.



Positions And Formations In Football

- a. **Central Midfielder (CM):** Central midfielders operate in the middle of the field and are involved in both attacking and defensive phases of play.
- b. **Defensive Midfielder (DM):** Defensive midfielders primarily focus on protecting the defense by intercepting passes, making tackles, and breaking up opposition attacks.
- c. **Attacking Midfielder (AM):** Attacking midfielders are creative players who are responsible for creating goal-scoring opportunities for their teammates. They often play behind the strikers and provide assists or score goals themselves

Positions And Formations In Football

Forward (FW): Forwards, also known as **strikers** or **attackers**, are responsible for scoring goals.

They lead the team's attacking line and aim to capitalize on goal-scoring opportunities created by midfielders and wingers.



Positions And Formations In Football

a. **Center Forward (CF):** Center forwards play in the central area of the attack and are the main goal-scoring threats for the team.

b. **Winger (W):** Wingers play on the left and right flanks of the attack. They use their speed and dribbling ability to beat defenders and deliver crosses into the opponent's penalty area.



Fouls and Misconduct

Players are not allowed to engage in certain types of conduct deemed fouls, such as **tripping**, **pushing**, or **handling the ball with their hands** (except for the goalkeeper within their penalty area).

Fouls result in **free kicks** or **penalty kicks**, depending on the severity and location of the offense. Players may also receive **cautions** (yellow cards) or **dismissals** (red cards) for serious misconduct.



Free Kick

A free kick is awarded to the opposing team when a player commits a foul or breaks a rule during the course of the game.

The location of the free kick is determined by the referee, based on where the foul occurred.



Direct Free Kick

In a **DIRECT FREE KICK**, the fouled team can attempt to score a goal directly from the free kick without needing to pass the ball to another player first.

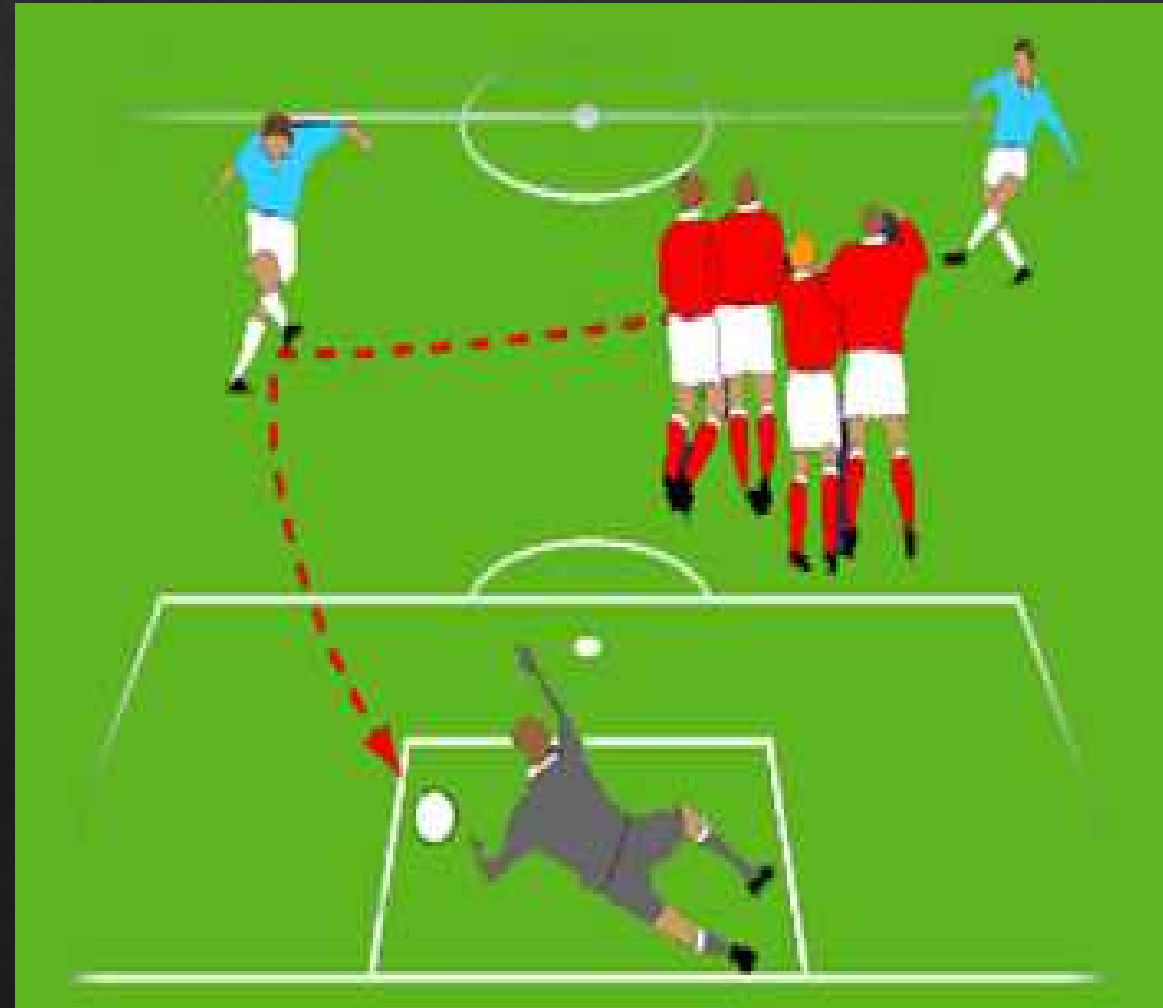
The opposing team must be at least 10 yards away from the ball when the free kick is taken.



INDIRECT FREE KICK

In an **INDIRECT FREE KICK**, the fouled team cannot score a goal directly from the free kick. Instead, another player from the same team must touch the ball before a goal can be scored.

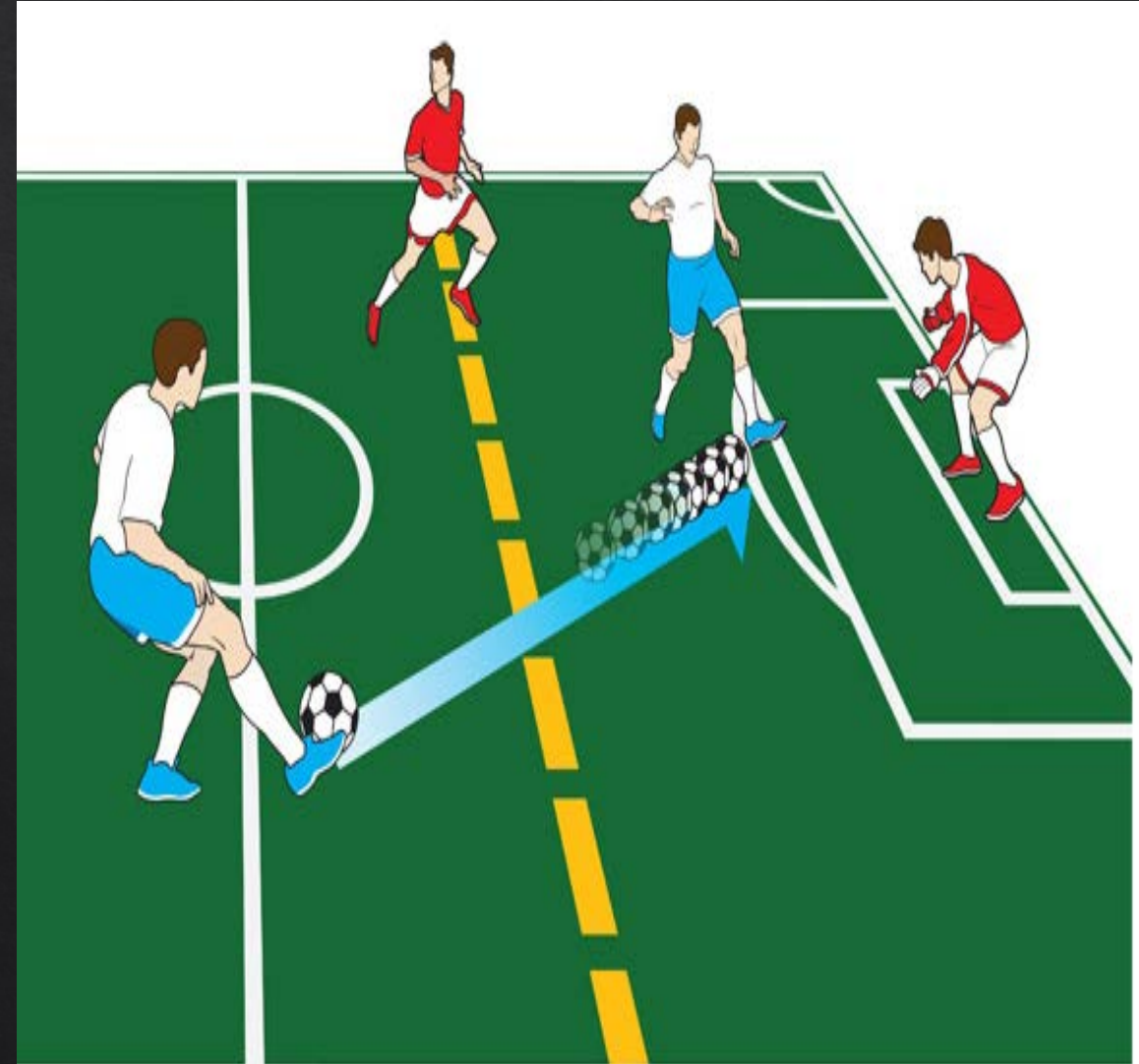
The opposing team must also be at least 10 yards away from the ball when the free kick is taken.



Offside Rule

The offside rule prevents attacking players from positioning themselves behind the last defender (excluding the goalkeeper) when the ball is played to them.

If an attacking player is in an offside position when the ball is passed to them, they may be penalized.



FIFA Law #11: offside

A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second-last opponent

Offside area

The offside area is determined by the position of the 2nd last defender

OFFSIDE!

2nd last defender
determines the start
of the offside area

Goalkeeper
the last defender

The attacking player

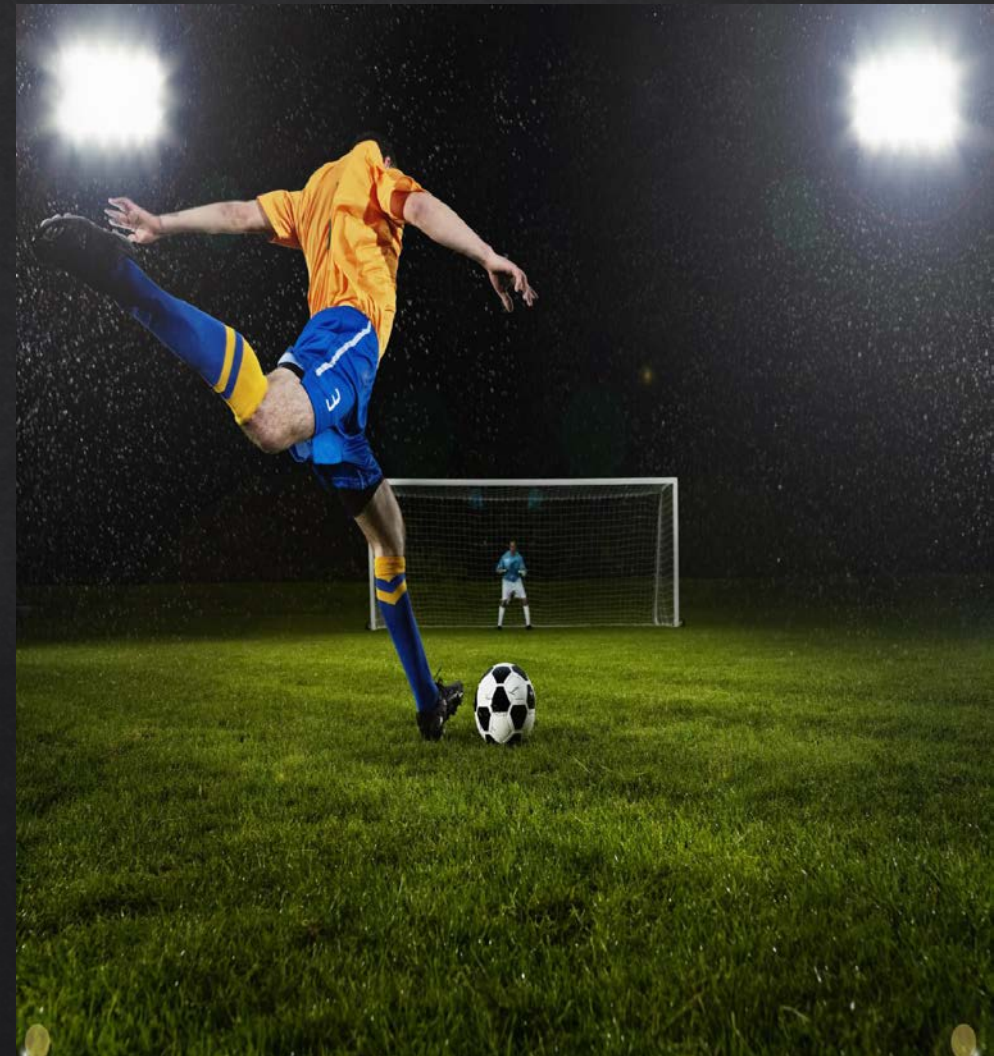
The player is **offside** because he is closer to the opponent's goal line than the 2nd-last defender when his teammate plays (kicks) the ball



Throw-Ins, Corner Kicks, and Goal Kicks

When the ball goes out of play along the touchline, the opposing team is awarded a throw-in.

Corner kicks are awarded when the defending team is responsible for the ball going out of play over their goal line, while goal kicks are awarded when the attacking team is responsible.



Throw-Ins

When the ball crosses the touchline and goes out of play, the opposing team to the one that last touched the ball is awarded a throw-in.

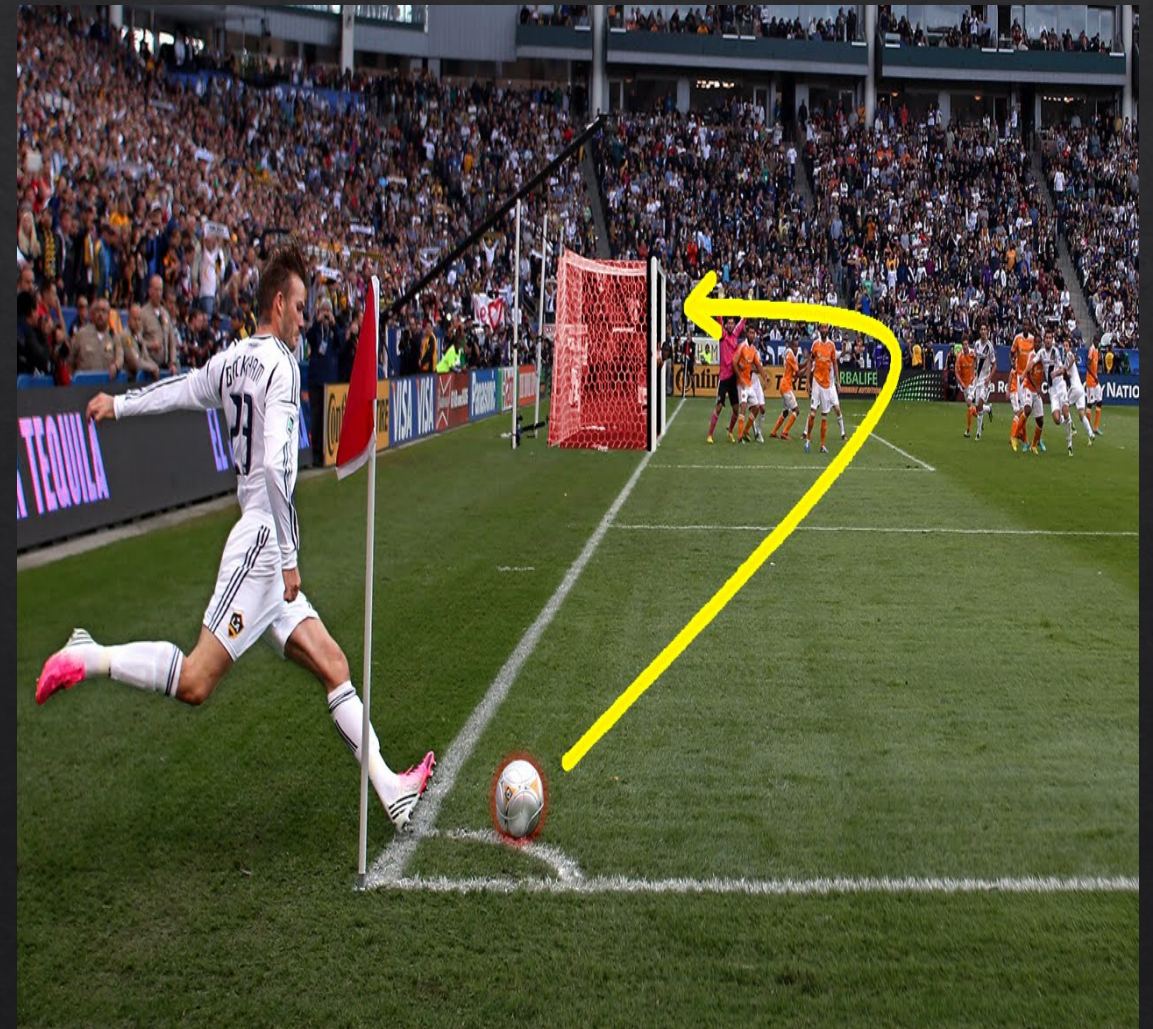
The player taking the throw-in must stand outside the field of play and use both hands to throw the ball from behind and over their head.



Corner Kicks

The ball is placed within the **corner arc**, typically marked by a small flag or marker, and must be stationary before the kick is taken.

A player from the attacking team stands inside the corner arc and takes the corner kick. The player may choose to play the ball directly into the **penalty area** or pass it short to a teammate for a quick play.



Goal Kicks

When a goal kick is awarded, a player from the defending team takes the kick from anywhere inside the goal area.

Players from both teams are positioned both inside and outside the penalty area during a goal kick.



Basic Football Skills: Passing

To excel in football, it is crucial to master the basic skills of **passing**, **dribbling**, and **shooting**.

Passing is an essential skill in football, as it allows players to distribute the ball accurately and efficiently to their teammates. Players must focus on their technique, such as using the inside of their foot for short passes and adjusting body position for longer passes.



Dribbling

Dribbling involves controlling the ball while moving, enabling players to navigate through tight spaces and bypass opponents.

Proper technique, such as using the inside and outside of the foot, maintaining close ball control, and keeping the body low and balanced, is key to effective dribbling.



Shooting

Scoring goals is the ultimate objective in football, and mastering shooting techniques is essential for success.

Players must practice their shooting accuracy, power, and technique, including proper foot placement, body positioning, and striking the ball **cleanly** with the desired force and accuracy.

