

# Football - ghid subiectiv

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## Prezentare generala

**Antrenamentul fizic si competitiiile sportive au reprezentat o forma de pregatire militara,inca din cele mai vechi timpuri. Chiar si la triburile neolitice, existau deja diferite forme de antrenament fizic, urmat de lupte simulate. Primele manifestari organizate ale acestor activitati, dateaza din antichitate si sunt cunoscute sub numele de Jocuri Olimpice. Prima competitie de acest gen a fost organizata in anul 776 i.e.n, la Olympos in Grecia Antica si a constat din diferite probe de alergare, lupte libere, aruncarea greutatii sau a sulitei ,concursuri pentru atelaje si care de lupta. Pregatirea si educarea tineretului se facea in antichitate in niste incinte special construite, denumite Gymnazium, de la care deriva denumirea de gimnastica pentru activitatile de educatie prin miscare.**

**Fotbalul este un joc, dar este si o forma de educatie fizica, sau in alti termeni este o disciplina sportiva. Daca prin joc intelegem o activitate usoara, relaxanta, prin disciplina se intelege deja faptul ca este necesara o forma oarecare de instructie si ca are ca scop un obiectiv greu de atins. Manualele de specialitate prezinta numeroase forme de pregatire fizica, asemanatoare cu jocul de fotbal, dar istoria adevarata a acestui sport incepe doar dupa formularea primului regulament de joc si constituirea primului club. Chiar daca activitati asemanatoare au fost utilizate in scoli si licee, sub forma de gimnastica in grup, jocul de fotbal propriu zis incepe doar in jurul anului 1840, in Scotia, o data cu aparitia primului club: Dublin University Football Club.**

**Jocul de fotbal consta din competitia dintre doua echipe formate din tineri cu conditie fizica foarte buna, sau exceptionala. Exista mai multe forme de joc ce au evoluat in paralel: fotbal, rugby, fotbal american, gaelic football, footsal...etc. Fiecare dintre ele are un regulament propriu, federatie si foruri organizatorice, echipament sportiv specific, suporteri si fani. Chiar daca balonul este rotund sau oval, sau daca jucatorii pot, sau nu pot juca mingea cu mana, scopul principal este acelasi. Una dintre cele doua echipe, trebuie sa demonstreze o organizare si o disciplina superioara, dublata de o pregatire atletica mai buna. Regulamentul de joc prevede cum se pot obtine puncte pozitive, sau cum se pot penaliza miscarile incorecte. Echipa care obtine mai multe puncte castiga jocul. Scopul final nu este inasa castigarea unei partide oarecare, ci pregatirea fizica si psihica necesara pentru a putea organiza un efort fizic colectiv, organizat si disciplinat. La nivel de individ, scopul final a fost rezumat de Juvenal prin dictonul : "mens sana in corpore sano". Pentru ochiul avizat, o partida de fotbal nu se rezuma la castigarea jocului, ci este un spectacol, in care cele doua echipe prezinta o forma oarecare de disciplina tactica. In esenta, o partida de fotbal este un mic razboi, ce se poarta cu reguli cavaleresti. Din pacate inasa, de multe ori acest razboi se rezuma la o confruntare fizica ce seamana mai mult a ciomageala, decat a intrecere atletica. Pregatirea unei partide de fotbal este extrem de complexa. In primul rand, trebuiesc selectati si disciplinati jucatorii, apoi trebuie atinsa o forma sportiva cat mai buna, dupa care trebuiesc lucrate si perfectionate exercitiile tehnico-tactice si strategice. Colaborarea dintre colegii de echipa este esentiala, conform principiului:**

**"toti pentru unul - unul pentru toti".**

**In epoca moderna, la aceste principii simple se adauga un imens volum de munca teoretica si statistica. Se calculeaza fiecare marja de efort, se armonizeaza solutiile de nutritie si hidratare, se calculeaza profilul sportiv si potentialul athletic al fiecarui jucator, se studiaza solutiile strategice ale adversarilor, se dezvoltata in permanenta baza materiala si mijloacele de motivare...etc. Cu alte cuvinte, de la un simplu joc, s-a ajuns la o activitate complexa, destul de asemanatoare cu o forma de pregatire militara.**

**Prima partida de fotbal inter tari,a avut loc in anul 1870, intre Scotia si Anglia. Intre timp, acest sport a cuprins initial continentul european, apoi s-a extins treptat la intregul mapamond. Pentru a organiza si coordona activitatea la nivel mondial, a fost creat in anul 1904, un for special**

denumit FIFA (Federation Internationale de Football Association). Raspandirea actuala a acestui sport, este prezentata schematic in imaginea de mai jos:

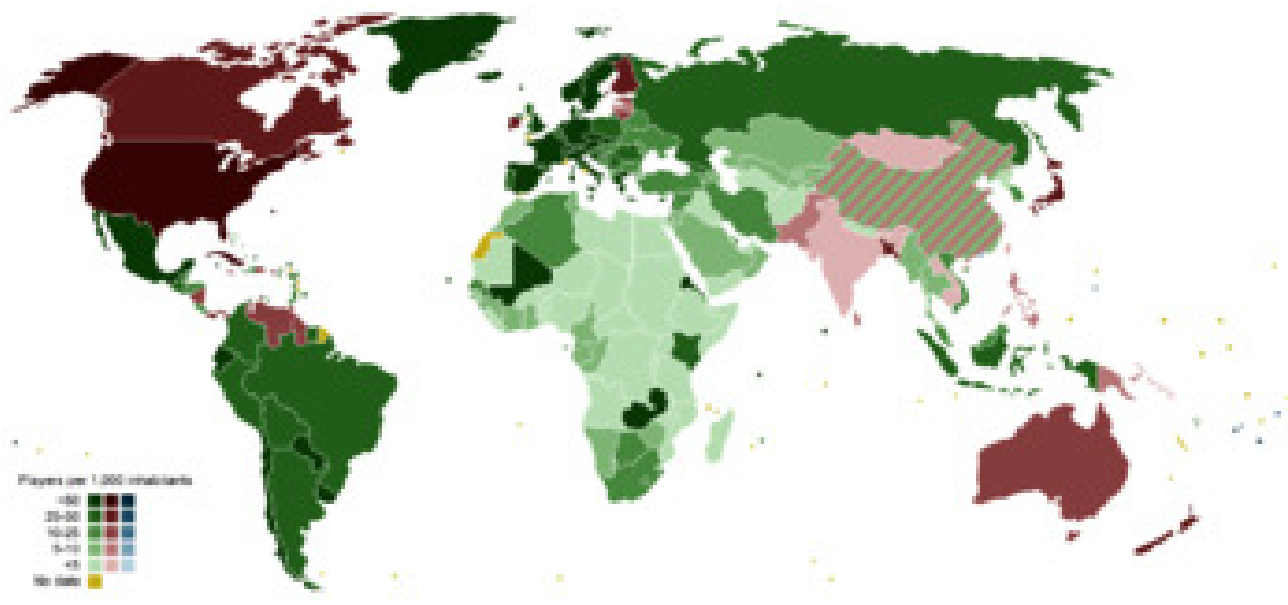


Diagrama prezinta schematic numarul de jucatori de football/1000 de locuitori

Popularitatea acestui sport, a depasit de mult granitele unei simple activitati sportive. Marea majoritate a barbatilor cu varste cuprinse intre 15 si 65 de ani, joaca sau au jucat vreodata o forma oarecare de fotbal (chiar daca doar la nivel de amatori). Acest grup de populatie reprezinta inasa si principala forta de munca a oricarei tari, respectiv cea care detine controlul asupra resurselor materiale. Ca rezultat, in jurul miscarii sportive s-a dezvoltat incet, incet o adevarata "cultura" extrasportiva pentru acest joc, cunoscuta sub numele de "fenomenul fotbalistic mondial". Fie din interes sportiv, fie din interes material, au aparut structuri si organizatii ce nu au alt obiect de activitate decat promovarea, sau prezentarea si popularizarea acestui sport. Mijloacele mass-media, reseaua Internet si chiar unele institutii guvernamentale furnizeaza in permanenta informatii si stiri pentru sutele de milioane de iubitori ai acestui sport. Din pacate, un procent reprezentativ de astfel de "fani", nu cunosc nici regulamentul de joc, nici scopul unei astfel de competitii, ci sunt atrasi doar de emotiile si spectacolul extrasportiv. Modul in care se organizeaza pentru a-si sustine echipa favorita, denota nu doar capacitatea organizatorica a clubului gazda, dar si nivelul de educatie si forma de disciplina pe care o intelege un anumit segment din populatie. In multe situatii, lipsa de disciplina a suporterilor, altereaza sau chiar anuleaza performanta sportiva a idolilor lor. Este nevoie de educatie si disciplina, pentru a putea favoriza performanta unui sportiv. Aceasta carte nu-si propune sa ofere informatii inedite, sau pertinente despre fotbal, ci sa ofere un minimum de notiuni necesare pentru a intelege si evalua ce se intampla in teren. Aceasta carte prezinta fotbalul asa cum este el perceput din interiorul miscarii sportive, ci asa cum este el perceput din exterior, dar cu un ochi totusi avizat. O parte dintre datele prezentate, vor fi analizate pur subiectiv, prin prisma unui practicant al acestui sport doar la nivel de amator. Din acest motiv, lucrarea nu are pretentia unui material stiintific, ci este doar "un alt fel de lumina", aruncata asupra fenomenului denumit fotbal.

Pentru a avea o imagine de sinteza, trebuie spus ca in lume exista la ora actuala circa 240 de milioane de jucatori de fotbal, la care se adauga circa 5 milioane de arbitri, observatori si oficiali. Principalele foruri internationale sunt : FIFA (243.000 jucatori), AFC (105.000) si UEFA (52.000), la care se adauga CAF, CONCACAF, CONMEBOL si OFC. Jucatorii legitimati la un club, nu reprezinta insa decat circa 4% dintre amatorii de fotbal. Potentialul de selectie este insa departe de a fi epuizat. Continentul African, Asia si Oceania abea au inceput sa manifeste interes activ fata de acest sport (China si India inca nu au produs echipe de top). Este probabil ca "magia" acestui sport, sa cuprinda mase din ce in ce mai mari de oameni. Mai mult decat atat, fotbalul a inceput sa prinda contur si in randul femeilor (cu zeci de mii de jucatoare legitimate). Mai mult decat un sport si un mijloc de divertisment, fotbalul este un spectacol si o forma de educatie, atat pentru participanti, cat si pentru spectatori si telespectatori. In tarile europene, exista o adevarata industrie "mass media", un adevarat cult pentru acest joc. Alaturi de clasicii din muzica si literatura, jucatorii de fotbal "de top" fac parte din panoplia de idoli ai tinerei generatii.

## Scurt istoric

Istoria jocurilor cu mingea se pierde undeva in negura timpurilor. In majoritatea cazurilor, este vorba despre exercitii sportive, cu obiecte mai mult sau mai putin asemanatoare cu o minge. Jocul de fotbal propriu zis, incepe o data cu primul regulament prin care se prevede faptul ca mingea nu poate fi jucata decat cu piciorul. Denumirea de fotbal, provine de la termenul englez "football", format din cuvintele foot=picior si ball=minge. Jocul de fotbal a fost foarte popular printre tineri, cu mult inainte de a fi reglementat prin reguli acceptate universal. Astfel in anul 1835, a aparut prima lege prin care erau amendati cei ce jucau fotbal pe strada (Highway Act 1835), iar in anul 1840 a fost nevoie de interventia armatei, pentru a intrerupe o partida de fotbal (Richmond).

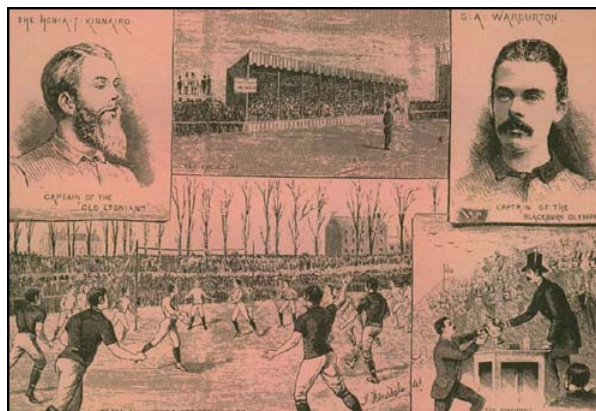
Primul regulament sistematic a fost tiparit de studentii de la Colegiul Cambridge, in anul 1848, si a ramas in istorie sub numele de Regulamentul Cambridge (Cambridge Rules). Regulile de baza erau cam aceleasi, cu diferenta ca jucatorii puteau sa opreasca mingea si cu mana, dar cu obligatia sa o loveasca imediat cu piciorul (drop ball), iar loviturile de la margine se executau cu o singura mana. Nu exista nici regula offside-ului si nu exista un numar fix de jucatori. Acest regulament a fost modernizat tot la Cambridge, in anul 1862, primul meci disputat cu noul regulament fiind cel dintre Old Etonians si Old Harrovians.

Cel mai vechi club de fotbal inregistrat legal este Dublin University Football Club infiintat in anul 1854, la colegiul Trinity Colledge din Dublin, Irlanda. Au urmat: Sheffield Football Club in Sheffield Anglia (1857) si Cambridge University Association Football Club (1857), Edinburgh Academical Football Club (1857), Blackheath Football Club (1858), Liverpool Football Club (1858), University of St Andrews Rugby Football Club (1858), Melborne Football Club (1859), Geelong Football Club (1859), Ballarat Football Club (1860), Adelaide Football Club (1860), Manchester Football Club (1860), Laussane Football Club (1860), Munich 1860 , Oneida Football Club(1861), Nottingham Football Club (1862), Montevideo Cricket Club (1864)...etc.

Prima partida de fotbal consemnata in presa a fost partida dintre : Sheffield si Hallam, din anul 1862, despre care relateaza un articol din gazeta The Sheffield Independent. Se pare ca meciul a fost foarte aproape sa degeneze intr-o bataie propriu-zisa, dar un oarecare Major Creswik a reusit sa-si pastreze cumpatul si sa nu raspunda la loviturile adversarului-fapt laudat de presa.



Elevii unui colegiu



Primele stadioane

In anul 1863, la taverna Freeman's din Londra, se pun bazele primei federatii, cunoscuta sub numele de Football Assosation. La aceasta intalnire au luat parte reprezentati de la urmatoarele cluburi: Barnes, Blackheath, Perceval House, Kensington School, The War Office, Crystal Palace, Forest, the Crusaders, No Name of Kilburn si Charterhouse. La aceasta intalnire, Percy Young a tinut sa precizeze ca toti membrii fondatori apartin unor familii din inalta societate si sunt:

"Men of prejudice, seeing themselves as patricians, heirs to the doctrine of leadership and so law-givers by at least semi-divine right."

adica "sunt oameni ai legii, ce se considera patricieni, destinati sa ofere legi si sa conduca, prin urmare sunt creditati cu drepturi cel putin semi-divine". A fost ales si primul secretar al asociatiei, in persoana lui Ebenezer Coob Morley. Jocul de fotbal din acele timpuri semana mai mult cu cel de rugby, dar functiona in cluburi diferite, cu o federatie diferita. In anul 1871, Charles Alcock in calitate de secretar al federatiei are onoarea de a anunta infiintarea primei cupe a federatiei, sub numele de Football Association Chalange Cup. A fost prima competitie de tip knockout, la care au participat 12 echipe, ce au cotizat cu cate o guinee, pentru cupa de 10 de lire, ce a fost castigata de echipa Wonderers. Primele mingi erau din piele, iar ghetetele se improvizau din ghetete obisnuite, la care jucatorii adaugau artizanal tot felul de intariri si crampoane. Prima regula prin care se reglementa si echipamentul de joc, a aparut in anul 1863 si stipula faptul ca sunt interzise ghetetele cu cuie, sau cu orice fragmente metalice atasate (crampoane metalice).



Cea mai veche minge (1863)



Echipament improvizat



Primele jucatoare

In 1871, apare regula prin care partida este condusa de un arbitru neutru, iar in 1882 apare o regula prin care jocul nesportiv era denumit "nedemn pentru un gentleman". Zorii fotbalului profesionist incep in anul 1885, cand Football Association anunta ca este in interesul federatiei sa permita angajarea unor jucatori, contra unor sume de bani, dar numai in anumite conditii. Astfel, echipele puteau sa angajeze jucatori profesionisti doar cu conditia ca jucatorii sa se fi nascut, sau cel putin sa fi locuit in ultimii doi ani, la mai putin de 10 Km de arena de joc. Prima echipa care se inregistreaza la "fisc" ca echipa profesionista, este Blackburn Rovers, care a cheltuit in sezonul 1885-1886 suma de 615 lire, pentru plata jucatorilor profesionisti ( si a platit impozitele aferente). Jucatorii de top, ca James Forrest si Joseph Lofthouse erau platiti cu sume ce ajungeau pana la 1 lira pe saptamana. Primul meci international de fotbal s-a disputat in anul 1870, la 5 Martie, intre Anglia si Scotia si s-a terminat cu o remiza (1-1). Echipa Angliei a fost condusa de W.Alcock iar cea a Scotiei l-a avut drept capitan de echipa pe J.Kirkpatrick. Urmatorul meci, s-a disputat intre aceleasi echipe, in 19 Noiembrie 1870 si a fost castigat de Anglia, cu scorul de 1-0.



Echipa Blackburn



Anglia - Scotia 1870

Primul litigiu rezolvat juridic, a fost in anul 1887, cand Sunderland a batut pe Middlesbrough cu scorul de 4-2. Middlesbrough a sesizat ca trei dintre jucatorii de la Sunderland domiciliu in Scotia si au fost platiti cu suma de 30 de shillings pentru a se deplasa la meci. Ancheta a stabilit ca sumele respective figurau in registrele clubului, astfel ca Sunderland a fost exclusa din competitie si a fost obligata sa plateasca cheltuielile de judecata. Sumele cheltuite cu jucatorii profesionisti au inceput sa fie din ce in ce mai mari, astfel ca principalele cluburi au decis sa organizeze cat mai multe partide cu public. Astfel, la 23 Martie 1888, s-a infiintat Liga Profesionista (Football League), formata din 12 echipe: Preston North End, Accrington, Blackburn Rovers, Burnley, Bolton Wanderers si Everton (toate din Lancashire) si respectiv Aston Villa, Derby County, Notts County, Stoke, West Bromwich Albion si Wolverhampton Wanderers (toate din Midlands). Alte echipe ca: Sunderland, Sheffield, Nottingham Forrest, Darween si Bootle nu au fost incluse, deoarece erau din localitati mult prea indepartate si pretul transportului elimina profiturile. Primul campionat al ligii s-a desfasurat in anul 1888 si a fost castigat de Preston North End cu 18 victorii si 4 remize (au primit porecla de "Invincibili"). Primul golgheter a fost John Goodall cu 21 de goluri marcate. In anul urmator, s-a organizat si prima competitie de tip Cupa, castigata tot de Preston North End cu scorul de 3-0, in fata echipei Wolverhampton Wanderers. Urmatoarele campioane au fost Everton (1890-1891) si Sunderland (1892-1893). Pretul unui bilet la meci era de 6 dimes (60 centi), iar salariul unui jucator ajungea pana la 4 lire/saptamana (un functionar decent avea 2 lire/saptamana). Pretul biletelor era atat de

ridicat, deoarece fotbalul era considerat un sport aristocratic si se dorea limitarea accesului la meci a persoanelor din clasele "de jos" ale societatii.

In anul 1898, gazeta South Essex Gazette mentioneaza un gol "spectaculos" in care portarul a fost impins in poarta cu mingea in brate, de catre doi jucatori din echipa adversa. Golul a fost perfect valabil, deoarece regulamentul nu interzicea jocul "corp la corp". Transportul feroviar a scazut foarte mult pretul deplasarilor, astfel ca in anul 1901, la finala Cupei dintre Tottenham Hotspur si Sheffield United s-a inregistrat pe stadionul Crystal Palace cifra record de 114000 de spectatori. Urmatorul eveniment important a fost in anul 1904, cand s-a infiintat la paris FIFA (Federation International de Football Association). Membri fondatori au fost federatiile din Franta, Belgia, Olanda, Danemarca, Spania, Suedia si Elvetia. Numarul tarilor participante a crescut permanent, pana la cifra actuala de peste 200 de tari membre. Incepe epoca fotbalului international. Un simplu joc englezesc, incepe sa inferbante tot mai multe minti, pe tot mapamondul. Primele federatii din afara Europei, afiliate la FIFA au fost: Africa de Sud (1909), Argentina si Chile (1912), USA si Canada (1913). A urmat primul razboi mondial, ce a determinat o pauza competitionala generala. Federatia Romana de fotbal s-a infiintat in anul 1909 si a aderat la FIFA in anul 1923. In anul 1928, Congresul FIFA decide organizarea unei competitii de nivel mondial, cu numele de FIFA. Presedintele federatiei, Jules Rimet (ales in anul 1920) a fost cel care a dat numele primei Cupe, pusa in joc la primul "Mondial", cel din 1930, organizat de Uruguay.



Sigla



Estadio Centenario



Mingea oficiala



Cupa FIFA

S-a desfasurat la Montevideo, pe stadionul Centenario (Uruguay-ul sarbatoarea 100 de ani de independenta), intre 13 si 30 Iulie. Au participat 13 echipe: Argentina, Chile, Franta, Mexic (Grupa 1) Brazilia, Bolivia si Yugoslavia (Grupa 2), Uruguay, Peru si Romania (Grupa 3) si USA, Belgia si Paraguay (Grupa 4). In finala, Uruguay a invins Argentina cu 2-1. Echipa Romaniei a invins Peru cu 3-1, dar a fost invinsa de Uruguay cu 4-0. Meciul cu Peru a intrat in istoria Cupei Mondiale, ca fiind meciul cu cei mai putini spectatori din intreaga istoria a competitiei (2459 dintre care au ramas pana la sfarsit, circa 300).

A urmat cel de al doilea Mondial, organizat de Italia, in 1934 intre 27 Mai si 10 Iunie. Au participat 16 echipe, intr-o competitie de tip "knock out", cu meciuri eliminatorii: Italia - USA (7-1), Spania-Brazilia (3-1), Austria-Franta (3-2), Ungaria - Egipt (4-2), Cehoslovacia-Romania (2-1), Elvetia-Olanda (3-2), Germania-Belgia (5-2), Suedia-Argentina (3-2) Finala a fost castigata de Italia cu scorul de 2-1, in fata Cehoslovaciei. Meciul a fost transmis integral la radio (prima finala transmisa prin mijloace mass-media).

Urmatorul Mondial a fost organizat de Franta, in 1938, intre 4 si 19 Iunie. Au participat 15 echipe, cu urmatoarele meciuri eliminatorii directe: Franta-Belgia (3-1), Italia-Norvegia (2-1),

Brazilia-Polonia (6-5), Cehoslovacia-Olanda (3-0), Germania-Elvetia (1-1 si 2-4), Ungaria-Indiile Olandeze (6-0), Cuba -Romania (3-3 si 2-1) si Suedia-Austria (Austria s-a retras). Finala a fost castigata de Italia cu 4-2 in fata Ungariei.



Poster 1934



Poster 1938



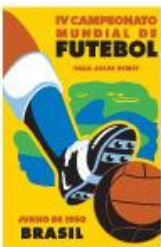
Start 1938



Sigla FIFA

A urmat o pauza competitionala, generata de cel de al doilea razboi mondial. Competitiile de nivel international se reiau in anul 1946, cu meciul dintre selectionata Imperiului Britanic, contra restului Europei (scor final 6-1). Urmatorul Mondial a fost organizat de Brazilia, in anul 1950, intre 24 iunie si 16 Iulie. Incepand cu acest mondial, Cupa FIFA a fost denumita Cupa Jules Rimet (25 de ani ca presedinte FIFA). Au participat 16 echipe, impartite in 4 grupe: Brazilia, Yugoslavia, Elvetia, Mexic (grupa 1), Spania, Anglia, USA, Chile (grupa 2), Suedia, Italia, Paraguay, India (s-a retras) (grupa 3) si Uruguay, Bolivia, Scotia (s-a retras), Turcia (s-a retras) (grupa 4). Finala a fost castigata de Uruguay cu scorul de 2-1, in fata Braziliei.

Editia 1954 a fost organizata de Elvetia, intre 16 Iunie si 4 Iulie. A fost aleasa Elvetia, fiind gazda forului suprem FIFA, ce sarbatorea in acel an 50 de ani de existenta. Au participat 16 echipe: Brazilia, Yugoslavia, Franta, Mexic (grupa 1), Ungaria, Germania, Turcia, Coreea (grupa 2), Uruguay, Cehoslovacia, Austria, Scotia (grupa 3) si Anglia, Elvetia, Italia, Belgia (grupa 4). Finala a fost castigata de Germania, cu scorul de 3-2 in fata Ungariei.



Poster 1950



Independente 1950



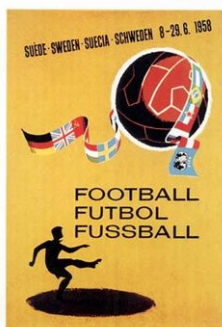
Stadionul Ilha 1950



Poster 1954

In 1958 Cupa Mondiala a fost organizata de Suedia, intre 8 si 29 Iunie. Au participat 16 echipe: Germania, Irlanda de Nord, Cehoslovacia si Argentina (grupa1), Franta, Yugoslavia, Paraguay si Scotia (grupa 2), Suedia, Tara Galilor, Ungaria si Mexic (grupa 3) si Brazilia, URSS, Anglia si Austria (grupa 4). Finala a fost castigata de Brazilia cu scorul de 5-2 in fata Suediei. A fost editia de debut pentru brazilianul Pele (17 ani), cu 5 goluri marcate in semifinala si finala (6 in total).

Urmatorul Mondial a fost cel din anul 1962, organizat de Chile, intre 30 mai si 17 Iunie. Au participat 16 echipe: URSS, Yugoslavia, Uruguay, Columbia (grupa 1), Germania, Chile, Italia, Elvetia (grupa 2), Brazilia, Cehoslovacia, Mexic, Spania (grupa 3), Ungaria, Anglia, Argentina si Bulgaria (grupa 4). Finala a fost castigata de Brazilia, cu scorul de 3-1 in fata Cehoslovaciei. Au stralucit brazilienii Garrincha si Vava. A fost ultima editie fara transmisiune directa TV.



Suedia 1956



Rasunda Stadion



Pele



Chile 1962



Stadionul Santiago

Editia 1966 a fost organizata de Anglia, intre 11 si 30 Iulie, pentru a sarbatori 100 de ani de la "standardizarea" fotbalului englez. Au participat 16 echipe, organizate in 4 grupe, astfel: Anglia, Uruguay, Mexic, Franta (grupa 1), Germania, Argentina, Spania, Elvetia (grupa 2), Portugalia, Ungaria, Brazilia, Bulgaria (grupa 3), URSS, Italia, Coreea, Chile (grupa 4). In finala, a castigat Anglia cu scorul de 4-2 in fata Germaniei, dupa un meci foarte disputat. Festival englez, in care s-au remarcat portughezul Eusebio si germanul Franz Beckenbauer.



Anglia 1966



Hillsborough

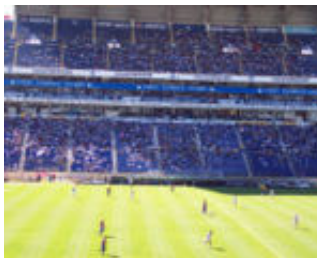


Wembley



Gustul victoriei

Urmatorul "Mondial" a fost organizat in anul 1970, in Mexic, intre 31 mai si 21 Iunie. Au participat 16 echipe: URSS, Mexic, Belgia, San Salvador (grupa 1), Italia, Uruguay, Suedia si Israel (grupa2), Brazilia, Anglia, Romania si Cehoslovacia (grupa 3), Germania, Peru, Bulgaria si Maroc (grupa 4). Echipa noastra a fost pe locul 3 in grupa, dupa 0-1 cu Anglia, 2-3 cu Brazilia si 2-1 cu Cehoslovacia. In finala, Brazilia a invins Italia cu scorul de 4-1. Golgheter a fost germanul Gerd Muller, dar eroul editiei a fost Pele (la a patra participare in Cupa Mondiala). Brazilia a cucerit titlul pentru a treia oara (si-a adjudecat trofeul). A fost una dintre cele mai frumoase editii.



Mexic 1970

Stadionul Jualisco

Stadionul Cuauhtemoc

Mingea Oficiala

In anul 1974, gazda Cupei Mondiale a fost Germania, intre 13 Iunie si 7 Iulie. Au participat 16 echipe: Germania de Vest, Germania de Est, Chile, Australia (grupa 1), Yugoslavia, Brazilia, Scotia, Zair (grupa 2), Olanda, Suedia, Bulgaria, Uruguay (grupa 3), Polonia, Argentina, Italia, Haiti (grupa 4). In finala, Germania a invins Olanda cu scorul de 2-1. A fost inaugurata noua Cupa, iar cele doua Germanii, s-au intalnit pentru prima data, intr-un campionat mondial. Impecabil.



Germania 1974

Reichenstadion

Westfalenstadion

Cupa FIFA

Editia 1978 a fost organizata de Argentina, intre 1 Iunie si 25 Iunie. Au participat 16 echipe: Italia, Argentina, Franta, Ungaria (grupa 1), Polonia, Germania, Tunisia, Mexic (grupa 2), Austria, Brazilia, Spania, Suedia (grupa 3), Peru, Olanda, Scotia si Iran (grupa 4). In finala, Argentina a invins Olanda cu scorul de 3-1 (dupa prelungiri). Organizare foarte entuziasta, multe surprize, rasturnari de situatie, manifestari emotionale...pe scurt, o editie "latino".



Argentina 1978

Amalfitani

Mendoza

Minella

Urmatoarea Cupa Mondiala a fost organizata in Spania, intre 13 Iunie si 11 Iulie. Au participat 24 de echipe: Polonia, Italia, Camerun, Peru (grupa 1), Austria, Algeria, Chile (grupa 2), Belgia, Argentina, Ungaria, El Salvador (grupa 3), Anglia, Franta, Cehoslovacia, Kuwait (grupa 4), Irlanda de Nord, Spania, Yugoslavia, Honduras (grupa 5), Brazilia, URSS, Scotia, Noua

**Zeelanda (grupa 6). In finala, Italia a invins Germania cu scorul de 3-1. A fost primul "mondial" la care au participat echipe de pe toate cele 6 continente.**



**Spania 1982**



**El Molinon**



**Malaga**

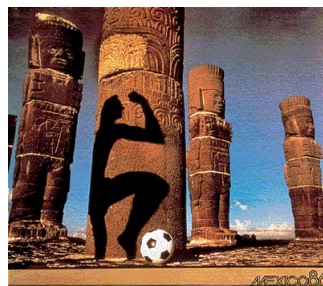


**Sevilla**

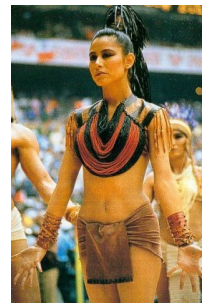
**Editia 1986, a fost organizata in Mexic, intre 31 Mai si 21 Iunie. Au participat urmatoarele 24 de echipe: Argentina, Italia, Bulgaria, Coreea (grupa 1), Mexic, Paraguay, Belgia, Irak (grupa 2), URSS, Franta, Ungaria, Canada (grupa 3), Brazilia, Spania, Irlanda de Nord, Algeria (grupa 4), Danemarca, Germania, Uruguay, Scotia (grupa 5) si Maroc, Anglia, Polonia, Portugalia (grupa 6). In finala, Argentina a invins Germania cu scorul de 3-2. Argentinianul Maradona a fost jucatorul emblematic al acestui turneu.**



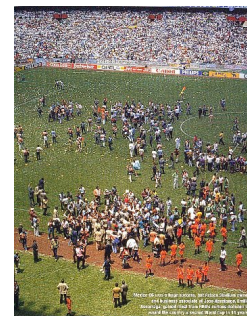
**Mexic 1986**



**Poster**



**Deschiderea**



**Sfarsitul turneului**

**In anul 1990, Cupa Mondiala a fost organizata de Italia, intre 8 Iunie si 8 Iulie. Au participat 24 de echipe: Italia, Cehoslovacia, Austria, USA (grupa A), Camerun, Romania, Argentina, URSS grupa B), Brazilia, Costa Rica, Scotia, Suedia (grupa C), Germania, Yugoslavia, Columbia, Emiratele Arabe Unite (grupa D), Spania, Belgia, Uruguay, Coreea (grupa E), Anglia, Irlanda, Olanda, Egipt (grupa F). Echipa noastra a terminat grupa pe locul 2, dupa 2-0 cu URSS, 1-1 cu Argentina si 1-2 cu Camerun. In turul urmator a fost eliminata de Irlanda (la penalty-uri). Finala a fost castigata de Germania cu scorul de 1-0 in fata Argentinei. A fost ultimul mondial cu arbitrii echipati in negru si cu 2 puncte de meci pentru victorie.**



**Italia 1990**



**Genova**



**San Paolo**



**San Siro**

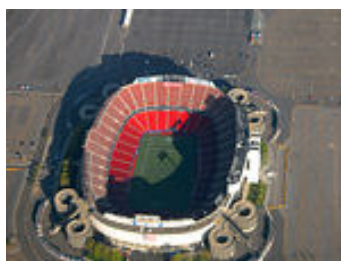
Editia 1994 a fost gazduita de Statele Unite ale Americii, intre 17 Iunie si 17 Iulie. Au participat 24 de echipe: Romania, Elvetia, USA, Columbia (grupa A), Brazilia, Suedia, Rusia, Camerun (grupa B), Germania, Spania, Coreea, Bolivia (grupa C), Nigeria, Bulgaria, Argentina, Grecia (grupa D) Mexic, Irlanda, Italia, Norvegia (grupa E), Olanda, Arabia Saudita, Belgia, Maroc (grupa F). Echipa noastra a terminat grupa pe primul loc, dupa: 3-1 cu Columbia, 1-4 cu Elvetia si 1-0 cu USA. In turul urmator a trecut de Argentina cu 3-2, apoi a fost eliminata de Suedia (la penalty-uri). Finala a fost castigata de Brazilia, in fata Italiei (la penalty-uri). A fost primul "Mondial" cu meciuri jucate si "indoors" (Pontiac Silverdome). Transmisie TV excelenta (ceas, tabela, teletext etc.)



USA 1994



Chicago



Giants



RFK

Urmatoarea editie a fost organizata de Franta, in 1998, intre 10 Iunie si 12 Iulie. Au participat 32 de echipe: Brazilia, Norvegia, Maroc, Scotia (grupa A), Italia, Chile, Austria, Camerun (grupa B), Franta, Danemarca, Africa de Sud, Arabia Saudita (grupa C), Nigeria, Paraguay, Spania, Bulgaria (grupa D), Olanda, Mexic, Belgia, Coreea (grupa E), Germania, Yugoslavia, Iran, USA (grupa F), Romania, Anglia, Columbia, Tunisia (grupa G), Argentina, Croatia, Jamaica, Japan (grupa H). Echipa noastra a terminat grupa pe primul loc, dupa: 1-0 cu Columbia, 2-1 cu Anglia si 1-1 cu Tunisia. Finala a fost castigata de Franta, cu scorul de 3-0 in fata Braziliei. A fost prima editie cu un numar extins de participante (3-2). S-a introdus regula "golului de aur" (primul gol marcat in prelungiri).



Franta 1998



Stade de France



Stade Velodrome



Stade de Beaujoire

Editia 2002 a fost gazduita de Coreea de Sud si Japonia, intre 31 Mai si 30 Iunie. Au participat 32 de echipe: Danemarca, Senegal, Uruguay, Franta (grupa A), Spania, Paraguay, Africa de Sud si Slovenia (grupa B), Brazilia, Turcia, Costa Rica, China (grupa C), Coreea, USA, Portugalia, Polonia (grupa D), Germania, Irlanda, Camerun, Arabia Saudita (grupa E), Suedia, Anglia, Argentina, Nigeria (grupa F), Mexic, Italia, Croatia, Ecuador (grupa G), Japonia, Belgia, Rusia, Tunisia (grupa H). Finala a fost castigata de Brazilia cu scorul de 2-0 in fata Germaniei, dupa un meci foarte frumos. Prima editie asiatica a fost organizata ireprosabil, stadioane ultramoderne. China la prima participare.



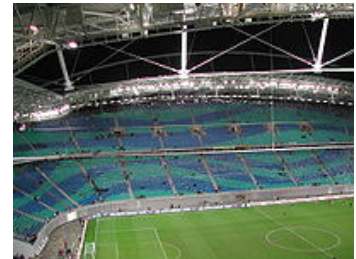
Asia 2002

Busan Asiad

Seul

Oita Stadium

Urmatoarea editie, cea din 2006, a fost organizata de Germania, intre 9 Iunie si 9 Iulie. Echipele: Germania, Ecuador, Polonia, Costa Rica (grupa A), Anglia, Suedia, Paraguay, Trinidad (grupa B), Argentina, Olanda, Coasta de Fildes, Serbia (grupa C), Portugalia, Mexic, Angola, Iran (grupa D), Italia, Ghana, Cehia, USA (grupa E), Brazilia, Australia, Croatia, Japonia (grupa F), Elvetia, Franta, Coreea, Togo (grupa G), Spania, Ucraina, Tunisia, Arabia Saudita (grupa H). In finala a castigat Italia in fata Frantei (la penalty-uri). Cele 64 de partide au fost urmarite de 3350000 spectatori si 26 de miliarde de telespectatori (715000000 telespectatori doar pentru finala).



Germania 2006

Allianz Arena

Coba Arena

Zentralstadion Main

Ultima editie a fost cea din anul 2010, organizata de Africa de Sud. Este prima editie de Cupa Mondiala organizata pe continentul African. Au participat 32 de echipe, impartite in opt grupe, astfel: Africa de Sud, Mexic, Uruguay si Franta (grupa 1), Argentina, Nigeria, Coreea de Sud si Grecia (grupa 2), Anglia, USA, Algeria si Slovenia (grupa 3), Germania, Australia, Serbia si Ghana (grupa 4), Olanda, Danemarca, Japonia si Camerun (grupa 5), Italia, Paraguay, Noua Zeelanda si Slovacia (grupa 6), Brazilia, Coreea de Nord, Coasta de Fildes si Portugalia (grupa 7), Spania, Elvetia, Honduras, Chile (grupa 8). In finala, a castigat Spania cu scorul de 1-0 in fata Olandei. Echipele africane au lasat o impresie foarte frumoasa. Viitoarea campioana mondiala s-a nascut deja, undeva pe continentul African.



Africa de Sud 2010

Cape - Town

Durban

Johanesburg

## Principalele competitii europene

Continentul european, cu un numar foarte mare de echipe nationale si de club, detine inca o pondere importanta in competitile de nivel mondial, dar echipele Sud Americane, iar mai nou si cele Africane sunt un partener de joc pe masura. In Europa, competitile de nivel european ce se desfasoara anual sunt: Cupa UEFA, Cupa Cupelor, Cupa Campionilor Europeni si Supercupa.

Cupa UEFA, transformata in anul 2009 in UEFA Europa League, se desfasoara incepand din anul 1955 (Cupa Oraselor Targuri). Participa cele mai bune echipe din tarile participante. Cele mai multe victorii au fost obtinute de: Anglia, Italia si Spania, iar cele mai galonate cluburi sunt: FC Barcelona, Internazionale Milano, Juventus, Liverpool si Valencia (cu cate 3 victorii).

Cupa Cupelor, a fost organizata intre anii 1960-1999 intre castigatoarele Cupei din fiecare tara. Prima castigatoare a fost Fiorentina, iar ultima a fost Lazio. A fost asimilata in Cupa UEFA.

Cupa Campionilor Europeni (Champions League), se desfasoara din anul 1955 intre campioanele nationale din anul respectiv. Cele mai multe victorii, au fost inregistrate de echipa Real Madrid cu 9 victorii, urmata de AC Milan cu 7 victorii si Liverpool cu 5 victorii. Steaua Bucuresti si-a adjudecat titlul de Campiona Europeana in anul 1986 si a fost finalista in 1989 si semifinalista in anul 1988.

Supercupa Europei, este de fapt un singur meci festiv in care se intalnesc castigatoarele celor doua competitii majore: Champions League si Europa League. Steaua a cucerit supercupa in anul 1986.



Cupa UEFA



Cupa Cupelor



Cupa Campionilor



Supercupa

## Fotbalul din Romania

Istoria oficiala a fotbalului romanesc incepe in anul 1909, prin infiintarea Federatiei Romane de Fotbal. In acelasi an, se organizeaza primul campionat intern, intre echipele: Olimpia Bucuresti, Colentina Bucuresti si United Ploiesti. Echipa Olimpia a fost declarata campioana, dupa ce a invins pe Colentina cu scorul de 2-1. Era epoca de pionierat, cand echipamentul era procurat de jucatori prin mijloace proprii, iar terenul trebuia inchiriat. Nu existau cluburi propriu zise, iar echipele erau formate din entuziasti locali si din cetatenii straini angajati la

diverse fabrici sau la companiile petroliere. In anul urmatoar, campionatul a fost castigat de United Ploiesti, iar in anul 1912, s-au inscris in competitie si echipele: Buckarester FC, Cercul Athletic Bucuresti si Uniunea Sportiva Bucuresti. Campioana a fost Colentina. In Ardeal, functiona echipa CFR Cluj, infiintata in anul 1907 sub numele de KVS (Clubul Sportiv Feroviar).



Olimpia 1909



Colentina



CFR 1911



Stadionul Cluj 1911

Urmatoarele campioane au fost: Compania Romano-Americana si Prahova Ploiesti, dupa care a urmat o pauza, generata de primul razboi mondial, si Marea Unire. Campionatul se largeste cu echipele ardelene, printre care: Chinezul si Ripensia din Timisoara si Universitatea Cluj (1919). Primele doua editii au fost castigate de Venus Bucuresti, dupa care a urmat o serie de 5 titluri consecutive, castigate de Chinezul Timisoara, apoi Venus Bucuresti alternativ cu Ripensia. In anul 1940, campionatul intern se intrerupe pana in 1946 (cel de al doilea razboi mondial).



23. 9. 1922. CHINEZUL - VICTORIA 5:1 (2:1)  
Din stanga: Toth, Bodola, Sioner, Trech I, Holsky, Trech II, Ritor, Tãnzar, Kendor, Fervey, Matk, Rãnak.

Chinezul-Victoria 1922



Ripensia - U Cluj 1934



U Cluj 1920



FC Timisoara

In anii 1946 si 1947, se impune echipa UTA Arad, apoi CA Oradea, pentru ca incepand din anul 1951 sa inceapa dominatia echipelor nou infiintate Steaua Bucuresti si Dinamo Bucuresti, cu rare intercalari ale unor echipe ca Petrolul, Rapid, Universitatea Craiova si FC Arges . Este epoca cluburilor sportive muncitoresti, animate de un puternic atasament popular. Incepe fotbalul modern cu stadioane, transmisiuni radio-tv si mediatizare intensa. Principalele prezente internationale au fost cele din Cupa Mondiala, unde echipele noastre s-au prezentat onorabil. Delegatiile noastre au fost formate din:

**CM 1930 URUGUAY -antrenori: Constantin Radulescu si Octav Luchide jucatori: Stefan Barbu, Rudolf Burger, Iosif Czako, Adalbert Desu, Alfred Eisenbeisser, Nicolae Kovacs, Ion Lapusneanu, Ladislau Raffinsky, Corneliu Robe, Constantin Stanciu, Adalbert Steiner, Ilie Subaseanu, Emerich Vogl, Rudolf Wetzer, Samuel Zauber.**

**CM 1934 ITALIA -antrenor Constantin Radulescu jucatori: Gheorghe Albu, Iuliu Baratky, Silviu Bindea, Iuliu Bodola, Rudolf Burger, Gheorghe Ciolac, Stanislau Konrad, Alexandru Cuedan, Vasile Deheleanu, Stefan Dobay, Augustin Juhasz, Stefan Klimek, Rudolf Kotormany, Nicolae Kovacs, Iosif Morawetz, Adalbert Pullock, Gratian Sepi, Alexandru Schwartz, Lazar Sfera, Emerich Vogl, Carol Weichelt, William Zombory.**

**CM 1938 FRANTA antrenor: Constantin Radulescu jucatori: Iuliu Baratky, Andrei Barbulescu, Silviu Bindea, Iuliu Bodola, Ioan Bogdan, Coloman Braun Bogdan, Rudolf Burger, Vasile Chiroiu, Vintila Cossini, Mircea David, Stefan Dobay, Stefan Dobra, Iacob Felecan, Nicolae Kovacs, Ioachim Moldoveanu, Edmund Naghy, Dumitru Pavlovici, Iuliu Prassler, Ladislau Raffinsky, Gheorghe Rasinaru Robert Sadowski, Lazar Sfera.**

**CM 1970 MEXIC antrenori: Angelo Niculescu, Emeric Vogl, Stefan Kovacs, Nicolae Dumitru jucatori: Necula Raducanu, Lajos Satmareanu, Nicolae Lupescu, Mihai Mocanu, Cornel Dinu, Dan Coe, Emeric Dembrovski, Nicolae Dobrin, Florea Dumitrache, Mircea Lucescu, Radu Numweiller, Mihai Ivancescu, Augustin Deleanu, Vasile Gherghely, Ion Dumitru, Alexandru Neagu, Gheorghe Tataru, Marius Tufan, Flavius Domide, Nicolae Pescaru, Stere Adamache, Gheorghe Gornea.**

**CM 1990 ITALIA antrenor: Emerich Jenei jucatori: Silviu Lung, Mircea Rednic, Michael Klein, Ioan Andone, Iosif Rotariu, Gheorghe Popescu, Marius Lacatus, Ioan Sabau, Rodion Camataru, Gheorghe Hagi, Danut Lupu, Bogdan Stelea, Adrian Popescu, Florin Raducioiu, Dorin Mateut, Daniel Timofte, Ilie Dumitrescu, Gavril Balint, Emil Sandoi, Zsolt Muzsnay, Ioan Lupescu, Gheorghe Liliac**

**CM 1994 USA antrenor: Anghel Iordanescu jucatori: Florin Prunea, Dan Petrescu, Daniel Prodan, Miodrag Belodedici, Ioan Lupescu, Gheorghe Popescu, Dorinel Munteanu, Iulian Chirita, Florin Raducioiu, Gheorghe Hagi, Ilie Dumitrescu, Bogdan Stelea, Tibor Selymes, Gheorghe Mihali, Basarab Panduru, Ion Vladioiu, Viorel Moldovan, Constantin Galca, Corneliu Papura, Ovidiu Stanga, Marian Ivan Stefan Preda.**

**CM 1998 FRANTA antrenor: Anghel Iordanescu jucatori: Dumitru Stangaciu, Dan Petrescu, Cristian Dulca, Anton Dobos, Constantin Galca, Gheorghe Popescu, Marius Lacatus, Dorinel Munteanu, Viorel Moldovan, Adrian Ilie, Gheorghe Hagi, Bogdan Stelea, Liviu Ciobotariu, Radu Niculescu, Lucian Marinescu, Gabriel Popescu, Ilie Dumitrescu, Iulian Filipescu, Ovidiu Stanga, Tibor Selymes, Florin Prunea, Gheorghe Craioveanu.**

**Echipa nationala a participat si la turneele finale ale Campionatului European de Fotbal din anii: 1984 (Franta), 1996 (Anglia), 2000 (Belgia si Olanda) si 2008 (Austria)**

**Principalele cluburi de fotbal din Romania, in ordinea numarului de titluri castigate sunt: Steaua (23), Dinamo (18), Venus (8), Chinezul (6), UTA (6), Ripensia (4), U Craiova (4), Petrolul (3), Rapid (3), FC Arges (2), Olimpia si Colentina (2), CSM Resita (1), CFR Cluj (1), Unirea Urziceni (1). Echipele cu cele mai multe prezente in campionat au fost (in ordinea numarului de editii): Steaua (61), Dinamo (60), Rapid (60), U Cluj (51), FC Arges (44), FC Bacau (42), Farul (42), Petrolul (41), Jiul (41), FC Brasov (40), UTA (38), Poli Timisoara (35), FC National (32)...etc.**

**Cateva dintre siglele istorice ale marilor cluburi:**





Scurt breviar al principalelor cluburi de fotbal din Romania (in ordine subiectiva):

**Steaua Bucuresti** -club infiintat in 7 Iunie 1947, din initiativa unui grup de ofiteri ai Casei Regale, cu numele de ASA (Asociatia Sportiva a Armatei). In anul 1948 a fost redenumita CCA (Casa Centrala a Armatei), iar in anul 1961 primeste numele de Steaua Bucuresti. Are in palmares 23 de titluri de campioana a Romaniei, 20 de Cupe ale Romaniei, 5 Supercupe, 1 titlu de Campioana Europeana si 1 Supercupa a Europei. Echipa Steaua, a evoluat doar in prima divizie si are la activ un record de 104 meciuri fara infrangere in campionat (1986 -1989). Clubul detine si o echipa secunda, in Liga a II-a, precum si numeroase echipe de copii si juniori.

**Dinamo Bucuresti** -a luat fiinta in anul 1948, prin fuziunea dintre Unirea Tricolor si Ciocanul Bucuresti. Clubul a fost preluat si finantat de Ministerul de Interne. Are in palmares 18 titluri de campioana a Romaniei, 13 Cupe ale Romaniei si o Supercupa. Cele mai bune performante pe plan international sunt o semifinala de Cupa UEFA, pierduta in fata lui Liverpool si o semifinala de Cupa Cupelor, pierduta in fata echipei Anderlecht. In campionat, are un record de 47 meciuri fara infrangere (1991-1992). A evoluat doar in prima divizie. Din cele 60 de prezente, in 51 s-a clasat in primele 3. Cea mai slaba pozitie, a fost locul 8 in primii doi ani de existenta.

**Rapid Bucuresti** -clubul a fost fondat in anul 1923, de un grup de muncitori de la atelierele Grivita, sub numele de Asociatia Culturala si Sportiva CFR. Are in palmares 3 titluri de campioana a Romaniei, 13 Cupe ale Romaniei si 4 Supercupe. Numeroase prezente in cupele europene, cu o calificare in finala Cupei Europei Centrale (nejucata din cauza razboiului-1940). Club feroviar, cu o puternica sustinere muncitoreasca, umbrita de o "galerie" extrem de galagioasa.

**Universitatea Cluj** - a luat fiinta in anul 1919, avand ca membru fondator si pe Iuliu Hatieganu. Are in palmares o singura Cupa a Romaniei (1965) si cateva prezente in cupele europene. Din anul 1932 pana in prezent, a participat la toate editiile de campionat, de 51 de ori in prima divizie. Conducerea clubului, a insistat intotdeauna pe spiritul de "fair play", uneori chiar in dauna unor performante imediate. Clubul detine insa 14 titluri de campioana nationala, cu echipa de juniori.

**CFR Cluj** - a fost fondata in anul 1907 de un grup de lucratori feroviari. Pana in anul 1913, a evoluat intr-un campionat districtual, format din 8 echipe. Are in palmares un titlu de campioana a Romaniei, 2 Cupe ale Romaniei si o Supercupa. In campionat, a evoluat mai mult in divizia secunda, cu 14 prezente pe prima scena. Sustinuta de muncitorii feroviari, si-a construit un stadion prin mijloace proprii (fara finantare din bani publici).

**Universitatea Craiova - clubul a fost fondat in anul 1948 de catre Asociatia Nationala a Studentilor din Romania. Are in palmares 4 titluri de Campioana si 6 Cupe ale Romaniei. Pe plan international, a evoluat de 14 ori in Cupa UEFA si de 4 ori in Cupa Campionilor Europeni. Echipa are un nucleu de sustinatori extrem de entuziasti si este una dintre pepinierele echipei nationale.**

**FC Arges Pitesti - a luat fiinta in anul 1953 cu numele de Dinamo Pitesti, si a promovat in prima divizie in anul 1961. Are in palmares doua titluri de campioana a Romaniei si numeroase prezente in cupele europene. In campionat are 44 de prezente pe prima scena, unde a furnizat numerosi jucatori pentru echipa nationala.**

**FCM Bacau - club infiintat in anul 1950 prin transformarea echipei Dinamo III. Are in palmares o Cupa a Ligii si 42 de prezente pe prima scena a campionatului intern. Club serios si robust, a fost o pepiniera mai ales pentru clubul Dinamo, dar si pentru echipa nationala. Are un record in prima divizie de 8 rezultate egale consecutive, dar si un record de 15 infrangeri consecutive (2005-2006).**

**Farul Constanta -echipa s-a format in anul 1949, prin fuzionarea celor doua echipe ale orasului Dezrobirea si PCA, cu numele initial de Locomotiva PCA. In anul 1954, promoveaza in prima divizie si primeste numele actual. Are in palmares o finala a Cupei Romaniei si 41 de prezente pe prima scena. Constanta a fost intotdeauna a gazda buna pentru echipele vizitatoare.**

**Petrolul Ploiesti - clubul a luat fiinta prin fuziunea dintre Triumph si Romcomit, in anul 1924, sub numele de Juventus Bucuresti. In anul 1937, clubul primeste numele de Petrolul si evolueaza la Ploiesti. Are in palmares 4 titluri de Campioana si 2 Cupe ale Romaniei, precum si cateva prezente in cupele europene. Cu 41 de prezente pe prima scena, face parte din "vechea garda".**

**Jiul Petrosani - a fost fondat in anul 1919, cu numele de Clubul Athletic al Minelor din Petrosani. Are in palmares o Cupa a Romaniei si 41 de prezente pe prima scena. Cu "vechi state de serviciu" in prima divizie, dublate de "grupa de munca" specifica minereasca, clubul a produs un mare numar de jucatori, caracterizati mai ales prin sobrietate si seriozitate.**

**CSM Resita - club fondat in anul 1928, a fost desfiintat in anul 2008. Are in palmares un titlu de Campioana a Romaniei si o Cupa a Romaniei. In campionat a evoluat de 16 ori in prima divizie, iar in rest in divizia secunda. Clubul a avut intotdeauna in vedere echipele de copii si juniori si a organizat competitii de nivel national. In prezent, functioneaza ca scoala de fotbal, cu numele de Fotbal Club Scolar Resita. Este clubul muncitorilor metalurgisti.**

**Gloria Bistrita - a luat fiinta in 6 Iulie 1922. Are in palmares o Cupa a Romaniei. Pana in anul 1990 a evoluat doar in esaloanele inferioare, sau in divizia secunda. Incepand cu anul 1990, are 19 prezente pe prima scena, cel mai bun rezultat fiind in anul 2003 (locul 3). Echipa serioasa, cu suporteri decenti, a avut si cateva prezente in Cupa UEFA Intertoto.**

**Politehnica Timisoara - club fondat in anul 1921 de catre Universitatea Tehnica l-a avut printre membrii fondatori si pe matematicianul Traian Lalescu. Pana in anii 1940, a fost eclipsata de mult mai experimentatele Ripensia si Chinezul. Are in palmares doua finale de Cupa Romaniei. Cele mai bune performante sunt de data foarte recenta.**

**UTA Arad - clubul a fost fondat in 18 Aprilie 1945, de catre baronul Neuman, patronul**

**Fabricii de Textile din Arad. Are in palmares 6 titluri de Campioana si 2 Cupe ale Romaniei, precum si 38 de prezente pe prima scena. Cu multe prezente si in cupele europene, UTA detine si recordul absolut al jucatorului Ladislau Bonyhadi cu 49 de goluri marcate intr-o singura editie (1947-48).**

**Otelul Galati - clubul a fost fondat in anul 1964, impreuna cu Combinatul Siderurgic Galati. Echipa are 21 de prezente pe prima scena si numeroase prezente in Cupa UEFA. Club muncitoresc s-a remarcat mai ales printr-o atitudine corecta, sobra.**

**Sportul Studentesc - echipa a fost infiintata in anul 1916, de un grup de studenti si profesori, sub numele de Clubul Universitar Bucuresti. Fara performante deosebite, echipa a inregistrat 34 de prezente in prima divizie, fiind animata doar de entuziasm tineresc. In anul 2006, echipa a fost retrogradata "administrativ", pentru neplata unor taxe "profesioniste" (o premiera in Romania).**

**FC National - echipa fondata in anul 1944 de functionarii bancari ai Bancii Nationale. Echipa a schimbat numele de mai multe ori, ultima denumire fiind Progresul. A adunat 32 de prezente in prima divizie, cea mai buna performanta fiind ocuparea locului secund. S-a retras din campionat in anul 2009, pentru "neplata unor datorii".**

**Politehnica Iasi - echipa studentilor ieseni a luat fiinta in 27 Aprilie 1945 sub numele de Sportul Studentesc. In anul 1958, echipa fuzioneaza cu CFR Iasi, pentru a forma CSMS (Clubul Sportiv Muncitoresc Studentesc). Promoveaza in prima divizie in anul urmator, iar in anul 1967 adopta numele de Politehnica. Echipa a adunat 27 de prezente pe prima scena si reputatia unei echipe redutabile pe teren propriu. A furnizat numerosi jucatori pentru alte cluburi.**

**ASA Tg-Mures -a luat fiinta in anul 1964 ca Asociatia Sportiva a Armatei. Palmaresul sau include 21 de prezente pe prima scena a campionatului intern si trei participari la cupele europene. In anul 1989 echipa a intrat in "degringolada", iar in anul 2005 s-a autodizolvat.**

**FC Bihor - a fost fondat in anul 1958 si este urmasul clubului CA Oradea infiintat in anul 1910. A fost prezenta in prima divizie de 18 ori, in rest a evoluat in divizia secunda. Clubul sustine si un entuziast Centru pentru copii si juniori.**

**FC Brasov - echipa a luat fiinta in anul 1938 prin transformarea echipei Brasovia in Astra. In timp a purtat si numele: Steagu Rosu Brasov, Metalul Brasov, Energia Brasov, apoi FCM Brasov. Echipa a fost prezenta pe prima scena de 40 de ori si a castigat o Cupa Balcanica in anul 1961.**

**FC Corvinul Hunedoara - clubul a fost fondat in anul 1921 de lucratorii de la Combinatul Siderurgic Hunedoara. Are 17 prezente pe prima scena. A produs o frumoasa impresie in anii '80, cand a produs o generatie intreaga de jucatori pentru echipa nationala.**

**Olimpia Satu-Mare - clubul a fost fondat in anul 1921 si a purtat in timp si numeroase alte nume, dintre care cele mai sonore sunt CFR si Locomotiva. Echipa a inregistrat 7 prezente pe prima scena, in restul timpului a dominat in liga secunda.**

**Numeroase alte echipe au jucat, sau joaca un rol determinant in competitiiile fotbalistice din Romania, dar lista lor completa este mult prea lunga si este irelevanta pentru acest capitol. Nu toate echipele au inregistrat performante notabile, dar nu acesta este principalul scop al unei**

competitii sportive. Performanta este determinata in majoritatea cazurilor de factori de ordin administrativ, sau chiar politic. Din acest motiv, cluburile sportive nu au pe primul plan obtinerea unei performante oarecare, cat mai degraba coordonarea si finantarea efortului athletic, formarea de relatii si prietenii, si nu in ultimul rand, pregatirea tineretului pentru o competitie mult mai acerba, cea care este viata. Prima lectie ce trebuie invatata, atat in sport cat si in viata, este sa sti sa pierzi frumos.

## Regulament

Jocul de fotbal a devenit un sport, abea dupa ce s-au conturat primele reguli de joc, asa numitul "regulament Cambridge", din anul 1848. Regulamentul initial a suferit numeroase modificari, chiar daca aspectul general al jocului a ramas acelasi. Mai mult decat atat, regulamentul de joc este in continuare perfectibil, pentru a se putea adapta cat mai bine conditiilor moderne de joc. Exista un set intreg de structuri organizatorice, create special pentru a veghea asupra respectarii acestui regulament. In fruntea lor se gaseste forul international FIFA, apoi urmeaza Federatiile Nationale de Fotbal, Colegiul Arbitrilor...etc. Regulile de joc si spiritul de aplicare a lor, sunt aceleasi pe intregul mapamond. Pot exista insa mici diferente de aplicare, generate de conditii socio-politice si culturale, meteorologice sau climatice...etc. Decizia nu este singulara. In epoca moderna, cei patru arbitri din teren, sunt ajutati prin mijloace moderne de comunicatie, de comisii intregi de specialitate ce pot beneficia de inregistrari si reluari de faze, zoom,sau alte artificii tehnice. Aproape toate partidele importante, sunt inregistrate pe material video-optic si constitue material de studiu, sau proba juridica in caz de litigii. Numarul mare de spectatori si miza materiala uriasa a unora dintre partide, au determinat numeroase situatii tensionate, extrasportive avand ca rezultat vicierea rezultatului din teren si macularea spectacolului sportiv. Din acest motiv, principala regula nescrisa este urmatoarea:

### "Arbitrul este suveran in teren !"

Orice echipa de fotbal trebuie sa accepte aceasta regula, daca doreste sa joace fotbal in cadru organizat. Este esential ca jucatorii sa cunoasca regulamentul la perfectiune, dar este la fel de important sa respecte decizia arbitrilor, chiar daca este, sau li se pare lor ca este incorecta. O decizie gresita a arbitrilor, poate influenta pentru moment evolutia partidei, dar este destul de probabil ca eroarea va fi corectata sau compensata pe parcurs, sau chiar la "masa verde". In schimb, lamentatiile si gesturile nesportive ale unui jucator degradeaza definitiv aspectul sportiv al unei partide. Mai mult decat atat, regulamentul de joc este doar scheletul, pe care arbitrul va trebui sa construiasca structura organizatorica si disciplinara din teren. Deciziile vor fi astfel luate, incat sa respecte spiritul jocului. Exemplu: daca jocul este cu un aspect placut si corect, arbitrul nu va interveni decat minimal, in timp ce in cazul unei partide incordate, penalizarile vor fi mult mai severe decat in mod normal, pentru a putea controla partida. Federatia Nationala, sau Colegiul Central al Arbitrilor pot formula si niste "practici locale", cu scopul de a corecta anumite deficiente din zona respectiva, sau de a favoriza un anumit gen de atitudine in teren. Jucatorii nu pot "intui" astfel de situatii, in timpul desfasurarii partidei si nici nu este atributul lor. In concluzie, antrenorul va trebui sa educe jucatorii in asa maniera incat sa respecte cu fruntea sus decizia arbitrilor, chiar si atunci cand li se pare incorecta. Acelasi spirit trebuie sa

gouverneze si tribunale. Pentru acest scop, este bine ca spectatorii sa fie educati si formati cu ajutorul unor buletine si materiale informative, sau cu ajutorul unor situatii din teren, comentate si inregistrate pe suport optic (CD -uri si DVD-uri optice, emisiuni TV specializate...etc.). Situatiile litigioase nu pot fi rezolvate decat in cadru organizat, prin implicarea unor institutii specializate. Atat conducatorii de cluburi, cat si spectatorii si sustinatorii, trebuie sa stie cum pot apela la ajutorul acestor institutii, atunci cand au dovezi, sau argumente clare ca o partida a fost viciata (prin mita, trafic de influenta, abuz de putere, interese neloiale, pariuri sportive sau venituri ilicite...etc). Regulamentul de joc include 17 reguli de baza. Acestea sunt:

## 1. Terenul de joc

**Suprafata :** -poate fi naturala sau sintetica, in conformitate cu regulamentul de desfasurare a competitiei respective. Este esential ca toti competitorii sa beneficieze de conditii de joc egale sau echivalente. Se poate juca pe iarba, pe zura, pe gazon sintetic...etc. **Dimensiuni:** -terenul trebuie sa fie de forma dreptunghiulara, cu lungimea cuprinsa intre 90 si 120 m si latimea cuprinsa intre 45 si 90 de m. Pentru meciurile internationale, lungimea va fi cuprinsa intre 100 si 110 m, iar latimea va fi cuprinsa intre 64 si 75 m. **Marcajul:** -este format din o serie de linii, trasate cu var, sau cu var colorat. Liniile de marcaj fac parte din teren. Liniile laterale poarta numele de linii de margine, iar cele transversale poarta numele de linii de poarta. Terenul va fi impartit simetric cu ajutorul unei linii transversale, centrale, numita linia mediana. In mijlocul liniei mediane se va trasa un punct, denumit centrul terenului. In jurul acestui cerc, se va trasa un cerc cu diametrul de 9,15 m. Toate liniile vor avea cel mult 12 cm grosime si cel putin 8 (sa fie vizibile). **Suprafata de poarta:** -denumita si "careul mic" se creaza trasand doua linii de 5,5 m, paralele cu marginea terenului si pornind de la o distanta exterioara de 5,5 m de la fiecare bara a portii. Cele doua linii, se vor uni printr-o linie paralela cu linia de poarta, pentru a forma un careu cu latimea de 5,5 m si lungimea de :  $7.32 + 11 = 18.32$  m. **Suprafata de pedeapsa:** -denumita si "careul mare". Se va desena la fel ca si careul mic, pornind de la 16,5 m fata de fiecare bara a portii, spre mijlocul terenului, pe o distanta de 16,5 m. Careul mare va fi un dreptunghi cu 16,5 m latime si  $7.32 + 16,5 = 23,82$  m lungime. In careul mare se va trasa un punct, situat la 11 m de mijlocul portii. Este punctul pentru loviturile de penalizare (penalty). **Steagurile:** -in fiecare colt al terenului se va amplasa un steag, cu inaltimea de cel putin 1,5 m, fixat pe un suport neascutit (pentru a evita orice accidentare). Steagul va fi confectionat din materiale elastice, atraumatice. Optional, se poate instala cate un steag de cel putin 1 m inaltime si la capetele liniei mediane.

**Colturile:** -de la fiecare steag de colt, se va trasa un arc de cerc cu raza de 1 m, doar in interiorul suprafetei de joc, pentru a marca suprafata de repunere a mingii, prin lovitura de colt. **Portile:** -sunt formate din doi stalpi verticali, uniti printr-o bara transversala, a caror grosime nu trebuie sa depasesca 12 cm. Linia de poarta va avea aceeasi grosime ca si stalpii portii. Poarta se amplaseaza pe linia de poarta in centrul de simetrie. Distanta interioara dintre cei doi stalpi verticali, va fi de 7,32 m iar inaltimea va fi de 2,44 m. Stalpii si bara trebuie sa fie de culoare alba. Se pot monta plase, fixate pe poarta si la sol, dar cu conditia sa fie bine ancorate, pentru a nu deranja miscarile portarului. Portile trebuie sa fie bine fixate in pamant. Portile mobile nu pot fi folosite, decat daca exista un mecanism de rigidizare.

## 2. Mingea

**Descriere si dimensiuni:** -Trebuie sa fie de forma sferica, confectionata din piele sau din materiale sintetice. Va avea o circumferinta de cel putin 68 de cm si de cel mult 70 cm. Va avea o greutate de cel putin 410 g si de cel mult 450 g, la inceputul jocului. Va avea o presiune

interioara cuprinsa intre 0,6 si 1,1 atmosfere (600-1100 g/cm<sup>2</sup>). Inlocuirea mingii neregulamentare: -Se poate face, daca mingea se sparge sau se deterioreaza in timpul jocului. In acest caz, jocul se intrerupe si se reia printr-o minge de arbitru, din locul in care se afla mingea atunci cand s-a deteriorat. Daca mingea se deterioreaza atunci cand jocul este intrerupt, se inlocuieste pur si simplu si se reia jocul cu mingea noua. Mingea nu poate fi inlocuita in timpul jocului, fara permisiunea arbitrului. Pentru partidele organizate de FIFA, nu se pot utiliza decat mingi aprobate de FIFA.

## 3. Jucatorii

Numarul de jucatori: -Orice partida se poate desfasura numai intre echipe formate din cel mult 11 jucatori. Nu este obligatoriu ca numarul de jucatori sa fie egal. Este totusi obligatoriu ca fiecare echipa sa contina cel putin 7 jucatori. Exemplu: daca in urma unor eliminari o echipa ramane cu mai putin de 7 jucatori, meciul se intrerupe (echipa va pierde cu 3-0 prin neaprezentare). Inlocuiri: -In partidele organizate de FIFA se vor putea efectua maximum 3 inlocuiri, intr-o partida. Jucatorii de rezerva vor fi alesi dintre minimum 3 si maximum 7 jucatori, ce trebuie desemnati inainte de inceperea partidei. -In partidele dintre echipele nationale "A", se vor putea efectua cel mult 6 schimbari. In orice alt tip de competitii, se pot efectua si un numar mai mare de schimbari, cu conditia ca ambele echipe sa fie de acord, iar arbitrul sa fie anuntat inainte de inceperea partidei. Exemplu: meciuri amicale de verificare si antrenament. -In toate situatiile, inlocuirile nu se vor putea face decat cu jucatorii de pe fisa tehnica, inaintata arbitrului inainte de inceperea partidei.

La orice inlocuire se va respecta urmatoarea procedura:

1. -arbitrul trebuie avertizat inainte de a incepe schimbarea 2. -jucatorul nu poate intre in teren, decat dupa ce a primit aprobarea arbitrului, iar jucatorul inlocuit a parasit terenul 3. -un jucator care a fost inlocuit, nu poate sa reintre in teren (o noua schimbare) 4. -jucatorul de rezerva este supus autoritatii si deciziilor arbitrului, chiar daca nu a intrat in teren (si nici nu urmeaza sa intre). -Orice jucator din teren poate sa inlocuiasca portarul, cu conditia sa anunte in prealabil arbitrul, iar jocul sa fie intrerupt. -Pentru orice inlocuire neregulamentara, jucatorul va fi avertizat cu un carton galben, iar jocul se va relua prin lovitura libera indirecta, din locul in care se afla mingea in momentul infractiunii. Daca un jucator este eliminat inainte de inceperea partidei, poate fi inlocuit cu una dintre rezerve, dar daca este eliminat dupa inceperea partidei (chiar daca jocul este intrerupt), jucatorul eliminat nu va mai putea fi inlocuit. Antrenorul poate da indicatii tehnice in timpul jocului, cu conditia sa nu paraseasca suprafata tehnica si sa adopte un comportament civilizatat. Imediat dupa aceea, trebuie sa se intoarca pe banca tehnica.

## 4. Echipament

Echipamentul de baza: -se compune din tricou sau camasa, short, jambiere, aparatoare pentru tibie si ghete. Manecile tricoului si chilotul termic (daca exista) trebuie sa fie in aceeasi culoare ca si culoarea dominanta a tricoului, respectiv shortului. Aparaturile pentru tibie: -trebuie sa fie acoperite in intregime de jambiere, sa fie din material corespunzator (cauciuc, plastic etc.) si sa asigure o protectie eficienta. Portarii: -trebuie sa imbrace un echipament

complet diferit de cel al jucatorilor si de cel al arbitrilor. Masuri de securitate: -echipamentul trebuie sa fie astfel conceput incat sa nu poata pune in pericol jucatorul, sau jucatorii adversi. Aceasta regula include si eventualele accesorii, bijuterii, ornamente, embleme etc. Arbitrii trebuie sa verifice echipamentul jucatorilor, inainte de a incepe partida. Daca echipamentul unui jucator este neregular, acesta va fi invitat sa paraseasca terenul, pana cand remediaza situatia si nu va putea reintra in teren, decat cu aprobarea arbitrilor de centru.

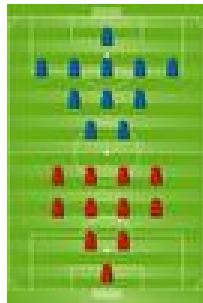
Dispozitii IFA Board - jucatorii nu au voie sa-si scoata tricoul, sau sa exhibeze reclame, anunturi publicitare sau slogan-uri cu continut politic, religios sau personal. Abaterile se vor sanctiona cu carton galben. Au existat numeroase reguli explicite referitor la ghetele si cramponele ghetelor de fotbal, dar acestea au fost sintetizate prin : "sa nu puna in pericol jucatorul sau jucatorii adversi". Explicite: nu se accepta cuie in loc de cramponi, ghete si cramponi pentru rugby, accesorii metalice, intaritari sau suporturi metalice...etc.



Terenul



Mingea



Echipele



Ghete



Arbitrul

## 5. Arbitrul

**Autoritatea arbitrilor:** -fiecare partida se desfasoara sub controlul unui arbitru, care dispune de autoritatea necesara pentru a veghea la respectarea Regulamentului de Joc. Deciziile arbitrilor sunt definitive. Arbitrul isi poate schimba o decizie, doar ca urmare a unei consultari cu un arbitru asistent (din teren sau din casca). Obligatii: -arbitrul principal are urmatoarele obligatii 1.-sa asigure respectarea regulamentului de joc 2.-sa asigure controlul jocului (impreuna cu arbitrii asistenti) 3.-sa se asigure ca echipamentul jucatorilor este regulat 4.-sa cronometreze jocul si sa intocmeasca un raport al partidei 5.-sa intrerupa, sa suspende sau chiar sa anuleze jocul, daca se incalca Regulamentul 6.-sa opresca jocul in cazul unei accidentari grave, sau sa lase jocul sa continue pana la prima intrerupere, in cazul accidentarilor usoare. In ambele situatii, va trebui sa se asigure ca jucatorul a primit ingrijiri medicale corespunzatoare. Jucatorii accidentati vor putea reveni in teren numai cu permisiunea arbitrilor. 7.-sa evacueze din teren orice jucator cu o plaga care sangereaza. 8.-sa permita continuarea jocului atunci cand echipa jucatorului faultat este in avantaj si sa aplice sanctiunea doar daca avantajul nu se materializeaza prin gol. 9.-sa aplice sanctiunea cea mai grava, atunci cand un jucator comite mai multe greseli 10.-sa aplice orice sanctiune atunci cand jucatorul a comis o gresala grava ce impune un avertisment sau o eliminare. Sanctiunea poate fi aplicata pe loc, sau la prima intrerupere a jocului (in functie de evolutia fazei de joc). 11.-sa ia masuri imediate impotriva oficialilor cu comportament iresponsabil, nedemn. Acestia vor fi eliminati de pe teren (in tribuna sau in apropierea terenului). 12.-sa sanctioneze greselile sesizate de arbitrii asistenti, chiar daca nu au fost sesizate si de catre arbitrul principal. 13.-sa dea semnalul de

reluare a jocului, dupa orice intrerupere 14.-sa trimita autoritatilor competente, un raport complet cu toate masurile disciplinare luate impotriva jucatorilor sau oficialilor si cu eventualele incidente petrecute inainte, in timpul sau dupa incheierea jocului. Arbitrul va nota toate avertismentele, minutul, jucatorul si motivul.

Decizii IFA Board - arbitrul nu poate fi facut raspunzator pentru accidentari, daune si pagube materiale, sau prejudicii indirecte cauzate unei persoane fizice sau juridice (club, asociatie, companie publicitara ...etc) ca urmare a aplicarii uneia dintre regulile din regulamentul de joc.

## 6. Arbitrii asistenti

Numar: -pentru fiecare partida se vor delega cate doi arbitri asistenti, cate unul pentru fiecare margine a terenului. Pentru partidele organizate de FIFA, se pot delega si cate patru asistenti, cate doi pentru fiecare linie de tuse, pentru a compensa viteza mare de joc din fotbalul modern.

Obligatii: -Arbitri asistenti au obligatia sa semnaleze: 1.-atunci cand mingea este in afara jocului ( a depasit in intregime una dintre linii) 2.-ce echipa executa autul, lovitura de colt sau repunerea prin lovitura de poarta 3.-orice pozitie de offside 4.-orice inlocuire de jucator 5.- orice incident sau comportament nesportiv neobservat de arbitru 6.-orice greseli comise, daca este mai aproape de faza decat arbitrul central 7.- daca nu se respecta distanta regulamentara la loviturile libere

Decizii finale : -arbitrul central are putere discretionara si poate neglija sau anula semnalizarile arbitrului asistent, daca a fost aproape de faza. Arbitrul central poate renunta la serviciile unui arbitru asistent, daca intervine in joc necorespunzator, sau are un comportament neadecvat. In acest caz, va trebui sa inainteze un raport justificativ forurilor competente.

## 7. Durata partidei

Reprizele de joc : -meciul va avea doua reprize, a cate 45 de minute fiecare. Este posibil ca ambele echipe, impreuna cu arbitrul sa stabileasca de comun acord un alt timp de joc, cu conditia ca durata sa fie stabilita inainte de inceperea partidei. Aceste modificari se pot efectua doar daca sunt in conformitate cu regulamentul competitiei. Exemplu: doua reprize de 40 de minute (pentru a evita lumina insuficienta). Pauza dintre reprize: -Este obligatoriu sa existe o pauza intre cele doua reprize. Pauza nu poate fi mai mare de 15 minute, sau mai mica de 5 minute. Durata exacta trebuie sa fie precizata prin regulamentul fiecarei competitii. Durata pauzei nu poate fi schimbata (in situatii speciale), decat cu acordul arbitrului principal. Adaugarea timpului pierdut: -fiecare repriza poate fi prelungita, pentru a se recupera timpul pierdut din cauza urmatoarelor intreruperi: 1.-inlocuirea unor jucatori 2.-examinarea jucatorilor accidentati 3.-transportul jucatorilor accidentati in afara terenului 4.-actiuni deliberate ale jucatorilor pentru a intarzia unele executii 5.-orice alta cauza Sanctiuni : -oricare dintre reprize poate fi prelungita si pentru a permite executarea unei lovituri de pedeapsa (11 m, lovitura libera, lovitura de colt) Oprirea jocului: -daca jocul a fost intrerupt definitiv inainte de terminarea timpului regulamentar, partida va fi rejucata, cu exceptia situatiilor in care una dintre echipe va fi

penalizata regulamentar cu 3 puncte (partida s-a incheiat regulamentar).

## 8. Oprirea si reluarea jocului

**Masuri preliminare:** -Alegerea terenului de joc se va face prin tragere la sorti (cu o moneda). Echipa care castiga alege terenul, iar cealalta echipa va avea lovitura de incepere. Dupa pauza, echipele vor schimba terenul, iar lovitura de incepere va fi pentru echipa care a ales terenul in prima repriza. **Lovitura de incepere:** -Se face de la centrul terenului, la inceputul fiecărei reprize, dupa fiecare gol si la inceputul fiecărei reprize de prelungiri. Se procedeaza astfel: 1.-toti jucatorii trebuie sa fie in jumatatea lor de teren 2.-jucatorii echipei care nu are mingea, trebuie sa fie in afara cercului de 9,15 m 3.-mingea trebuie sa fie asezata pe punctul central 4.-arbitrul trebuie sa semnalizeze inceperea jocului 5.-jocul incepe imediat ce mingea a fost atinsa cu piciorul si s-a miscat spre inainte 6.-executantul loviturii de incepere nu poate sa atinga mingea a doua oara, pana cand nu a fost atinsa de un alt jucator (din echipa sa, sau adversar). 7.-se poate inscrie un gol, direct din lovitura de incepere 8.-dupa un gol, lovitura de incepere apartine echipei adverse.

**Abateri si sanctiuni:** -daca executantul atinge mingea de doua ori, se va acorda o lovitura libera indirecta, in favoarea echipei adverse -pentru orice alta greseala, se va repeta executia loviturii de incepere. **Mingea de arbitru:** -este modalitatea de reluare a jocului, dupa orice intrerupere provocata de o cauza neprevazuta in Regulament. Se procedeaza astfel: -arbitrul lasa mingea sa cada, in locul in care se afla in momentul intreruperii. Mingea de arbitru se repeta, daca unul dintre jucatori o atinge inainte ca mingea sa atinga pamantul, sau daca mingea iese direct in out, fara sa fie atinsa de nici un jucator. In careu, mingea de arbitru se va executa de pe linia exterioara a careului, in punctul cel mai apropiat de pozitia mingii inainte de intrerupere.

**Oprirea jocului :** -apare in urmatoarele situatii: 1.- a expirat timpul de joc 2.- mingea a iesit in out. Se va repune in joc prin aruncare de la margine. 3.-mingea a iesit in out de poarta. Se va repune in joc prin lovitura de poarta. 4.-mingea a iesit in corner. Se va repune in joc prin lovitura de colt. 5.-s-a produs un foul de joc. Mingea se repune prin lovitura libera indirecta. 6.-s-a semnalat un offside. Mingea se repune prin lovitura libera indirecta. 7.-s-a produs un foul dur, sau un hand. Mingea se repune prin lovitura libera directa. 8.-s-a produs un foul sau un hand in careu. Jocul se reia prin lovitura de la 11 m. 9.-s-a inscris un gol. Jocul se reia prin lovitura de incepere pentru echipa adversa. 10.-jocul a fost intrerupt neprevazut. Mingea se repune in joc prin minge de arbitru.

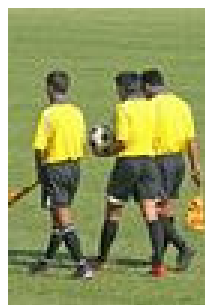
## 9. Mingea in joc, sau in afara jocului (out)

**Mingea in joc:** -mingea se considera in joc pe toata durata partidei, cu exceptia momentelor cand a depasit in intregime una dintre liniile de margine, sau cand jocul a fost intrerupt de catre arbitru, dintr-un motiv oarecare. Mingea se considera in joc si atunci cand revine in joc dupa ce a lovit o bara, un fanion sau un arbitru aflat in teren. **Mingea afara din joc:** -mingea se considera afara din joc, atunci cand a depasit in intregime una dintre liniile de margine, sau una dintre liniile de poarta si atunci cand jocul a fost intrerupt de catre arbitru (din orice motiv). Schimbarile de jucator nu se pot solicita, decat atunci cand mingea este afara din joc.

## 10. Inscrierea unui gol

**Inscrierea unui gol:** -golurile se pot inscrie din actiune, din lovitura libera directa, sau din lovitura de la 11 m. Golul este valabil, atunci cand mingea a depasit in intregime linia dintre cei doi stalpi ai portii, sub transversala, fara ca echipa care a marcat sa fi comis vreo greseala, sau vreo abatere de la Regulament.

**Echipa invingatoare:** -se declara invingatoare echipa care a inscris cele mai multe goluri in timpul regulamentar de joc. Daca ambele echipe au inscris acelasi numar de goluri, jocul va fi declarat egal. Atunci cand regulamentul competitiei cere ca una dintre echipe sa fie declarata castigatoare, se poate aplica una dintre urmatoarele solutii: -echipa care a inscris mai multe goluri in deplasare se declara castigatoare -se joaca prelungiri -se executa lovituri de la 11 m, pentru departajare



Arbitri asistenti



Prelungiri



Timpul de joc



Reluarea jocului



Gol valabil

## 11. Pozitia de offside

**Pozitia de offside:** -un jucator se afla in pozitie de offside (afara din joc), atunci cand se afla mai aproape de linia portii adverse, decat mingea si penultimul adversar. Aceasta pozitie nu este o greseala in sine. Un jucator poate sta linistit in pozitie de offside, atat timp cat nu ia parte la joc. Arbitrul va sanctiona aceasta pozitie, doar atunci cand un jucator aflat in afara din joc, atinge mingea, sau influenteaza decisiv evolutia fazei (Exemplu: ultimul aparator trebuie sa alerge pentru a bloca o interventia potentiala a unui astfel de jucator). In termeni tehnici, se spune ca pozitia de offside este "activata", doar daca jucatorul respectiv ia parte la joc, sau obtine un avantaj. -un jucator nu este in pozitie de offside, daca este in propriul teren, daca este pe aceasi linie cu penultimul sau cu ultimii doi aparatori. -regula nu se aplica atunci cand mingea este repusa in joc prin lovitura de poarta, prin aruncare de la margine, sau prin lovitura de colt.

**Abateri si sanctiuni:** -orice pozitie activa de offside se va sanctiona cu o lovitura libera pentru echipa adversa, din locul in care se gasea jucatorul impricinat. -daca un jucator paraseste terenul fara acordul arbitrilor, se va considera ca este pe linia de margine a terenului, atunci cand se evalueaza o pozitie de offside si nu va putea participa la joc, pana la prima intrerupere a jocului. In cazul in care acesta a parasit terenul in mod intentionat, va fi sanctionat cu un carton galben.

Decizii IFA Board - pentru aprecierea pozitiei, se iau in considerare doar picioarele si orice parte a corpului cu exceptia bratelor. -prin influentarea jocului se intelege: joaca sau atinge mingea, impiedeca un adversar sa atinga mingea, sau face un gest evident de deplasare prin care inseala sau atrage atentia unui adversar. -prin obtinerea unui avantaj se intelege ca jucatorul atinge mingea care a revenit din bara, sau dintr-un jucator advers, dupa ce pozitia de offside a fost anulata.

## 12. Fault si joc nesportiv

**Lovitura libera directa :** -se considera greseala grosolana (fault = fouls) si se pedepseste cu o lovitura libera directa, oricare dintre situatiile in care un jucator: 1.-loveste sau incarca sa loveasca cu piciorul un adversar 2.-pune sau incarca sa puna piedeca 3.-sare asupra unui adversar 4.-ataca un adversar 5.-loveste sau incarca sa loveasca un adversar 6.-impinge un adversar 7.-ataca mingea regulamentar, dar atinge adversarul inaintea mingii 8.-tine un adversar (trage de tricou sau chilot) 9.-scuipa un adversar 10.-atinge mingea cu mana, in mod intentionat (cu exceptia portarului in careul sau) Lovitura de la 11 m (penalty): -se acorda atunci cand greselile de mai sus se produc in careul de 16 m al echipei care a comis greseala (indiferent daca mingea se afla la distanta).

**Lovitura libera indirecta:** - se acorda o lovitura libera indirecta pentru echipa adversa, atunci cand unul dintre jucatori: 1.-joaca de o maniera periculoasa (pune in pericol integritatea fizica) 2.-impiedeca evolutia unui jucator (obstructioneaza) 3.-impiedeca portarul sa joace mingea (il forteaza sa retina mingea) 4.-comite orice alt gen de greseli ce impun intreruperea jocului 5.-portarul care tine mingea in maini mai mult de 6 secunde 6.-portarul care atinge din nou mingea cu mainile, dupa ce a fost lasata din mana, fara sa fi fost atinsa de un jucator advers (dubla) 7.-portarul atinge cu mainile mingea ce i-a fost trimisa intentionat de un coechipier 8.-portarul atinge cu mainile balonul repus de la margine de un coechipier Sanctiuni: -atat lovitura libera, cat si cea indirecta se acorda din locul unde s-a comis greseala -pentru greselile grave, arbitrul are dreptul sa acorde si sanctiuni administrative dupa cum urmeaza:

**Cartonas galben:** -jucatorul va fi avertizat cu un cartonas galben in urmatoarele situatii:

1.-comentarii 2.-comportament sau gesturi nesportive 3.-manifesta dezaprobare, prin vorbe sau prin gesturi 4.-incalca cu persistenta Regulamentul 5.-intarzie reluarea jocului 6.-nu respecta distanta regulamentara la loviturile libere sau de colt 7.-intra sau reintra in teren, fara permisiunea arbitrului 8.-paraseste in mod voit terenul, fara permisiunea arbitrului 9.-simuleaza sau incarca sa pacaleasca arbitrul 10.-scoate tricoul dupa ce marcheaza un gol (gest nesportiv)

**Cartonas rosu:** -jucatorul va fi sanctionat cu cartonas rosu si eliminat de pe teren, daca:

1.-se face vinovat de o fapta grava 2.-se face vinovat de comportare violenta 3.-scuipa un adversar, sau orice alta persoana 4.-impiedeca un gol, sau o faza decisiva jucand mingea cu mana, intentionat 5.-injurii, imprecatii, cuvinte si gesturi jignitoare sau ofensatoare 6.-primeste al doilea avertisment in acelasi meci

## 13. Loviturile libere

**Definitie :** -Pentru a executa o lovitura libera, mingea trebuie sa fie oprita pe locul infractiunii, si apoi sa fie atinsa de executant, inaintea oricarui alt jucator. Lovitura libera directa: -se poate executa direct spre poarta adversa. Daca mingea intra in poarta va fi gol valabil. Daca mingea intra in propria poarta, se va acorda o lovitura de colt pentru echipa adversa (nu se poate inscrie autogol din lovitura libera). Lovitura libera indirecta: -nu se poate executa direct spre poarta adversa. Pentru ca golul sa fie valabil, mingea trebuie sa fie atinsa de cel putin doi jucatori, inainte de a intra in poarta (poate fi deviata). Daca mingea intra direct in poarta adversa, se va acorda o lovitura de poarta, iar daca mingea intra direct in propria poarta, se va acorda o lovitura de colt pentru echipa adversa (nu se poate inscrie autogol).

**Distante regulamentare:** -orice lovitura libera in afara suprafetei de pedeapsa 1.-toti jucatorii echipei adverse trebuie sa fie la cel putin 9,15 m de balon 2.-mingea reintra in joc, imediat ce a fost atinsa 3.-lovitura se executa de pe locul in care s-a comis gresala -daca lovitura este in favoarea si in careul echipei care se apara: 1.-toti jucatorii echipei adverse vor fi la cel putin 9,15 m de minge 2.-toti jucatorii echipei adverse vor fi in afara careului 3.-mingea reintra in joc, doar dupa ce paraseste careul echipei care se apara 4.-lovitura se poate executa din orice punct al careului de 16 m -daca lovitura libera indirecta este in favoarea echipei care ataca 1.-toti jucatorii echipei adverse se vor afla la cel putin 9,15 m de minge, cu exceptia cazului cand lovitura se executa de pe linia portii, intre buturi (in poarta). 2.-mingea reintra in joc, imediat ce este atinsa 3.-in propriul careu, lovitura indirecta se executa de pe linia careului mic, cat mai aproape de locul greselii.

**Abateri si sanctiuni:** -lovitura se repeta, daca nu s-a respectat distanta regulamentara -daca jucatorul atinge mingea din nou, dupa ce a executat o lovitura libera (pleaca cu mingea la picior), se va acorda o lovitura libera indirecta, pentru echipa adversa, din acelasi loc. -daca jucatorul atinge mingea cu mana, dupa ce a executat lovitura (o rearanjeaza), se va acorda o lovitura libera directa pentru echipa adversa, din acelasi loc, sau o lovitura de la 11 m, daca a fost in suprafata de pedeapsa -daca portarul atinge mingea a doua oara, dupa ce a executat o lovitura libera (pleaca cu mingea la picior), se va acorda o lovitura libera indirecta, pentru echipa adversa, de pe locul infractiunii. La fel se procedeaza si daca portarul a executat gresit o lovitura libera din afara careului propriu.

## **14. Lovitura de la 11 m (penalty)**

**Lovitura de penalizare (11m) :** -se acorda atunci cand echipa care se apara a comis in careul de 16 m propriu, una dintre cele 10 greseli pentru care se acorda lovitura libera directa. -se poate inscrie gol, direct din lovitura de la 11 m -lovitura de la 11 m se executa chiar si atunci cand timpul de joc a expirat (repriza se va prelungi pana dupa executarea loviturii de penalizare). **Pozitia jucatorilor :** -mingea se va aseza pe punctul loviturii de pedeapsa (special marcat) 1.-jucatorul care executa, va fi imprecis identificat 2.-portarul care se apara, va sta pe linia portii, cu fata spre executant, intre barele portii, pana cand mingea a fost atinsa 3.-toti ceilalti jucatori se vor afla in terenul de joc, in afara suprafetei de pedeapsa, in spatele punctului de pedeapsa, la cel putin 9,15 m de minge **Arbitrul :** -verifica daca sunt respectate toate distantele regulamentare -semnalizeaza cand se poate executa lovitura de pedeapsa

**Procedura:** -executantul trebuie sa loveasca mingea spre inainte -executantul nu va atinge mingea a doua oara fara sa fi fost atinsa de alt jucator -mingea este in joc, imediat ce a fost atinsa

**Abateri si sanctiuni:** -dupa fluierul de semnalizare al arbitrilor

- 1.-daca executantul nu respecta regulile si mingea intra in poarta, lovitura se va repeta iar daca nu intra in poarta, jocul se reia prin lovitura libera indirecta in favoarea echipei adverse
- 2.-daca portarul nu respecta regulile si mingea intra in poarta, golul se va valida, iar daca mingea nu intra in poarta, lovitura se va repeta
- 3.-unul dintre coechipierii executantului nu respecta regulile, se va proceda ca la punctul 1 (lovitura se repeta, sau se acorda indirecta).
- 4.-unul dintre coechipierii portarului nu respecta regulile, se va proceda ca la punctul 2 (se valideaza golul, sau se repeta lovitura).
- 5.-unul sau mai multi jucatori ai ambelor echipe nu respecta regulile, lovitura se va repeta, indiferent daca a intrat in poarta sau nu.
- 6.-daca mingea intra in contact cu un corp strain pe traiectoria sa, lovitura se repeta
- 7.-daca executantul atinge mingea cu mana in mod voit, dupa ce a executat lovitura (o rearanjeaza), se acorda lovitura libera directa in favoarea echipei adverse
- 8.-daca mingea respinsa de portar sau de bare, revine in teren si loveste un corp strain, se va acorda o minge de arbitru din locul in care a fost corpul strain .

## 15. Repunerea de la margine

**Aruncarea de la margine:** -este o modalitate de a repune mingea in joc -nu se poate inscrie gol direct din aruncare de la margine -se acorda atunci cand mingea a depasit in intregime linia laterala a terenului (fie pe sol, fie in aer) -se executa din locul in care mingea a parasit terenul -se acorda echipei adverse jucatorului care a atins ultima mingea

**Procedura:** -executantul trebuie sa fie cu fata la joc -ambele picioare sa fie pe linie, sau in afara terenului -sa tina mingea cu ambele maini -sa arunce mingea din spate, pe deasupra capului -dupa executie, jucatorul nu va putea atinge mingea a doua oara (dubla) -toti jucatorii adversi trebuie sa fie la cel putin 2 m distanta

**Greseli si sanctiuni:** -daca executantul atinge mingea a doua oara, se va acorda o lovitura libera indirecta, pentru echipa adversa -daca executantul este impiedecat sau jenat de un adversar in momentul executiei, acesta va fi avertizat cu un cartonas galben -in orice alta situatie, aruncarea va fi repetata de un jucator al echipei adverse (adversarii castiga repunerea balonului)

## 16. Lovitura de poarta (out de poarta)

**Lovitura de poarta :** -este o modalitate de a repune mingea in joc, dupa un out de poarta - se poate inscrie un gol, direct din lovitura de poarta (numai la adversari) -se acorda atunci cand mingea atinsa de un adversar, paraseste terenul depasind complet linia de poarta, fara sa fi fost un gol valabil. **Procedura:** -mingea se aseaza in orice punct al careului mic si se loveste cu piciorul -poate fi executata de catre portar, sau un jucator de camp -daca executantul atinge mingea a doua oara (pleaca cu mingea la picior) se acorda lovitura libera indirecta, in favoarea echipei adverse -executia trebuie sa fie suficient de puternica, pentru ca mingea sa paraseasca suprafata careului de 16 m. Daca mingea este preluata de un alt jucator, in interiorul careului de 16 m, lovitura se repeta -in orice alta situatie, se repeta executia

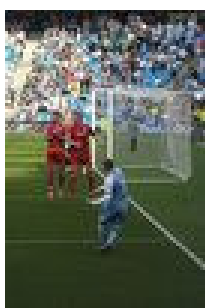
## 17. Lovitura de colt (corner)

**Lovitura de colt:** -este o modalitate de repunere a mingii in joc -se poate inscrie un gol, direct din corner, dar numai in poarta adversa -se acorda atunci cand mingea atinsa de un jucator al echipei care se apara, a depasit in intregime linia de poarta, fara sa fi fost un gol valabil. Procedura:-mingea va fi asezata in arcul de cerc de langa fanionul din coltul terenului, de aceeasi parte cu cea in mingea a parasit terenul -fanionul trebuie sa ramana pe loc (nu se poate inlatura) -jucatorii echipei adverse, trebuie sa fie la cel putin 9,15 m de minge -mingea va fi lovita cu piciorul de un jucator al echipei care ataca -mingea este in joc, imediat ce se misca din loc, dupa ce a fost atinsa -executantul nu poate atinge mingea a doua oara, decat dupa ce a fost atinsa de un alt jucator (nu poate pleca cu mingea la picior)

**Greseli si sanctiuni:** -daca mingea este atinsa a doua oara (dubla), se acorda o lovitura libera indirecta, in favoarea echipei adverse, din locul in care mingea a fost atinsa a doua oara. -pentru orice alt fel de greseala, executia se va repeta.



Tusier la offside



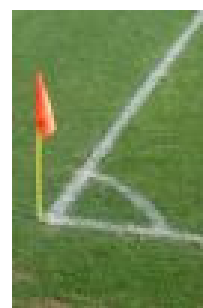
Lovitura libera



Penalty



Out



Corner

Regulamentul de mai sus, lasa loc la diferite interpretari. Pentru cei cu experienta redusa in ce priveste interpretarea acestor legi, sunt prezentate simplist cateva dintre situatiile de joc si modalitatea recomandata de solutionare a lor. Aceste recomandari nu au caracter de "lege" si pot fi respectate sau nu, de catre arbitrul principal, in functie de situatia din teren si conceptia sa generala despre joc, sau in functie de factori conjuncturali.

**1. Legea "avantajului"** -este situatia in care arbitrul permite continuarea jocului, dupa ce a sesizat o greseala grava de joc, cu scopul de a nu permite echipei aflata in aparare sa obtina un avantaj strategic cu pretul unui foul. Arbitrul va decide daca si cand este cazul sa intrerupa jocul, pentru a sanctiona abaterea. Este o lege facultativa !

**2. Jocul "periculos"** -este apreciat de arbitru, atunci cand unul dintre jucatori pune in pericol integritatea fizica, a sa personala, sau a unui alt jucator (coechipier sau adversar). Exemple: daca un jucator ridica piciorul prea sus, atunci cand adversarul incearca sa loveasca mingea cu capul. Daca insa un jucator incerca sa loveasca cu capul o minge situata prea jos si risca sa fie lovit cu piciorul de un adversar, se va considera ca se pune pe sine in pericol si va fi sanctionat. Nu este necesar sa existe contact fizic, pentru a se aprecia un joc periculos.

**3. Obstructia** - in general, nu este permis ca un jucator sa foloseasca orice parte a corpului, pentru a impiedeca alt jucator sa joace mingea. In toate situatiile voluntare, sau involuntare in care un jucator aflat la distanta de minge, impiedeca alt jucator sa joace balonul, se poate fluiera si sanctiona o obstructie, daca arbitrul nu apreciaza ca exista o alta solutie de continuare a jocului. Totusi, in situatia in care un jucator este aproape de minge (o poate atinge cu piciorul), este

permis sa blocheze cu corpul accesul adversarului la mingea (se va aprecia ca este un dribling). Aceasta situatie este frecventa, atunci cand un jucator "conduce" mingea in out.

**4. Accidentari** -arbitrul poate sa intrerupa jocul atunci cand unul dintre jucatori pare accidentat grav, sau are o plaga deschisa. Arbitrul decide cand este momentul oportun sa intrerupa jocul si sa permita evaluarea accidentarii. Este de dorit ca atunci cand jocul este intrerupt pentru o accidentare, restul jucatorilor sa ramana pe locul lor (daca se aglomereaza in jurul celui accidentat, deranjeaza echipa medicala si favorizeaza gesturile nesportive). Antrenorul va insista ca jucatorii sa-si pastreze pozitia din teren, sau sa ocupe pozitii tactice viitoare. Jucatorul accidentat va fi transportat la marginea terenului si va astepta acordul arbitrului pentru a putea reintra in teren.

**5. Ultimul aparator** -este cel situat cel mai aproape de linia sa de poarta, adica cel care va decide o eventuala pozitie de offside. Pentru a evita confuziile, este recomandabil ca atacantul sa lase o distanta de cel putin doi pasi, spre interiorul terenului, fata de acest ultim aparator. In general, acest ultim aparator este foarte decis si este mai bine sa nu fie depasit prin dribling (pentru a evita faulturile dure), ci prin pase un-doi, mingi de angajament sau "verticale" ...etc.

**6. Out de poarta sau de margine** -cel care apreciaza o astfel de situatie este arbitrul asistent. Acesta are pozitia cea mai buna si poate beneficia si de ajutor in casti, de la camerele de luat vederi. Se considera ca mingea a parasit terenul, atunci cand a depasit in integritate una dintre liniile terenului, sau o linie imaginara, paralela cu linia de margine la orice inaltime in aer. Daca mingea are o traiectorie curbilinie, se va lua in considerare orice pozitie in care mingea depaseste suprafata de joc.

**7. Offside** - un jucator nu este in offside daca: 1.-este in propriul teren 2.-a ajuns in pozitia respectiva doar dupa ce a fost depasit de mingea 3.-mingea a venit din lovitura de poarta, de colt sau din out. 4.-jucatorul a avansat cu mingea la picior, sau in urma unui coechipier care are mingea -daca un jucator este in pozitie de offside, dar nu intervine si nici nu da semne ca doreste sa participe la joc, arbitrul poate considera ca este un "offside pasiv" si poate sa permita continuarea jocului (dar nu este obligat).

**8. Joc nesportiv** - arbitrul poate sanctiona cu carton galben si lovitura libera, orice atitudine din teren cu caracter nesportiv sau lipsit de fair-play. In aceasta categorie se incadreaza orice tentativa de a pacali adversarul sau arbitrul, orice gest sau atitudine injurioasa, orice gest prin care se distrage atentia de la joc, gesturile si atitudinile amenintatoare ...etc. Daca la acestea se adauga si comentarii referitor la sanctiune, arbitrul poate acorda automat si cel de al doilea carton galben, urmat de eliminarea de pe teren.

**9. Comunicare in teren:** -in mod normal, jucatorii nu vor schimba prea multe cuvinte in teren, deoarece orice comunicare verbala va putea fi interpretata ca gest nesportiv si va putea fi sanctionata de catre arbitru. Totusi, pentru a putea coordona jocul tactic este bine ca jucatorii sa cunoasca un cod simplu, format din cateva cuvinte, prin care semnaleaza o anumita schema de joc. Aceste coduri se vor utiliza doar in momentele de intrerupere a jocului, pe ton scazut, fara a deranja adversarii sau arbitrul.

**10. Apararea "in zona"** - presupune niste scheme tactice prin care se vor limita cat mai mult mijloacele de exprimare ale adversarului, sau se va favoriza dezvoltarea jocului spre zone ale terenului cat mai putin primejdioase pentru poarta. Este esential ca fiecare jucator sa-si cunoasca foarte bine rolul, pentru a putea surprinde adversarul, fie prin pozitie de offside, fie prin

superioritate numerica. Pentru a favoriza decizia arbitrilor, se vor evita pe cat posibil pozitiile "la limita", in care jucatorii se afla pe aceeasi linie fata de linia de poarta. In situatii limita, arbitrul se va consulta cu arbitrul asistent, sau va cere in casca informatii suplimentare (daca este cazul).

## **Masuri organizatorice**

Jocul de fotbal este un joc, dar nu este o joaca. Este vorba despre o activitate fizica, in care sunt implicati cel putin 25 de tineri si necesita un grup complex de masuri organizatorice, pentru ca evenimentul sportiv sa se poata desfasura fara incidente. Incarcatura pasionala a dus de prea multe ori la violente fizice si traumatisme grave, sau chiar la lovituri cauzatoare de moarte, atat in randul sportivilor cat si in randul suporterilor si spectatorilor din tribune. Nu putine au fost si situatiile in care tribune intregi au luat foc, sau s-au prabusit, cu zeci de morti si raniti. Un alt aspect in prezinta zecile de tineri turbulenti, care gasesc in competitia sportiva un pretext pentru violente de strada si "reglari de conturi" cu alti tineri asemanatori.

Activitatea organizatorica nu se rezuma insa la masurile de securitate. Efortul fizic trebuie sustinut cu un aport energetic corespunzator, bazat pe suplimente nutritive. La acestea se vor adauga drepturile materiale menite sa motiveze efortul sportivului. Sportivii profesionisti vor semna un contract de munca, iar antrenorul, maseurii, managerii si personalul de ordine vor avea ca obiect al muncii organizarea acestor competitii. Toate aceste activitati, au si o componenta economica, necesita activitati contabile, organizare juridica si personal administrativ. In plus, in epoca moderna, se adauga si eforturile logistice pentru mediatizare si reclama, site de Web si comert electronic, inregistrari video-optice si digitale, informare si perfectionare, etc.

## **Legea educatiei fizice si sportului**

Principalul document ce reglementeaza orice forma de activitate sportiva, atat la nivel de amatori cat si pentru profesionisti, este : "Legea educatiei fizice si sportului". Aceasta lege, prevede ca prim punct, sprijinul acordat de Stat, prin intermediul Institutii Administratiei Publice si al celor de Invatamant, celor ce doresc sa exercite un anumit gen de exercitiu fizic. Scopul efortului sportiv, este de a creste confortul psihic si conditia fizica si de a stabili relatii civilizate in societate. Munca organizatorica este coordonata prin Ministerul Tineretului si Sportului si Ministerul Educatiei Nationale si prin Federatiile Sportive Nationale de Specialitate. La nivel local, forul organizatoric este reprezentat prin Cluburile si Asociatiile Sportive, atat pentru sportivii amatori, cat si pentru sportivii de performanta. Termenul de sportiv de performanta, se refera doar la faptul ca acesti sportivi au un contract de munca prin care se reglementeaza activitatea lor sportiva. Sportivii amatori, pot obtine performante sportive egale, sau chiar mai bune decat profesionistii, dar nu au relatii contactuale cu Clubul sau cu Asociatia Sportiva. Atat sportivii profesionisti, cat si cei amatori, trebuie sa fie legitimiti, pentru a se putea contabiliza activitatea lor, si a celor care sustin efortul lor prin masuri administrative. Potrivit prezentei legi, federatiile sportive nationale sunt persoane juridice de drept privat, de utilitate publica, autonome, neguvernamentale, apolitice si fara scop lucrativ. Ligile profesioniste, au aceeasi baza de drept, ca si federatiile si se constituie prin unirea eforturilor mai multor cluburi. Controlul si asistenta medicala, sunt obligatorii. Legea mai reglementeaza si sursele de finantare, precum si mijloacele de protectie sociala a sportivilor de performanta. Alte capitole se refera la prevenirea violentei in sport, masurile antidopaj, sanctiuni si mijloace disciplinare. Cunoasterea acestei legi este obligatorie pentru orice sportiv.

# **FRF Federatia Romana de Fotbal**

In cazul fotbalului, forul organizatoric suprem este Federatia Romana de Fotbal. Infiintata in anul 1909, a aderat la forul international (FIFA) in anul 1930 si este membra fondatoare a UEFA in anul 1954. In anul 2006, erau afiliate la FRF 2831 de cluburi de fotbal cu 4319 echipe, in care evoluau 108800 de jucatori, 1200 de antrenori si 4500 de arbitri. Activitatea cluburilor este organizata in 3 Ligi pentru seniori si in Campionate Nationale pentru Juniori. Orice activitate organizatorica se va face sub controlul FRF, prin filialele locale, respectand regulamentele si documentatia tehnica in vigoare. Documentele cele mai importante, pot fi descarcate din reseaua Internet, de pe site-ul federatiei. O parte dintre ele sunt asociate si acestei carti, doar cu caracter informativ. Orice activitate sportiva desfasurata in afara acestui cadru organizatoric, va fi in afara legii si nu va putea beneficia de avantajele oferite prin lege.

## **Regulament de organizare a activitatii fotbalistice**

Acesta este documentul principal, prin care se reglementeaza activitatea sportiva fotbalistica, la nivel de seniori. Principalele capitole sunt: 1.Afilierea la federatie 2.Schimbarea denumirii unui club 3.Schimbarea sediului unui club 4.Cesiunea unor drepturi 5.Integritatea competitiilor 6.Dezafilierea 7.Cotizatii si taxe 8.Caracterul jocurilor 9.Sezon competitional 10.Sisteme de desfasurare 11.Formula de organizare 12.Programul competitional 13.Programarea jocurilor 14.Schimbarea programarii 15.Neprezentarea la joc 16.Consecinte ale neprezentarii 17.Retragerea echipei de pe teren 18.Jocuri intrerupte sau amanate 19.Retragerea sau excluderea din campionat 20.Locuri vacante 21.Cluburi cu mai multe echipe 22.Reguli de joc 23.Durata jocului 24.Jocuri cu prelungiri 25.Sistemul de atribuire a punctelor 26.Omologarea rezultatelor 27.Formularea contestatiilor 28.Solutionarea contestatiilor 29.Clasamente 30.Competente organizatorice 31.Sistemul competitional 32.Organizarea si programarea Cupei Romaniei 33.Supercupa Romaniei 34.Fotbalul feminin 35.Campionatele de Juniori 36.Campionate Judetene 37.Competente organizatorice 38.Trofee 39.Fair play 40.Inscrierea in competitii 41.Omologarea stadioanelor 42.Conditii de omologare 43.Verificarea terenului 44.Terenul neregulamentar 45.Terenul impracticabil 46.Legitimarea si transferul de jucatori 47.Numarul jucatorilor 48.Descompletarea echipei 49.Inlocuirea jucatorilor 50.Jucatori eliminati 51.Participarea neregulamentara la joc 52.Identificarea jucatorilor 53.Verificarea identitatii 54.Comportarea si obligatiile jucatorilor 55.Echipamentul de joc 56.Conditii de joc 57.Asistenta medicala 58.Controlul doping 59.Organizarea jocurilor 60.Masuri de ordine 61.Obligatiile cluburilor organizatoare 62.Accesul in incinta de joc si la vestiare 63.Formalitatile de incepere a jocurilor 64.Conditii pentru activitatea presei 65.Delegarea arbitrilor 66.Raportul de arbitraj 67.Observatorii oficiali 68.Organizarea jocurilor internationale 69.Echipe nationale 70.Alte dispozitii aplicabile 71.Intrarea in vigoare Dupa cum se vede si din enumerarea capitolelor, acest document cuprinde toate informatiile necesare, pentru buna desfasurare a activitatii. Chiar daca nu este obligatoriu, este bine ca toti sportivii sa cunoasca continutul acestui document. Mai mult decat atat, este recomandabil ca fiecare sportiv sa tina un dosar de acte, atat cu actele sale personale, cat si cu cele prin care se reglementeaza activitatea sa. Responsabilitatea directa, este a managerilor si conducatorilor de club, dar efectul acestor regulamente se implementeaza mai ales asupra sportivilor.

## **Alte documente utile:**

1.Regulamentul de desfasurare pentru fotbalul de sala 2.Regulamentul de desfasurare pentru fotbalul pe plaje 3.Regulamentul disciplinar FIFA 4.Regulamentul de fotbal pentru copii si juniori

5.Statutul antrenorului de fotbal 6.Regulamentul agentilor (manageri) 7.Regulamentul pentru transferul de jucatori 8.Statutul FRF 9.Regulamentul FIFA privind normele de securitate pe stadioane 10.Regulamentul UEFA privind infrastructura stadioanelor 11.Regulamentul de organizare pentru Curtea de Arbitraj 12.Caietul de sarcini pentru audit financiar 13.Dosarul de licentiere a clubului 14.Cererea de afiliere la federatie 15.Cererea de inscriere in competitie 16.Contractul de munca pentru jucator 17.Criteriile pentru licentierea unui club 18.Codul disciplinar 19.Ghidul de acreditare al maseurilor 20.Lista firmelor acreditate pentru audit

Toate aceste documente, actualizate, pot fi descarcate de pe site-ul FRF, sau pot fi procurate de la filialele locale. Prezentarea in detaliu a acestor norme si reglementari nu face obiectul acestei carti. Capitolul destinat masurilor organizatorice, are doar rolul de a sublinia importanta acestor masuri. Prin masuri organizatorice de exceptie, tari ca Olanda, Cehia sau Uruguay sunt in fruntea ierarhiei mondiale fotbalistice, in dauna unor tari mult mai mari si cu o veche traditie sportiva.

## **Masuri locale si private**

Documentele prezentate mai sus, au caracter general si sunt destinate pentru uzul oricarui club de fotbal afiliat la FRF. Aceste documente nu epuizeaza insa paleta de mijloace tehnice si/sau economice prin care se poate favoriza activitatea unui club. In functie de mijloacele financiare si de structura fiecarui club, se pot organiza o serie de structuri administrative suplimentare, prin care se va favoriza una sau alta, dintre activitatile auxiliare. Exemple: clubul poate avea o cantina sau un restaurant propriu, bucatarie, cofetarie, hotel, terenuri de antrenament, baza sportiva, baza informativa si mass-media, spalatorie si uscatorie sau chiar firma de echipament sportiv, scoala sportiva, mijloace proprii de transport, baza de recuperare si intretinere musculara, sala de sport sau fitness, sauna si piscina...etc. Prin activitati auxiliare, se pot crea locuri de munca, prin care va creste si capitalul social al clubului, adica importanta sa economica. Este mai bine ca un club sa organizeze 1000 de sportivi si 30 de spectatori, decat 30 de sportivi si 1000 de spectatori. Fiecare sportiv, este un luptator, ce va avea aceeasi atitudine in orice alta activitate, in timp ce un spectator este o persoana ce trebuie stimulata cu emotii pozitive, prin efortul altora. Spectatorul nu stie sa lupte singur, are in permanenta nevoie de suport moral si psihologic (este un looser profesionist). Din acest motiv, este bine ca masurile organizatorice sa se axeze in primul rand pentru favorizarea sportivilor si doar in plan secundar, pentru stimularea sustinatorilor din tribune. Sportivii trebuie sa fie educati, sa nu lupte pentru public, ci pentru placerea personala, sau pentru obtinerea unor performante sportive, pentru clubul de care apartin.

## **Pregatirea fizica si psihica**

### **Prezentare generala**

Orice miscare, este de fapt un complex de contractii musculare, coordonate de un set de stimuli nervosi, generati de sistemul nervos central. Exista un numar oarecare de miscari automate, numite "reflexe atavice sau primare", cu care ne nastem. Restul miscarilor se invata, printr-un proces complex de educatie neuro-musculara. Prin repetarea unui anumit tip de miscare, se creaza la nivelul scoartei cerebrale o cale preferentiala de acces pentru influxul nervos, cunoscuta sub numele de "cale preformata". Cu ajutorul acestor cai preformate, miscarile complexe devin mult mai usor de executat si poarta numele de stereotipuri dinamice, sau reflexe.

Aceste reflexe nu sunt decat niste miscari obisnuite, dar pentru care exista deja o "matrita", sau un sablon. Cel mai simplu exemplu este scrisul. Pentru a scrie o singura litera, este necesara o miscare complexa, ce implica un grup destul de mare de grupe musculare, ce trebuie sa execute cu finete, un anumit set de contractii, intr-o anumita succesiune. Primele litere scrise sunt extrem de anevoioase si implica un consum psihic semnificativ. Pe masura ce miscarea este repetata de zeci si sute de ori, scrisul devine un reflex automat, inconstient. Pentru o singura litera scrisa, trebuiesc antrenati muschii umarului, bratului si antebratului, carpul si falangele, uneori si torsul, gatul, pozitia capului etc.

Fiecare dintre aceste grupe musculare, include mai multi muschi, cu un numar imens de fibre musculare, ce trebuie sa primeasca un anumit stimul. Pentru o singura litera, sistemul nervos trebuie sa elibereze zeci de mii de stimuli nervosi, organizati asemanator cu un pachet de date software. Acelasi mecanism este valabil pentru orice miscare, oricat de mica ar fi. In mod eronat, se considera ca sportivii ar avea o activitate psihica mai redusa decat intelectualii. Nimic mai gresit. De fapt, sportivii depun un efort psihic considerabil mai mare decat intelectualii, cu diferenta ca stimulii nervosi intereseaza cu totul alte arii cerebrale. Daca pentru munca intelectuala se solicita aproape exclusiv ariile cognitive, pentru efortul sportiv se solicita aproape exclusiv ariile motorii si cele asociative. Analizele electrofiziologice au demonstrat ca aceste arii ocupa o mare parte din activitatea cerebrala (vezi homunculusul motor). Activitatea fizica crescuta, determina o crestere a circulatiei sanguine cerebrale, cu aport crescut de oxigen si glucoza. Ca rezultat, activitatea fizica determina o senzatie de euforie, asemanatoare cu cea descrisa pentru narcodependenta. In plus, sportivii vor avea un avantaj in fata nesportivilor si pentru activitatile intelectuale, ca rezultat al aportului sanguin crescut. Dictionul "mens sana in corpore sano" are si un fundament fiziologic. Atat contractia musculara, cat si activitatea cerebrala de control, se fac prin consum de oxigen si glucoza, la care se adauga o serie intrega de factori auxiliari, cofactori si catalizatori. Cu cat efortul depus este mai mare, cu atat consumurile sunt mai mari. Prin antrenament, creste substantial randamentul / miscare, astfel ca pentru aceeasi performanta fizica, efortul fizic si psihic este mult mai mic. Exemplu: -daca pentru prima litera scrisa, efortul a fost absolut remarcabil, pentru cele ce urmeaza efortul depus va fi din ce in ce mai mic. Este absolut esential ca etapa de invatare a miscarilor sa fie supravegheata de personal competent, deoarece este decisiva pentru formarea unor automatisme corecte. O miscare invatata gresit este extrem de greu de corectat. Din acest motiv, se incepe cu miscari simple pregatitoare, apoi se adauga progresiv elementele de finete, pana cand miscarea complexa este perfecta.

Pregatirea fizica, nu este doar un adjuvant al vietii sportive, ci este un scop in sine. Altfel spus, competitia sportiva nu sunt decat un mod de prezentare si evaluare a pregatirii fizice atinse de un sportiv, sau un grup de sportivi. Pregatirea fizica cuprinde mai multe etape: invatarea miscarilor, antrenamentul de intretinere, dezvoltarea masei musculare, dezvoltarea fortei musculare, cresterea vitezei de executie, cresterea coordonarii temporo-spatiale, dezvoltarea unor miscari speciale pentru un anumit tip de activitate, evaluarea efortului depus, proiectarea grilelor de efort, favorizarea unor tehnici pentru supraefort...etc. Supradozarea efortului depus poate duce la accidentari, imbolnaviri sau chiar decese spontane (prin hipoglicemie, acidoza, deshidratare, trombembolie, hipoxie, ischemie severa miocardica sau cerebrala, soc hipovolemic..etc). Din acest motiv, pregatirea fizica pentru sportul de performanta nu se poate face decat sub control de specialitate.

## Metabolism energetic

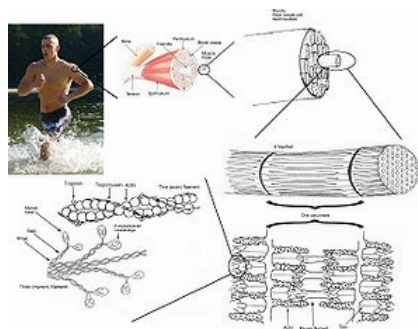
Biochimia metabolismului energetic este o stiinta in sine si nu poate fi rezumata in cateva

cuvinte. Acest capitol va cuprinde doar o schema elementara simplista, necesara pentru a intelege elementele de mediu necesare pentru o pregatire fizica adecvata. Energia necesara pentru efort fizic provine din metabolizarea alimentelor si principiilor nutritive. In esenta, sursele de energie provin din degradarea catalitica a alimentelor pana la: glucide, lipide si proteine. Fiecare dintre cele trei mari clase, poate asigura un aport energetic ce poate fi aproximat in kilocalorii astfel: glucide 4,1/g lipide 9,1/g proteine 4,1 /g

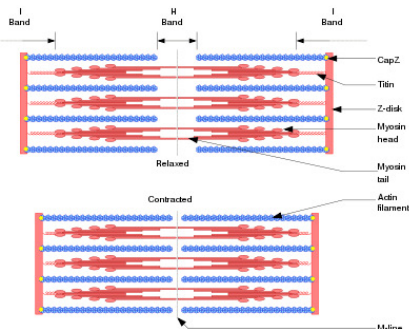
Fiecare dintre cele trei grupe mari, cuprine un numar foarte mare de substante, cu proprietati fizice si chimice diferite. Exemplu: glucidele sunt formate din monozaharide (glucoza, fructoza), dizaharide (zahar, lactoza, galactoza) si polizaharide (amidon, celuloza). Din considerente pur didactice, toate sursele energetice se aproximeaza prin echivalentul lor in glucoza, deoarece in acest fel se simplifica formulele de calculatie. In plus, atunci cand este necesar, organismul va mobiliza toate resursele metabolice pentru a forma glucoza, proces chimic cunoscut sub numele de "neoglucogeneza". In practica insa, nu este acelasi lucru daca glucoza provine din fructe, sau din produse zaharoase rafinate, deoarece efortul metabolic este diferit, iar randamentul propriu zis este mai mic decat cel din formulele de aproximare ( se scad caloriile consumate pentru depolimerizare).

Metabolismul energetic cuprinde trei faze importante: 1. aportul energetic (prin alimente) 2. procesele chimice intermediare (polimerizare, formare de ATP si glicogen, oxidare catalitica etc.), 3. consumul energetic (metabolism bazal, termoreglare, excretie, efort fizic si miscare). Fiecare dintre cele trei faze cuprinde zeci de mii de reactii fizico-chimice. Cu cat aceste reactii sunt repetate mai des, cu atat organismul se adapteaza prin cresterea bagajului enzimatic si catalitic astfel incat randamentul lor sa fie optim. Astfel, un sportiv nu numai ca mananca mai bine, dar si anabolizeaza sau catabolizeaza alimentele mai eficient, ca rezultat al factorilor hormonal si metabolici (coenzime, microelemente, vitamine, mitocondrii, rezerva de oxigen etc.). Din punct de vedere al pregatirii fizice, are importanta mai ales metabolismul glucidelor, ce poate avea loc fie in prezenta oxigenului (glicoliza aeroba), fie in absenta lui (glicoliza anaeroba). Daca metabolismul aerob este complet si eficient, cel anaerob produce si o serie de reziduri (oxidari incomplete) ce actioneaza cu efecte nefaste asupra organismului (acid lactic, acid piruvic, corpi cetonici, amoniac si saruri de amoniu etc.). Din acest motiv, este esential ca efortul fizic sa nu depaseasca randamentul metabolic maxim al organismului. Acest randament maxim, nu este fix, ci este individualizat la fiecare sportiv, atat in functie de varsta si masa corporala, cat si in functie de profilul hormonal, rezerva de oxigen si factorii de crestere, dar si in functie de experienta metabolica anterioara. Exemplu: -un sportiv de performanta, obisnuit cu suplimente alimentare si cu un aport crescut de glucoza, va avea un depozit de glicogen hepatic simtitor mai mare decat o persoana neantrenata. Ca rezultat, capacitatea sa de efort va fi cel putin dubla.

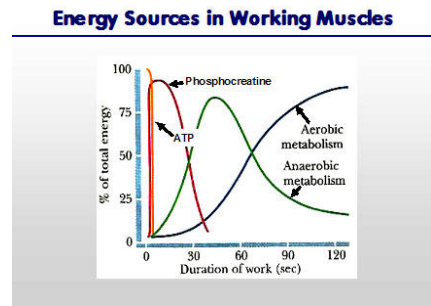
Efortul fizic are la baza contractia neuro-musculara. Etapele unei contractii musculare sunt: 1. sistemul nervos central elibereaza un set de stimulii 2. calea nervoasa mediata sinaptic prin acetylcolina transmite stimulul la efectori 3. stimulul electric este dependent de ionii de Na si K versus cei de Ca si Mg 4. la nivelul fibrei musculare, are loc contractia propriu zisa, mediata prin ionii de Ca 5. contractia se face cu consum de molecule macroergice (ATP) Rezerva totala de ATP din organism este in jur de 50 g, in timp ce consumul energetic total/zi este intre 2000 si 4000 KCal. Pentru a asigura acest consum energetic este nevoie de circa 45-50 Kg de ATP. Rezulta ca rezervele de ATP trebuiesc improspatate de circa 1000 de ori/zi, adica aproape in fiecare minut. Cu cat efortul fizic depus este mai mare, cu atat ficatul va trebui sa depuna un efort metabolic mai mare. Prin exercitiu fizic, ficatul se hipertrofiaza si alocu o parte mult mai importanta pentru metabolismul energetic. Este insa esential ca efortul fizic sa fie alternat cu perioade corespunzatoare de odihna totala, pentru a permite reimprospatarea rezervelor de glicogen si ATP.



Muschi striat



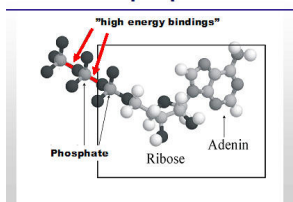
Baza contractiei musculare



Resursele energetice

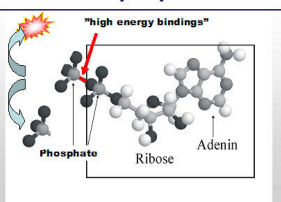
In primele 30 de secunde, predomina energia obtinuta prin metabolism anaerob, dupa care sursa de energie este asigurata aproape exclusiv aerob. Din acest motiv, este esential ca exercitiul fizic sa fie dublat de exercitii speciale de respiratie, prin care sa se asigure un aport optim de oxigen. Jumatate din energia consumata in timpul unui efort fizic va fi disipata sub forma de caldura. In functie de temperatura ambianta si echipamentul sportivului, aceasta energie suplimentara va fi disipata direct (Exemplu: la inotatori, skiori etc.) sau va genera o secretie sudoripara excesiva, cu pierderi lichidiene semnificative. Acest factor este esential si in calculul formulei de nutritie (pentru un efort de 100 Kcal, aportul energetic trebuie sa fie de cel putin 200 KCal). Cheia de boltă, pentru intregul metabolism energetic este reprezentata prin molecula de ATP. In aceasta molecula macroergica, se inmagazineaza o cuanta de energie biochimica, ce poate fi apoi transportata si inmagazinata, sau transformata in energie mecanica.

Adenosine triphosphate or "ATP"



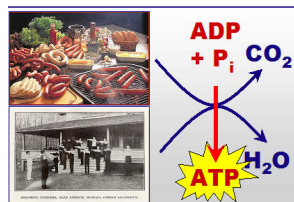
Molecula de ATP

Adenosine triphosphate or "ATP"



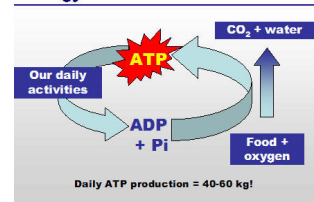
ADP+fosfat = ATP

We Burn Food



sursa energetica

Energy Metabolism in You and Me



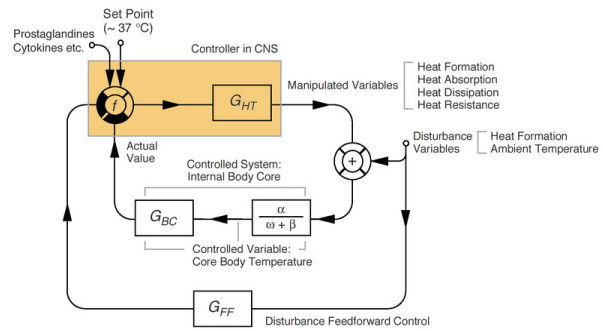
Circuitul energetic

Molecula de ATP se formeaza prin fosforilarea unei molecule de ADP. Aceasta reactie poate avea ca substrat o molecula de fosfocreatina (cu randament de 100 %), o molecula de glucoza oxidata anaerob (cu formare de acid lactic si randament de 55%), o molecula de glucoza oxidata aerob (cu randament de 23%), sau prin oxidarea grasimilor (cu randament de 10 % si o serie intreaga de produse de catabolism). Capitalul de fosfocreatina este destul de limitat, si trebuie refacut in permanenta, astfel ca principala sursa energetica este prin oxidarea glucozei. Glicoliza anaeroba, are loc direct, cu un randament destul de bun, dar nu elibereaza decat 2 moli de ATP, pentru fiecare mol de glucoza consumata. Glicoliza aeroba, se face mult mai lent, cu randament scazut (prin ciclul acizilor tricarbolicici Krebs), dar permite formarea de 34 de moli de ATP, pentru fiecare mol de glucoza. Glicoliza aeroba este de 17 ori mai eficienta, dar este mai lenta si are nevoie de un timp oarecare, pentru a putea reface capitalul de ATP. Fosfocreatina se sintetizeaza in organism in urma consumului de carne si produse din carne. Din acest motiv, suplimentul alimentar al sportivului nu se poate rezuma doar la glucide, ci trebuie sa includa si un supliment proteic (carne, lapte, oua). Nu toata energia eliberata din ATP este transformata in energie mecanica. O parte din ea se disipeaza, o alta parte este consumata pentru termoreglare,

iar restul se consuma in diverse alte reactii biochimice endogene.

**The Rate of Synthesis of ATP Varies According to Substrate**

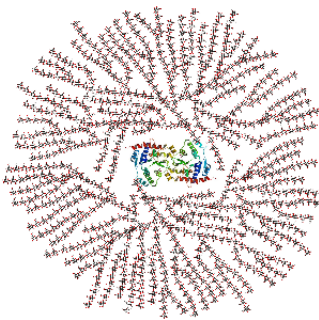
Substrate	Product	Relative Rate
Phosphocreatine	ATP + creatine	100
Stored sugar and blood sugar	ATP + lactic acid	55
Stored sugar and blood sugar	ATP + CO <sub>2</sub>	23
Fat	ATP + CO <sub>2</sub>	10



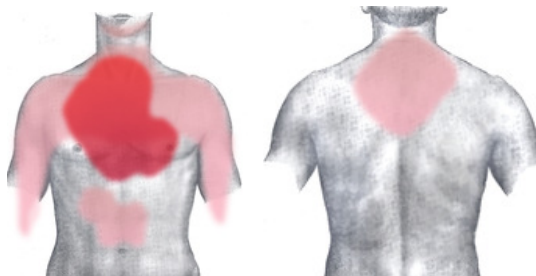
**Sursele pentru formarea de ATP**

**Termoreglarea (schita de sinteza)**

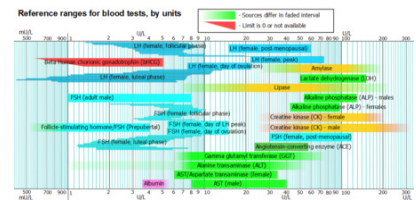
Glucoza necesara pentru productia de energie, provine mai ales din glucoza depozitata sub forma de polimolecula de glicogen, la care se adauga glucoza libera circulanta. Daca se epuizeaza toate sursele de glucoza, incepe oxidarea grasimilor si procesul de neoglucogeneza, cu un randament slab si cu numerosi produsi toxici de catabolism (amoniac, corpi cetonici, acizi grasi). La o persoana neantrenata, rezervele de glicogen se epuizeaza extrem de rapid. La un sportiv de performanta, depozitul de glicogen este mult mai mare si poate sustine un efort fizic echivalent cu circa 30 Km de alergare continua. Exista metode speciale, prin care se poate depasi si aceasta limita, fie prin fortarea depozitului de glicogen, fie prin incarcare cu glucoza (vezi si capitoul de nutritie).Daca se epuizeaza toate sursele energetice, sau daca aportul de oxigen este incomplet, fibra musculara incepe sa sufere un proces asemanator cu cel din infarctul miocardic. Inima este prima care sufera si pot apare dureri de tip anginos si modificari biochimice similare cu cele din infarct. Deosebirea consta in faptul ca la sportiv modificarile sunt reversibile si inceteaza imediat ce se opreste efortul fizic, in timp ce infarctul evolueaza progresiv, ireversibil, in casacada. Ischemia musculara poate fi analizata si evaluata biochimic prin aceiasi markeri prin care se urmareste infarctul miocardic.



**Glicogen**



**Aria durerii cardiace**



**Markerii metabolici**

Daca nu exista mijloace de laborator adecvate, efortul maxim se evalueaza prin masurarea pulsului si a numarului de respiratii/minut. Activitatea trebuie oprita obligatoriu daca frecventa cardiaca creste peste 170/minut, daca apare senzatia de lipsa de aer, sau daca apar dureri de orice fel. Pentru monitorizarea exacta, exista aparate ce masoara in timpul efortului concentratia de oxigen si glucoza, pulsul si volumul respirator, rata fosforilarii, energia disipata termic...etc. Prin

antrenament continuu, organismul suferă diverse adaptări ce permit un efort fizic crescut. Exemplu: dacă la un adult neantrenat inima are un volum total de 785 cm<sup>3</sup> cu un volum diastolic de 136 cm<sup>3</sup>, la un sportiv de performanță inima poate avea 1070 de cm<sup>3</sup>, cu un volum diastolic de 190 cm<sup>3</sup>. Astfel, într-un singur minut de efort, inima sportivului pompează cu 9 litri de sânge mai mult decât cea a unei persoane neantrenate (150 x 60 cm<sup>3</sup>). În plus, la o persoană neantrenată, energia consumată se va produce predominant prin glicoliză anaerobă, cu producție masivă de acid lactic, ce va genera o suferință fizică cunoscută sub numele de "febra musculară". Un alt factor esențial îl reprezintă necesarul de lichide și săruri minerale. Efortul fizic duce la o sudorație forțată, cu pierderi importante de apă și sare, ce pot ajunge până la 4000 ml. Dacă apa nu este înlocuită eficient, se poate produce o deshidratare acută, ce poate genera diverse manifestări patologice (hematurie, tromboembolie, acidoză, insuficiență renală, edem cerebral etc.). În concluzie, pregătirea fizică nu se poate face la întâmplare, sau prin eforturi fizice extrem de intense. Este obligatoriu să se respecte un grafic, supravegheat de personal competent. Nu există limite fizice universale valabile. Fiecare sportiv va avea limitele sale de performanță, generate atât de fondul genetic și profilul hormonal, cât și de antrenamentul anterior. În cinci săptămâni de efort controlat, masa musculară poate crește cu până la 25%, iar în cinci săptămâni de inactivitate se poate pierde cu până la 50 % din performanța musculară.

## Învățarea mișcărilor

Educația fizică începe la vârsta de 7 ani (în clasa I-a). Aceasta este și vârsta ideală pentru selecția viitorilor sportivi. Orice mișcare repetată destul de frecvent, devine un stereotip dinamic, chiar dacă procesul de învățare a fost inconștient. Este esențial ca fiecare mișcare să fie deprinsă corect de la bun început. De cele mai multe ori, este mult mai greu de corectat o mișcare greșită, decât de învățat o mișcare complet nouă. Exemplu: prin mișcare corectă, fiecare pas din alergare poate fi prelungit cu circa 10 cm. La o alergare de 1000 de pași, diferența va fi de 100 de m. Selecția copiilor se va face atât în funcție de potențialul lor genetic (aspectul părinților), cât mai ales în funcție de disponibilitatea lor pentru efort. Vor fi preferați copiii sportivilor și cei ce provin din medii cu activitate fizică intensă (agricultori, muncitori, mineri, forestieri etc.). În aceste medii, există deja condițiile necesare pentru a susține material și moral, efortul fizic necesar. Este bine ca antrenamentele inițiale să nu fie mai frecvente de 2-3 / săptămână, la care se pot adăuga și una sau două ore de pregătire teoretică (imagini și reviste sportive, clasamente, urmărirea și analiza unui meci de fotbal, comentarii, exemplificări de faze, educație pentru susținerea clubului preferat). Pentru această grupă de vârstă, efortul fizic va fi redus la strictul necesar. La această vârstă nu se urmărește dezvoltarea forței musculare, ci doar formarea mentalității de sportiv și deprinderea unor atitudini corecte.

Educația fizică începe cu gimnastica simplă, prin care se învață principalele tipuri de mișcări generale și atitudini ale corpului. Apoi se adăuga progresiv, mișcările specifice pentru sportul ales. În cazul jocului de fotbal, sunt esențiale: alergarea, caderea din alergare, săriturile și controlul mingii cu mișcări ale piciorului.

1. Alergarea : -este esențială pentru orice sport. Pentru o mișcare corectă, se vor face inițial o serie de mișcări pregătitoare : fandări, mersul strengarului, sărituri pe un picior, apoi mers format din sărituri combinate cu fandare. Un pas corect de alergare cuprinde următoarele etape: flexia genunchiului, extensia gambei pe coapsă, extensia tarsului pe gamba, salt de pe piciorul de sprijin, apoi fandare pe piciorul de atac și repetarea mișcării pentru celălalt picior. Mișcarea trebuie exemplificată, cât mai clar, apoi se explică copiilor să facă salturi cu pași cât mai mari și cu aterizare pe vârful piciorului. Treptat, săriturile vor fi tot mai lungi și mișcarea din ce în ce mai rapidă. Copiii au un comportament competitiv destul de dezvoltat, așa că este recomandabil ca

miscarea sa fie cronometrata periodic. Copiii vor concura nu atat intre ei, cat contra cronometru. Fiecare copil va avea un grafic personal de dezvoltare. Se va evita favorizarea unora, in dauna celor mai putin competitivi. La copii, dezvoltarea psiho-motorie se face in salturi inegale. De cele mai multe ori, cei cu dezvoltare foarte buna la varsta de 7 ani, vor fi depasiti in timp, de cei cu o dezvoltare mai intarziata. Este bine ca fiecare sportiv sa fie educat astfel incat sa nu concureze decat cu sine insusi. Se pot organiza si competitii cu premii, pentru a stimula pe cei mai buni, dar acestea nu vor avea decat un rol secundar (nu se pregatesc "vedete" cu mucii). In nici un caz nu trebuiesc abandonati cei cu performante initiale mai slabe. Selectia pentru marea performanta nu se va face inaintea varstei de 18-20 de ani. Fiecare copil va avea un dosar personal, in care se vor inregistra periodic performantele de etapa. La aceasta grupa de varsta, alergarea se va cronometra pe distante de 25 si 50 m.

**2.Caderea din alergare:** -este iminenta in viata unui fotbalist. Fie ca este provocata de adversar, fie ca este provocata de o priza gresita cu solul, caderea din alergare face parte din jocul de fotbal. Este bine sa nu existe o experienta traumatica, prin care frica de traumatism sa inhibe dezvoltarea jocului. Din acest motiv, este bine sa invete caderile, sub control specializat. Preferabil se va apela la un antrenor de judo, sau gimnastica sportiva si la saltele. Copiii vor invata sa cada, atat din saritura cat si din miscare sau alergare. Miscarile de amortizare pe brate si maini, trebuie deprinse cat mai corect, pentru ca sa devina reflexe. La aceasta varsta, contactul cu solul este foarte usor, astfel ca amortizarile pot fi invatate in joaca. Pe langa amortizari, trebuie adaugata o miscare de rostogolire menita sa transforme forta de inertie in miscare de rostogolire. Cu cat creste greutatea corporala, cu atat caderile vor fi mai dure si vor putea genera traumatisme severe (entorse, luxatii, contuzii, uneori chiar fracturi). Daca nu exista antrenor specializat, se vor face initial salturi de pe loc in fata, cu amortizare prin flotare, urmata de o rostogolire laterala. Treptat, se va adauga un pas de miscare, apoi doi trei, pana cand caderea se va putea executa din alergare, fara cea mai mica contuzie. Caderile spectaculoase din timpul jocului, nu sunt neaparat o forma de teatralizare, ci sunt un reflex invatat. In plus, sportivul trebuie sa stie ca: " pentru a ajunge cat mai sus, trebuie sa fi pregatit si sa cazi".

**3.Sariturile:** -se pot face cu bataie pe un picior, sau cu priza pe ambele picioare. Pregatirea pentru salt se face prin dezvoltarea grupelor musculare (genoflexiuni). Apoi, genoflexiunile vor fi urmate de un salt usor de pe loc. Treptat, saltul va fi din ce in ce mai inalt, pana cand se atinge valoarea maxima. Inaltimea maxima la care poate sari de pe loc, poarta numele de detenta si poate fi masurata. Si in acest caz, este recomandabil ca fiecare copil sa fie monitorizat separat, prin fise completate periodic. Detenta poate fi masurata in mai multe feluri: 1.se atarna pe un perete o hartie cu o grila masurata, iar apoi copilul coloreaza mana cu creta si incearca sa plaseze un semn cat mai sus, se masoara diferenta dintre inaltimea semnului si inaltimea copilului cu mana ridicata. 2. pentru fotbalisti este esentiala inaltimea la care poate juca balonul cu capul. Din acest motiv, se va lega o minge in plasa si se va ridica cu o sfoara gradata, apoi se va testa inaltimea maxima la care copilul poate lovi eficient mingea cu capul. Pentru a deprinde o miscare corecta in jocul cu capul, se pot atarna in sala mai multe astfel de baloane, pe care copilul trebuie sa le loveasca intr-o anumita ordine, contra cronometru. Apoi se va genera baloanelor o miscare de pendulare, astfel incat copilul sa trebuiasca sa aleaga momentul corect pentru saritura. Acest gen de exercitiu este mult mai eficient decat sute de lovituri de colt, exersate in aer liber. Performantele se vor monitoriza prin fise periodice.

**4.Controlul mingii:** -este scopul final al oricarui fotbalist. Miscarea trebuie sa fie cat mai precisa, si puternica. Pentru a stimula o miscare cat mai corecta, este recomandabil ca primele miscari sa fie invatate cu incetinitorul si cu o minge medicinala de 1 Kg. Greutatea balonului va stimula formarea unui algoritm corect. Miscarile trebuie sa fie lente si usoare, deoarece o miscare prea energica poate duce la o intindere musculara. Exerciitiul se va repeta pentru fiecare dintre

**miscarile posibile: cu "latul", cu "falsul", cu "siretul", cu calcaiul...etc. Dupa ce miscarea este corecta se va trece la conducerea mingii medicinale din alergare. Apea apoi se vor repeta aceleasi exercitii si cu o minge normala. In mod similar, se vor exersa miscarile pentru pase. Se va incepe cu o minge medicinala, la distante de 1-2 m, apoi se va trece la mingea normala si distanta va creste progresiv pana la limita la care forta fizica este inefficienta. Trebuie sa existe cate o minge pentru fiecare copil, atat medicinala, cat si pentru joc. Este esential ca la fiecare antrenament sa execute cel putin cateva zeci de pase: cu latul, cu falsul, cu siretul si cu calcaiul. Pasele corecte reprezinta 90% din jocul de fotbal. Si controlul balonului poate fi monitorizat. Se pot face fise, in care se inregistreaza numarul de pase corecte, numarul de lovituri la poarta corecte...etc. Toate miscarile se vor repeta in mod egal, cu ambele picioare, pentru a forma un jucator complet. Antrenamentul sa va incheia cu o scurta partida amicala.**



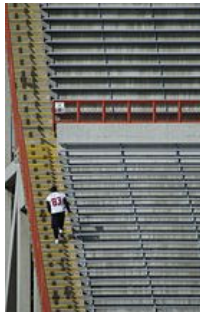
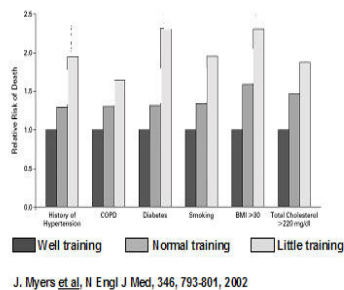
**Deprinderea miscarilor corecte se poate face la orice varsta, dar cu cat varsta este mai mare, cu atat procesul de invatare este mai dificil, copiii sunt mai reclacitranti si exista deja un bagaj, mai mic sau mai mare de miscari incorecte, la care nu vor sa renunte (sunt deja "vedete"). Aceste miscari nu necesita un antrenor de fotbal specializat, si pot fi supravegheate de orice profesor de educatie fizica, cu bunavointa si rabdare. Fiecare copil poate avea un dosar cu performantele sale, prin care se va putea face o selectie mai riguroasa pentru inscrierea la un club sportiv.**

## **Antrenamentul de intretinere**

**Antrenamentul de intretinere este "painea cea de toate zilele" pentru orice sportiv. Rolul sau este esential pe mai multe planuri. In primul rand, trebuie mentinuta forma fizica a principalelor grupe de muschi. Prin antrenament constant, muschiul se adapteaza pentru a face fata la maximum de solicitari. Astfel, in perioada de repaos, muschiul va utiliza toate resursele de glucoza pentru a reface depozitul de glicogen si va reface echilibrul hidro-mineral. In plus, procesul de glicoliza va fi deplasat spre glicoliza aeroba. In lipsa efortului fizic constant, muschiul se atrofiaza, iar excesul de glucoza va fi depozitat sub forma de grasimi. Simultan, procesul de glicoliza se deplaseaza spre glicoliza anaeroba, cu formare de acid lactic. Cu alte cuvinte, antrenamentul fizic**

constant este esential pentru a avea un randament fizic optim. In plus, efortul fizic declanseaza o serie intreaga de modificari metabolice menite sa favorizeze metabolismul energetic. Mecanismul principal este reprezentat prin eliberarea de cortisol si testosteron de la nivelul glandelor suprarenale, avand ca rezultat o crestere a proceselor de anabolism. Acest mecanism se manifesta fizic prin apetit crescut sau chiar "foame permanenta" si o usoara stare euforica, vigila. La nivel cerebral, efortul fizic duce la un flux sanguin crescut, cu aport crescut de oxigen si glucoza, ce genereaza o senzatie placuta, satisfacatoare. Dupa un antrenament fizic, sportivii au o senzatie de "bine", echivalata cu cea oferita de substantele psihostimulante, senzatie ce creaza si un fel de dependenta. Din acest motiv, sportivii de performanta traverseaza episoade depresive, atunci cand intrerup antrenamentul fizic. Printre hormonii eliberati in timpul efortului, se numara si hormonul somatotrop. Copiii ce depun un efort fizic constant (dar nu exagerat), se dezvoltă mai rapid si mai frumos si ating o inaltime cu pana la 10 cm mai mare decat in lipsa efortului fizic. Studiile pe termen lung au demonstrat ca durata si speranta de viata, sunt mai mari la sportivi, fata de sedentari. Antrenamentul de intretinere se poate face cu mijloace simple, sau cu aparate speciale, dar la un nivel moderat de efort. Pe langa miscari simple, genoflexiuni si flotari, sau tractiune la bara, se pot executa miscari speciale pentru abdomen, alergari usoare, alergari pe scara etc. Fiecare antrenor va organiza si conduce antrenamentul in functie de caracteristicile fiecarui sportiv.

### Correlation between Physical Condition and the Risk for Death



Speranta de viata

Alergare pe scari

Exercitii pentru abdomen

Chiar daca nu se utilizeaza nici un aparat, este bine ca antrenamentul sa fie cuantificat cu fise personalizate pentru fiecare sportiv. Pentru fiecare sport si grupa de varsta exista niste grile de exercitii, ce trebuie sa poata fi executate fara efort evident. Aceste grile, poarta si numele de "baremuri fizice". Exista astfel de baremuri si pentru evaluarea formei fizice la militari, sau lucratori ce trebuie sa execute un efort fizic special (balerini, alpinism utilitar, pompieri...etc.). Pentru sportul de performanta, baremurile se stabilesc in functie de performanta fizica a fiecarui sportiv. In general, antrenamentul de intretinere nu este bine sa depaseasca mai mult de 50% din capacitatea de efort a sportivului, pentru a evita epuizarea fizica inutila. Baremurile pentru forma fizica nu trebuie confundate cu cele pentru obtinerea de performante speciale. In cele mai multe cazuri, aceste baremuri se rezuma la un anumit numar de genoflexiuni, tractiuni la bara, flotari si exercitii pentru abdomen. Pentru o pregatire mai complexa, axata pe grupe musculare, se utilizeaza greutati si gantere, extensoare sau aparate special concepute: bicicleta ergonomica, banda rulanta, aparate de tractiune si extensie, aparate ce genereaza vibratii sau electrostimuli, etc. Fiecare astfel de aparat ajutator are o serie intreaga de particularitati, si mijloace de cuantificare a efortului.



**Gantere**



**Extensoare**



**Banda rulanta**

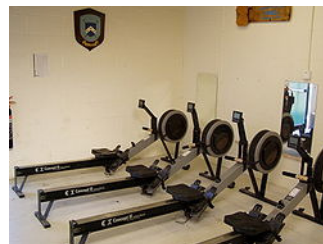


**Bicicleta**

Aparatele permit o mai buna cuantificare a efortului depus. In functie de varsta si greutate corporala, energia consumata va fi intre 3 si 11 Kcalorii/minut. Antrenamentul va fi astfel condus incat sa nu se depaseasca un consum de 500 KCalorii/antrenament. Bineinteles ca aceleasi aparate pot fi utilizate si pentru dezvoltarea fortei musculare, sau pentru obtinerea unor performante fizice exceptionale. In acest caz, antrenamentul fizic nu va fi doar un adjuvant, ci va fi un scop in sine. Toate exercitiile se vor face dupa o anumita grila prestabilita. In mod normal, efortul va creste progresiv, de la un antrenament la altul, pana cand se obtine forma fizica maxima ( 5 saptamani), dupa care se va mentine constant (orice efort suplimentar este inutil).



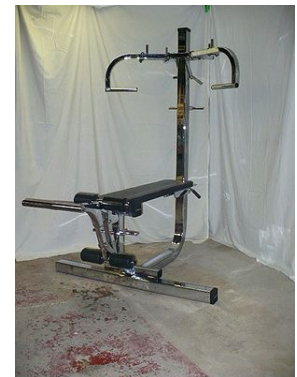
**Tractiuni**



**Canotaj**



**Mars**



**Soloflex**

Grila de lucru trebuie sa fie individualizata in functie de varsta, greutate, sex, forma sportiva si tipul de activitate pentru care se pregatesc grupele de muschi. Aceleasi aparate se pot utiliza si pentru recuperarea locomotorie, corectarea viciilor de atitudine fizica, sau pentru mentinerea greutatii corporale (mai putin pentru scadere in greutate). In cazul jucatorilor de fotbal (adulti), antrenamentul de intretinere este bine sa fie cel putin egal cu jumatate din efortul depus intr-o partida completa de fotbal, adica  $45 \times 7 = 315$  Kcalorii (circa 50 - 100 de minute de efort moderat) Daca numarul de aparate este insuficient, echipa va fi fragmentata in grupuri mai mici, astfel incat fiecare sportiv sa poata lucra la un aparat, prin rotatie. Daca exista un exces de sportivi, va interveni tendinta de a scurta sau minimaliza exercitiile, pentru a grabi accesul pe aparate. Nu este recomandabil ca sportivii sa se antreneze singuri, la domiciliu, sau nesupravegheati. Antrenamentul fizic este o parte importanta in formarea spiritului de echipa, si trebuie desfasurat colectiv, in prezenta nemijlocita a antrenorului. In general, aparatele dau o nota de "profesionalism" si sunt mult mai bine tolerate decat exercitiile fizice simple, sau alergarea pe distante mari. Sportivii vor avea un echipament special, din bumbac sau materiale absorbante, cat

mai comod. Sub nici o forma nu se va utiliza echipamentul de joc, pentru antrenamentele de intretinere (suspensor, ghete cu crampoane, tricou cu sigle si blazon...etc). Este indicat ca antrenamentul sa includa si exercitii de respiratie. Oxigenul consumat in timpul efortului fizic, depinde de greutatea corporala si intensitatea efortului fizic, astfel:

corp/minut                      pentru 1000 m in 12 minute (mers in plimbare) se consuma 11 ml/kg

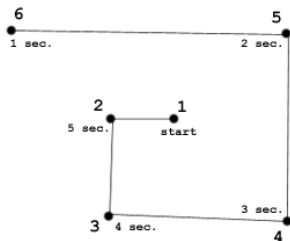
2000 m (mars)	33
3000 m (alergare usoara)	55
4000 m (alergare )	78
5000 m (alergare rapida)	100
6000 m (sprint maxim)	122

Aerul atmosferic contine 20 % oxigen. Pentru a calcula volumul de aer necesar, se vor inmulti cifrele rezultate cu 5. Intr-o partida de fotbal, sportivul alearga circa 10 Km in 90 de minute, adica circa 1500 m/12 minute. La greutatea de 70 de Kg, sunt necesari  $70 \times 22 = 1540$  ml oxigen/minut, adica 7700 ml de aer. La un inspir normal in repaos, volumul de aer este de circa 350 ml, deci sunt necesare circa 20 de respiratii normale pe minut(in medie). Jocul de fotbal este insa format din sprinturi, cu schimbarea directiei de alergare la circa 5 secunde. In perioada de sprint, necesarul de aer este de  $70 \times 122 \times 5 = 42700$  ml/minut. Un sprint, dureaza circa 5 secunde, deci necesarul de oxigen se poate obtine ventiland circa 3500 ml. Pentru a putea ventila 3500 ml in 5 secunde este necesar ca volumul inspirat sa fie mai mare decat 350 ml, preferabil 750 sau chiar 1000 ml. Aceste volume se obtin prin inspir fortat. Exerciitiile de respiratie, contin diverse tipuri de respiratii fortate, cu un anumit ritm constant. Cel mai usor, se executa o respiratie fortata in doi timpi, ca un stranut fragmentat in doi timpi (doua inspiruri fortate, urmate de doua expiruri fortate). Exerciitiile trebuie sa fie de scurta durata, deoarece prin hiperventilatie fortata, in absenta efortului fizic, se produce o stare de alcaloza, ce poate duce la stari de lesin (se elimina brusc prea mult CO<sub>2</sub>). Cel mai bine este ca aceste exercitii sa se execute in timpul alergarii de fond. La sportivi, capacitatea ventilatorie creste peste 4000 ml, dar ventilatia eficienta nu depaseste prea mult 1000 ml/secunda. In 5 secunde de sprint se consuma circa 30 % din rezerva de oxigen, iar in 15 secunde se consuma integral. Daca efortul continua peste aceasta limita, se creaza asa numita "datorie de oxigen", in care perioada de recuperare se prelungeste foarte mult (se stimuleaza glicoliza anaeroba). Din acest motiv, nu se recomanda antrenamente cu sprinturi mai lungi de 5 secunde, urmate de 10 secunde de repaos, sau alergare usoara. Este bine ca fiecare sportiv sa fie evaluat medical (probe ventilatorii si probe functionale cardiace) iar antrenamentul sa fie condus in functie de limitele sale fiziologice. Pentru antrenamentul colectiv, se vor utiliza valori medii, calculate in functie de performanta celui mai slab din echipa. Pentru alergatorii de performanta, se va tatonati ritmul ventilator cel mai eficient per unitatea de timp (sportivul alearga pe banda rulanta cu un spirometru si testeaza diferite tipuri de respiratie sacadata, fortata). Probele ventilatorii se vor evalua si consemna cel putin anual.

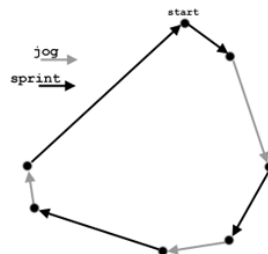
## Antrenamentul specific

Pentru jocul de fotbal, antrenamentul specific nu trebuie axat doar pe controlul balonului, cat mai ales pe dezvoltarea aptitudinilor pentru joc. Intr-o partida de fotbal 90-95 % din joc este

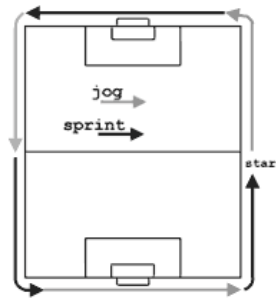
format din alergare simpla. La un joc echilibrat, fiecare echipa controleaza balonul circa 50 % din timpul de joc, adica 40-45 de minute. Pentru fiecare jucator, revin circa 4 minute de joc efectiv cu balonul, dar scazand perioadele in care mingea se afla in miscare, revin circa 2 minute de joc/jucator. Este absolut esential ce va face in cele doua minute, dar este sigur ca in restul de 88 de minute va trebui sa alerge. In timpul unei partide, un mijlocas parcurge circa 10000 de m (10 Km). Alergarea nu este constanta, ci este formata din accelerari si decelerari bruste, urmate de alergare mai usoara. Ca rezultat, si antrenamentul trebuie sa fie axat pe sprinturi scurte, urmate de alergare mai usoara. Alergarile se pot face pe trasee prestabilite, sau pot fi conduse de antrenor, cu vocea sau cu un fluier. Exista si inregistrari audio, ce pot fi executate prin statia de amplificare a stadionului, pentru a putea conduce antrenamentul dupa un algoritm prestabilit.



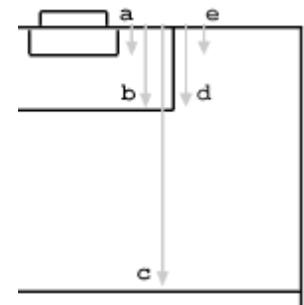
Traseu neregulat



Circuit



Ture de teren



Sprinturi scurte

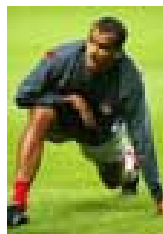
Durata si intensitatea antrenamentului va fi diferita in functie de grupa de varsta si de forma sportiva. Copiii mai mici de 14-15 ani, vor face eforturi de intensitate moderata, dar repetate cat mai frecvent, pentru formarea reflexelor corecte. Copiii peste 16 ani, si adultii vor putea face efort maximal, combinat cu exercitiile pentru dezvoltarea masei musculare. Pentru a trasa un astfel de circuit, se pot utiliza jaloane, baloane, sau jucatori ce executa miscari de incalzire statice. Pe langa alergari, trebuiesc executate miscari specifice pentru fiecare grup muscular. O atentie deosebita trebuie acordata miscarilor de ridicare pe varfuri si salt de pe loc, precum si miscarilor de rasucire a trunchiului pe bazin. Pare paradoxal, dar majoritatea "fentelor" din alergare se fac prin rasuciri bruste ale trunchiului, cu schimbarea rapida a directiei de deplasare. Trebuiesc apoi exersate insistent miscarile de oprire brusca din alergare. De cele mai multe ori, se traseaza un circuit, in care jucatorul trebuie sa treaca prin puncte fixe, sa atinga un anumit obiectiv si apoi sa sprinteze la jalonul urmator, contra timp. Pentru a evita accidentarile, este esential ca fiecare grup muscular sa fie "incalzit" timp de 30 de minute, inainte de a incepe antrenamentul in forta.



Spate



Fandari



Extensii



Torsiuni



Alergare cros

Antrenamentul va incepe cu exercitii usoare, urmate de o alergare cros, de cel putin 2000 m. A doua oara se pot incepe exercitiile in care muschii sunt supusi la solicitari bruste. In caz

contrar, exista riscul unor accidentari nedorite: fasciculite, entorse, intinderi sau chiar rupturi musculare. Este esential ca aceste miscari sa fie invatate de la o varsta cat mai mica si apoi sa fie respectate ca un ritual, inainte de a incepe antrenamentul propriu zis. Sub nici o forma nu se va trece direct la jocul cu mingea. Este esential ca aceste miscari sa fie executate in grup, cu intreaga echipa, pentru a consolida spiritul de echipa. Jucatorii cu accidentari usoare, se recupereaza mai usor, daca nu pierd contactul cu echipa (chiar daca nu participa la competitii). Exista si exercitii speciale pentru efortul aerob, sau anaerob. Astfel, pentru efortul anaerob, antrenamentul consta din exercitii extrem de intense, ce alterneaza cu perioade de repaos, pana la normalizarea ritmului cardiac. Efortul anaerob este esential pentru sprint-uri. Pentru efortul aerob, se vor face exercitii de intensitate moderata, dar de lunga durata (Exemplu: alergare de 5000 m). Efortul va fi astfel dozat incat frecventa cardiaca sa nu depaseasca 100-120 batai pe minut, iar ritmul respirator se fie controlabil (efentual prin respiratii sacadate, sau cu un anumit ritm prestabilit). Apoi se va perfectiona tehnica pentru sprint. In timpul jocului, sprinturile nu vor fi mai lungi de 25-30 m, astfel ca si antrenamentul se va desfasura pe distante scurte. Fiecare sportiv, va executa miscarile cu incetinitorul, incercand sa acopere distanta de 25 de m, in cat mai putini pasi. Fiecare pas, va fi o saritura cu pornire si aterizare pe varfuri. Apoi, treptat pasii vor fi tot mai mici si viteza de executie tot mai mare, pana cand se atinge randamentul maxim. Fiecare sportiv va avea limitele sale, ce nu pot fi corectate nici prin antrenament, nici prin tehnica. Pentru aruncarile de la marginea terenului, miscarile se vor exersa cu o minge medicinala de 1,3 sau 5 Kg , fara a arunca mingea (se distruge inutil). Periodic se vor face si aruncari masurate, pentru a contabiliza forta musculara si tehnica aruncarii. Apoi se va trece si la aruncari propriu zise, cu mingea de fotbal. Sariturile si loviturile cu capul, se pot exersa cu un balon, atarnat in plasa fina. Pentru fiecare antrenament se vor repeta si cateva zeci sau sute de astfel de miscari. Pentru a evita acidentarile, este bine ca jucatorii sa sara, cate doi, ca iedutii, evitand sa-si ciocneasca capetele. Micarea trebuie repetata cat mai frecvent, pana cand devine un reflex. Loviturile "cap in cap", pot genera cele mai severe accidentari din jocul de fotbal, ce pot merge pana la comotie cerebrala, sau deces. La o lovitura cu capul din alergare, forta de impact este intre 300 si 600 Kg forta, suficienta pentru a fractura majoritatea oaselor craniului. Jucatorii trebuie sa stie sa evite astfel de "ciocniri". Cea de a doua parte a antrenamentului o reprezinta jocul cu mingea. Este bine sa existe cate o minge, pentru fiecare sportiv, dar nu este recomandabil ca sportivii sa se antreneze singuri (Exemplu: jucand mingea la perete). Jocul de fotbal nu este pentru autisti. Fiecare sportiv trebuie sa inteleaga ca are nevoie de colegii sai pentru a juca. Victoria unei echipe trebuie sa fie rodul unui efort colectiv, nicidecum fructul unei realizari individuale. Exerciitiile pot fi explicate pe o planseta, in timpul exercitiilor tehnico-tactice.



Desen pe tabla



Jetoane



Scheme tactice marcaj



Exercitiile propriu zise, reprezinta conceptia fiecarui antrenor. In general, acestea vor fi individualizate, pentru fiecare post, in functie de calitatile tehnico-tactice ale fiecarui jucator, dar si in functie de adversarul potential sau real (cel din partida imediat urmatoare). Schemele de joc vor fi astfel concepute incat sa puna in valoare la maximum, potentialul fiecarui jucator. Apoi schemele vor fi repetate la fiecare antrenament, pana cand formeaza un reflex colectiv. La pregatire si conditie atletica egala, diferenta o face conceptia tactica. Pentru a putea fi mai bun

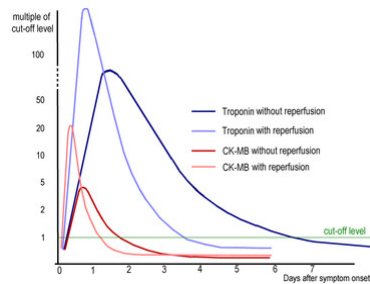
decat adversarul, conteaza pozitia de la care incepe competitia pentru balon (plasamentul). In atac, jucatorul va cauta sa se plaseze astfel incat sa lase un spatiu gol cat mai mare, in care coechipierii sai sa poata lansa mingi de urmarire, si sa se plaseze pe un traseu mai scurt decat adversarul sau, in urmarirea mingii. In aparare, jucatorul va cauta sa fie intotdeauna in spatele adversarului, pentru a putea anticipa orice reactie, sau pentru a avea timp de raspuns. In general, fiecare jucator va cauta miscarea prin care il obliga pe adversar sa alerge mai mult. Nu este permis ca jucatorul advers sa ramana nemarcat, dupa ce a pasat mingea. Indiferent daca marcajul se face "in zona", sau "om la om", fiecare jucator advers trebuie sa fie supravegheat in permanenta. Exerciitiile se vor face cu grupuri cat mai mari de jucatori, pentru a simula situatiile reale din teren. Pentru a creste atentia distributiva si viteza de joc, exercitiile se pot face simultan cu doua sau mai multe mingi. Astfel, se poate "pune presiune" pe un singur post, atacand consecutiv cu doua sau mai multe mingi. Pot exista antrenori diferiti, pentru fiecare post. Important este insa, sa existe o conceptie de joc unitara. Jucatorii trebuie sa stie exact, pana unde se extinde disciplina tactica si cat anume pot improviza. Incepatorii, trebuie sa execute toate exercitiile, pentru fiecare post, iar profesionistii se vor antrena specializat, doar pentru postul lor. Exista si varianta prin care jucatorii schimba postul intre ei in timpul partidei, pentru a uniformiza efortul depus (Exemplu: schimba liniile intre ele, ca la hockey ). Apoi, se exerseaza loviturile libere si "de pedeapsa". Finalul antrenamentului va fi intotdeauna o partida scurta ("o miuta") de 15 maxim 30 de minute. Eventual, antrenamentul poate consta dintr-o partida intreaga, de 90 de minute, caz in care se renunta la restul exercitiilor. Este esential ca efortul de la antrenament sa nu fie epuizant (cu exceptia antrenamentelor speciale pentru dezvoltarea fibrei musculare). La copiii sub 15 ani, efortul va fi moderat deoarece dezvoltarea musculara precoce, stimuleaza o maturizare precoce, urmata de aparitia hormonilor sexuali si de oprirea cresterii osoase. Nu se recomanda antrenamentele "de performanta", inaintea varstei de 16 ani. Antrenorul (sau antrenorii) trebuie sa fie prezent pe toata durata antrenamentului, sa noteze pe fise performantele si defectele fiecarui sportiv. Exista si aparate ajutatoare ce pot monitoriza automat efortul depus : masoara numarul de pasi, masoara tensiunea arteriala si pulsul, sau chiar inregistreaza electrocardiograma (Holter). Cu ajutorul lor, se poate calcula mult mai exact doza de efort necesara pentru un randament maxim.



Puls



Tensiune



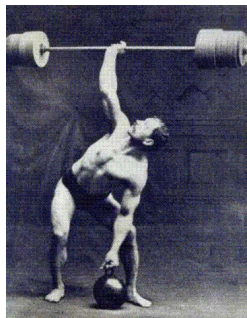
Analize biochimice

Daca exista timpul si personalul necesar, antrenamentul va fi personalizat pentru fiecare sportiv, in functie de potentialul sau biologic actual. Uneori, antrenamentele pot fi inregistrate video, pentru a fi apoi analizate in sedinte tehnico-tactice, la fel ca si meciurile.

## Dezvoltarea masei musculare

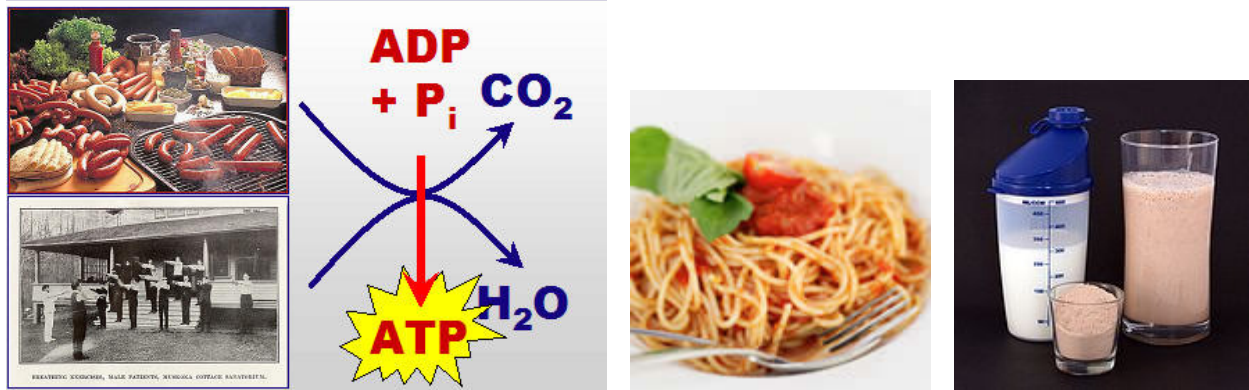
Prin efort fizic ritmic, se poate determina o reactie de hipertrofiere a fibrelor musculare. Global, aspectul este de crestere a masei musculare, chiar daca numarul de fibre musculare este

de fapt acelasi. Acest proces se poate realiza in circa 5 saptamani si poate duce la o crestere a masei musculare cu pana la 25 %. Este esential ca exercitiul fizic sa fie executat cu perseverenta, dupa un grafic fix, iar nutritia si odihna sa fie respectate cu sfintenie. Nu este necesar un efort fizic extrem de intens, dar este esential ca exercitiile sa nu fie intrerupte, iar nutritia sa fie adaptata corespunzator. Muschiul nu creste in timpul exercitiului, ci in timpul perioadei de repaos. Cu alte cuvinte, masa musculara se dezvoltă cu stomacul si cu puțin exercitiu fizic. Un grad limitat de dezvoltare fizica este util si indicat, la orice varsta si pentru orice gen de persoana. Sportivii, vor prezenta un grad oarecare de hipertrofie musculara, chiar in lipsa unor antrenamente specifice. Decizia de a urma un regim special pentru cresterea masei musculare, este inasa o decizie complexa, ce influenteaza intregul regim de viata. Este recomandabil ca aceasta decizie sa nu fie luata inaintea varstei de 18 ani. Cresterea masei musculare si excesul de hormoni anabolizanti determina o maturizare precoce, cu efect inhibitor asupra cresterii. In plus, este bine ca sportivul sa se consulte si cu familia sau anturajul, inainte de a lua aceasta decizie. Strict pentru jocul de fotbal, nu este necesara o forta musculara exagerata, nici un exces de masa musculara. Mai mult decat atat, exercitiile pentru "body building" interfereaza negativ cu cele pentru jocul de fotbal (nu se pot respecta perioadele de odihna). Din acest motiv, acest capitol va contine doar informatii cu caracter general. Cei interesati, pot studia literatura de specialitate.



Totusi, jocul de fotbal duce la o dezvoltare exagerata a trenului inferior, raportat la torace. Pentru un aspect armonios, pot fi utile si cateva exercitii de culturism pentru brate si torace. Nu este necesara o aparatura speciala, se pot utiliza seturi de gantere mici, intre 0,5 si 3 Kg. Pentru a creste masa musculara, se executa exercitii de intensitate mica, dar repetate foarte frecvent. Pentru fiecare miscare, se vor executa serii de cate 10 - 20 de miscari urmate de o pauza de un minut. In primele 5 saptamani, se vor face cate doua serii de astfel de exercitii. Durata intregului antrenament nu trebuie sa depaseasca 45 de minute (cu pauze cu tot), trei zile pe saptamana. Este esential sa existe o zi de repaos complet. Dupa 5 saptamani, se pot face cate trei serii de miscari, timp de o ora pe zi. Miscarile vor include toate tipurile posibile de flexii si extensii, contra unei greutati (gantera, extensor, aparat pentru flexii etc.). Nu are rost sa fortati ritmul de crestere a exercitiilor, deoarece hipertrofia are nevoie de timp. Prin exercitiu sustinut de nutritie, metabolismul fibrei musculare va fi deplasat spre hipertrofie. Daca intrerupeti exercitiile, tot excesul de calorii se va transforma in grasime, iar fibrele musculare vor deveni flasce (pierd din volum fara sa scada in lungime). In continuare, exercitiile trebuiesc mentinute la acelasi nivel, doar pentru intretinere. Daca doriti sa cresteti in continuare masa musculara, exercitiile trebuie sa creasca puțin in intensitate (cresteti greutatea ganterelor) si trebuie sa fie executate zilnic. Pentru a respecta perioada de repaos obligatorie, intr-o zi se vor face exercitii strict pentru brate si trunchi, iar in ziua urmatoare se vor face exercitii pentru abdomen si membrele inferioare. Cresterea efortului se va face in cicluri de 5-8 saptamani, pentru a permite adaptarea fibrelor la efortul actual. De la un anumit nivel oarecare, masa musculara nu va mai creste, indiferent de exercitiul efectuat, decat daca se adauga suplimente hormonale si nutritive.

## We Burn Food



Supliment caloric

Spagetti

Shake proteic

Nu este necesar un regim special, dar este obligatoriu sa existe un surplus de calorii si proteine. Glucidele pot sa provina si din paste fainoase si produse de patiserie, dar este esential ca ratia zilnica de proteine sa fie de peste 75 de grame/zi (100 g carne de vaca = 12 g proteine). Aceste proteine, vor fi luate din carne si lactate, sau din preparate nutritive speciale, sub forma de cocktail proteic (pe baza de lapte praf si praf de ou). Daca efortul fizic nu este dublat de un aport nutritiv corect si o perioada de odihna corespunzatoare, efectul va fi daunator si imprevizibil. Din acest motiv, trebuie sa va asigurati ca aveti suportul familiei si al celorlate persoane din anturaj. In plus, dupa ce masa musculara creste, va trebui sa puteti mentine acelasi efort nutritiv, timp de zeci de ani. Excesul de proteine nu este favorabil, sau este chiar daunator (in absenta glucidelor, proteinele vor fi arse ca sursa de calorii, cu productie de amoniac, corpi cetonici, acizii etc.). Un anumit grad de hipertrofie musculara se poate obtine la domiciliu, fara nici o pregatire de specialitate. Este bine sa utilizati baza tehnico-materiala a clubului si sa discutati cu antrenorul un plan personalizat de dezvoltare, in functie de grupele musculare pe care doriti sa le dezvoltati. Exerciitiile pentru cresterea masei musculare se pot face la orice club sportiv, sub indrumarea oricarui antrenor. Daca doriti mai mult decat atat, trebuie sa va inscrieti la un club specializat, unde sa puteti fi controlat si supravegheat biologic. Sub nici o forma, nu incercati tratamente hormonale "dupa ureche", sau la sfatul unor prieteni, deoarece efectele acestor tratamente pot fi uneori dezaastroase (tumori, insuficienta renala, fracturi osoase patologice, tromb-embolii, edeme cerebrale etc.).

## Evaluarea efortului depus

Efortul depus in timpul unui antrenament este diferit in functie de mai multi factori: varsta, greutate corporala, sex, starea de nutritie, forma fizica actuala, temperatura mediului, echipamentul utilizat, gradul de hidratare a organismului dar mai ales in functie de intensitatea efortului depus. Pentru acelasi sportiv, acelasi tip de efort, cu aceeasi durata in timp, va duce la un consum de energie cvasiconstant. Din acest motiv, se pot intocmi fise de antrenament, sau grile, cu ajutorul carora se poate stabili reteta de nutritie si de rehidratare. Este esential ca energia absorbita din alimente sa fie egala cu cea consumata in timpul efortului. Un surplus de 100 Calorii/zi (circa 25 g ciocolata) va determina o depunere de 10 g grasime, adica 3650 g/an. Invers, daca ratia alimentara este cu 100 Calorii/zi mai mica decat consumul, intr-un an pierderea ponderala va fi de circa 4 Kg (cu pierdere de masa musculara). Exista mai multe metode posibile, pentru a evalua raportul efort/nutritie. Cea mai simpla si cea mai rudimentara, este prin cantarire periodica. Daca greutatea se mentine constanata timp de mai multe luni, inseamna ca nutritia este

echilibrata fata de efort. O metoda putin mai elaborata o reprezinta grilele de efort. Exista astfel de grile precalculate, pe grupe de varsta si greutate corporala. Valorile din grila reprezinta valori medii, calculate in conditii ideale. Fiecare sportiv, poate calcula efortul depus, apoi poate sa-si ajusteze regimul de nutritie, astfel incat sa obtina o balanta cat mai echilibrata. Calculul nu trebuie facut la calorie, ci este recomandabil sa fie facut en gros (media pentru o luna, sau pentru un an calendaristic). Pentru jocul de fotbal (adulti pe teren cu iarba), calculul energetic se face prin formula: Greutatea corporala x numarul de minute x 0,14 (maxim 0,21). Exemplu: un jucator de 70 Kg, in 90 de minute, va consuma intre: 810 si 1350 Calorii (in functie de ceilalti factori prezentati). Aceasta valoare, reprezinta strict energia consumata pentru lucrul mecanic depus (in mod normal ar trebui exprimata in jouli, dar atunci calculele se complica in mod inutil). Pentru a realiza acest lucru mecanic, muschiul disipeaza o cantitate aproximativ egala de energie sub forma de caldura. Asadar, energia totala cheltuita este aproximativ dubla, fata de cea calculata. Exista diferente, in functie de temperatura ambianta, volumul de apa pierduta prin perspiratie si sudoratie...etc. Pentru alte forme de exercitiu fizic, valorile aproximative sunt:

**Aerobic lent 0,04 - 0,06 (Calorii/Kg/minut)**

**Aerobic mediu 0,07 - 0,11**

**Aerobic rapid 0,10 - 0,16**

**Alergare ( 1000 m sub 4 min) 0,21 - 0,39**

**Alergare (1000 m in 5 min) 0,17 - 0,29**

**Alergare (1000 m in 6 min) 0,14 - 0,21**

**Alergare ( 1000 m > 7 min) 0,10 - 0,17**

**Alpinism 0,06 - 0,13**

**Baschet 0,10 - 0,14**

**Canotaj usor 0,03 - 0,06**

**Canotaj rapid 0,07 - 0,14**

**Ciclism (10 Km/ora) 0,04 - 0,09**

**Ciclism (20 Km/ora) 0,07 - 0,13**

**Fotbal (de camp) 0,13 - 0,21**

**Handbal 0,10 - 0,14**

**Inot fond 0,10 - 0,17**

**Inot spate 0,11 - 0,21**

**Jogging 0,07 - 0,13**

**Judo 0,14 - 0,21**

**Lupte 0,14 - 0,17**

**Plimbare usoara 0,04 - 0,10**

**Rugby 0,13 - 0,21**

**Ski fond 0,14 - 0,21**

**Ski coborare 0,07 - 0,13**

**Tenis de camp 0,04 - 0,11**

**Tenis de masa 0,04 - 0,07**

**Volei 0,11 - 0,14**

De cele mai multe ori, antrenamentul va fi complex si va include doua sau mai multe tipuri de efort fizic. Grila exacta de efort, trebuie individualizata in functie de sportiv si etapa de pregatire. Pentru copii, nu se recomanda eforturile maxime. Daca antrenamentul fizic moderat stimuleaza cresterea si dezvoltarea, efortul fizic sustinut determina o crestere a secretiei de testosteron cu efecte negative asupra dezvoltarii normale. Sportivii de performanta, vor putea plusa progresiv grila de efort, pana la limitele capacitatii fizice, cu conditia sa ajusteze si reteta nutritiva. Pe masura ce masa musculara se dezvolta si se hipertrofiaza, creste si capacitatea pulmonara ventilatorie, iar depozitele de glicogen muscular sunt tot mai mari, astfel ca randamentul locomotor general este tot mai bun. Ca rezultat, energia consumata pentru acelasi efort este cu ceva mai mica. Exemplu: daca jucatorul a consumat circa 1100 Calorii/partida, dupa antrenament consumul va scadea la 1000 Calorii/partida, sau chiar mai putin. Mai mult decat atat, o data cu castigarea experientei, jucatorul va alerga in teren din ce in ce mai eficient (alege traseele cele mai avantajoase). Ca rezultat, exista o tendinta la cresterea in greutate, proportionala cu varsta sportivului. Calculul energiei consumate in Calorii energetice, este foarte simplu si usor de corelat cu cel nutritiv. Exista si alte metode de evaluare fizica. Pe langa aparatele care masoara distanta parcursa sau numarul de pasi alergati, exista si aparate ce evalueaza efortul metabolic, efortul cardiac, efortul total ventilator ...etc.

## **Greseli de antrenament**

Orice greseala de antrenament, creste semnificativ riscul pentru o accidentare minora, sau scade substantial forta de joc a sportivului, sau chiar a intregii echipe. Exista greseli ce afecteaza doar unul sau mai multi sportivi si exista greseli de fond, ce afecteaza pregatirea intregii echipe. Cele mai grave sunt greselile de fond. Dintre acestea se pot enumera: 1.Erorile de nutritie -prima premiza pentru efortul fizic este asigurarea suportului energetic. Sportivul adult trebuie sa consume circa 2400-3000 de Calorii/zi, pentru a putea efectua un efort fizic sustinut. In plus,cantitatea de carbohidrati, trebuie sa sustina formarea de glicogen muscular. Imediat dupa antrenament (in primele 2 ore), sportivul trebuie sa consume circa 500 de calorii, din carbohidrati (100 g ciocolata sau 2 prajituri) si trebuie sa refaca echilibrul hidric cu 1,5-2 l de lichide (preferabil ceai cald, lapte cald, cacao cu lapte, apa minerala). 2.Erorile de ventilatie -in timpul

efortului, sportivul consuma între 22 și 145 ml de oxigen/kg corp/minut, adică trebuie să ventileze între 7,5 și 35 de litri de aer/minut. În funcție de volumul maxim expirat pe secundă (VEMS) efortul respirator este între 30 și 100 de ventilații/minut cu volume de aer cuprinse între 350 și 7-800 ml/secundă. Sportivii trebuie să facă exerciții speciale de respirație, pentru a putea asigura aceste volume.

3. Erorile de odihnă - chiar dacă nutriția este corectă, este necesară respectarea programului de odihnă și recuperare, pentru a putea reface depozitele musculare de glicogen. Odihna se va face în poziție orizontală, în repaos complet. În plus, între etapele de efort fizic, trebuie să alterneze și pauze compensatorii, proporționale cu efortul depus.

4. Erorile de ritm - dacă antrenamentele se desfășoară după un orar dezordonat sau inconstant, sau dacă efortul crește progresiv, dar cu mai mult de 15 % / etapă de pregătire, apare riscul unor eforturi supradozate, alternând cu perioade de anabolism și depunere de grăsimi musculare (în loc de glicogen).

5. Schimbarea bruscă a suprafețelor de alergare (trecuri multiple de pe iarbă pe zgură, pietris sau asfalt, zapadă sau teren înghetat...etc.). În mod normal, se formează stereotipuri pentru un anumit tip de suprafață de alergare. Schimbarea bruscă, poate genera erori de coordonare și accidente.

6. Echipament sportiv neadecvat - interesează în primul rând încălțăminte sportivă, dar nu trebuie neglijată nici componenta termodinamică. Un echipament prea gros va determina pierderi mari de lichide și săruri (prin transpirație), iar un echipament prea subtire pe timp rece va adăuga un consum excesiv de energie, doar pentru termoreglare.

7. Programarea incorectă a aparatelor de lucru, sau calculul greșit al formulelor de antrenament.

8. Exerciții fixe maxime, supraefort, durată prea mare a antrenamentelor sau frecvența prea mare (2-3 antrenamente/zi). Perioada de repaos face parte integrantă din antrenament și trebuie respectată cu strictețe. Epuizarea rezervelor de glicogen, duce la epuizare fizică, hipoglicemie și fenomene toxice, ce scad în loc să crească performanța musculară.

9. Lipsa obiectivelor precise - sportivii trebuie să lucreze după un algoritm prin care să obțină o anumită formă fizică, ușor de verificat prin teste fizice. Din acest motiv, este esențial să fie înregistrate fișe tehnice de etapă, prin care se monitorizează forma fizică a sportivului.

10. Executarea antrenamentului după ordine evazive (antrenorul presupune că sportivii știu singuri ce au de făcut). Fiecare ordin, trebuie să fie clar și precis.

11. Lipsa spiritului de echipă - Toate antrenamentele trebuie să se desfășoare cu întreaga echipă, în prezența antrenorului. Orice greșală a unui sportiv, va fi suportată de întreaga echipă. În timpul jocului, întreaga echipă trebuie să lupte pentru a corecta greșala unui jucător. Acest spirit trebuie cultivat în perioada de antrenament. Un alt grup de greșeli, sunt cele individuale, generate de atitudini incorecte sau greșeli de educație, lipsa de disciplină etc.:

1. Viața nesportivă - consum de toxice (alcool, cafea, tutun, Coca-Cola, medicamente etc.), lipsa unui program de recuperare fizică, activități fizice sau psihice extenuante (examene sau studiu nocturn), activități extrasportive în ritm prea alert, etc.
2. Atitudini nesportive - limbaj vulgar sau în jargon, huliganism și batai, atitudine incorectă față de colegi sau față de concurenți și adversari, nerespectarea regulamentelor de ordine interioară, lipsa de respect față de antrenori, manageri și arbitri etc.
3. Vedetism - tendința de a se particulariza față de restul echipei, pretenția de a centraliza sau acapara interesul întregii echipe, tendința de a imita diverși jucători celebri sau de a copia diverse atitudini "spectaculoase" preluate din mass-media, teatralizarea, victimizarea...etc.
4. Chiulul - tendința de a lipsi de la antrenamente, de a simplifica sau scurta executia unui exercițiu de pregătire, mimarea sau caricaturizarea exercițiilor fizice, false accidente...etc.
5. Omiterea exercițiilor pregătitoare de "încălzire a mușchilor" - contractiile musculare bruste și puternice, fără exerciții pregătitoare, pot duce la microtraumatisme, rupturi de fibre sau chiar de fascicule musculare (fasciculite) sau suprasolicitări ligamentare (entorse și tendinite).
6. Greșeli de tehnică - o dată învățate greșit, mișcările incorecte vor fi repetate și în timpul antrenamentelor, pentru a fi din ce în ce mai greu de corectat. Greșelile de tehnică, nu numai că scad din potențialul fizic, dar pot duce la accidente ale sportivului, sau ale partenerilor de joc.
7. Microtraumatisme - sunt cele generate nu prin contact cu adversarul, ci prin contact cu solul, în timpul alergării. Cel mai frecvent sunt afectate calcaiele, atunci când alergarea de rezistență depășește nivelul de pregătire fizică (în loc să alerge

pe varfuri, sportivul va ateriza pe calcaie, cu efect traumatic prin repetare multipla). Un alt tip de microtraumatisme sunt cele generate de un echipament incomod, sau neadecvat (Exemplu: ghete cu crampoane pe asfalt). 8.Supralicitarea efortului - pentru a se distinge de restul echipei, sportivul are tendinta de a fi mai harnic decat toata lumea, executa mai multe exercitii, alearga mai mult sau mai rapid etc. Acest gen de atitudine duce la lipsa de coeziune, sau chiar la altercatii si conflicte minore. 9.Exhuberanta sau atitudinea excesiv de prietenoasa fata de coechipieri 10.Lipsa motivatiei psihice. Solicitarea de recompense materiale pentru a executa exercitiile de pregatire fizica. 11.Preocupari extrasportive in timpul antrenamentului -politica, barfe, "sedinte de sindicat", jocuri nesportive, pariuri ...etc. Acestea sunt doar cateva dintre greselile cele mai frecvente de antrenament. Evitarea si sau corectarea lor, nu tine doar de responsabilitatea antrenorului, ci trebuie sa fie in atentia permanenta a fiecarui sportiv. Orice gresala din timpul jocului, poate determina radical soarta unei partide. Sportivii, trebuie sa fie educati sa supravegheze in permanenta greselile colegilor, pentru a putea reactiona pozitiv (sa corecteze in grup gresala, nicidecum sa lanseze lamentatii si imprecatii). Este esential ca jucatorii si antrenorul sa fie in aceeasi tabara, sa colaboreze pentru a respecta ordinea si disciplina de joc.

## Pregatirea tehnico-tactica

Cele 17 reguli de baza, permit un numar foarte mare de procedee tehnice regulamentare. Primul pas in pregatirea tehnico-tactica il reprezinta invatarea acestor procedee tehnice, sub stricta supraveghere de specialitate a antrenorului, sau a unui jucator experimentat. Orice fotbalist trebuie sa cunoasca toate mijloacele regulamentare prin care se poate lovi, sau juca balonul, fie pentru a suta la poarta sau a pasa, fie pentru dribling sau deposedare. Pentru fiecare tip de lovitura se vor exersa sute si mii de miscari. Uneori, este nevoie de miscari ajutatoare. Exemplu: -pentru lovitura cu capul, din deplasare sunt necesare mai multe miscari independente: alergare, saritura sau plonjon, lovitura propriu zisa, aterizare, continuarea deplasarii.

Este bine ca fiecare lovitura sa fie invatata in prezenta antrenorului. Eventual, se pot urmari si inregistrari video, in care miscarea poate fi derulata cu incetinitorul. Daca exista mijloace tehnice, jucatorul se va inregistra pe sine, executand miscarea, apoi va compara imaginea cu modelul video. La nevoie, executia tehnica se va despartii in mai multe etape succesive, ce se vor exersa progresiv, pana cand miscarea este corecta. Copiii vor urmari cat mai mult fotbal de calitate, pentru a putea observa pe viu, cele mai frecvente situatii de joc. Este bine ca antrenorul sa urmareasca si sa comenteze jocul, impreuna cu copiii. Analiza jocului, nu se poate face decat folosind date concrete. Pentru acest scop se vor crea niste fise speciale cu un numar oarecare de rubrici: jucatorul, minutul, pasa corecta, pasa incorecta, deposedare, interceptie, fault, executie tehnica spectaculoasa, out, centrare ,sut spre poarta, sut pe spatiul portii, gol...etc. Numarul de rubrici va depinde de stilul fiecarui antrenor. Fiecare copil va avea o astfel de fisa, si va urmari un anumit jucator pe intrega perioada de desfasurare a partidei. La finalul jocului se vor centraliza datele pentru ambele echipe si abea apoi se va trece la analiza jocului. Daca exista mijloacele tehnice necesare, se poate apela la o retea de calculatoare, astfel incat datele sa fie centralizate si evaluate in paralel cu evolutia jocului. In acest fel, fiecare copil va putea avea in fata si situatia de ansambu, nu doar cea din fisa sa tehnica. Exista si programe ce masoara automat distanta parcursa de fiecare sportiv, viteza de deplasare...etc. In lipsa acestora, distantele si vitezele se pot estima aproximativ.

Orientativ se pot urmari urmatoarele aspecte:

1.Portarul : -cum acopera intrega suprafata a portii, priza la balon pe loc si din deplasare,

saritura sau plonjon pentru a boxa mingea, parade de exceptie, iesiri din poarta la interceptie, repunerea balonului in joc (numar de pase corecte) atat cu mana cat si cu piciorul, modul in care inchide unghiul adversarului, plasament la loviturile libere, modul in care aranjeaza zidul, modul in care anticipeaza jocul adversarilor, modul in care coordoneaza jocul aparatorilor.

**2.Fundasul:** -intampinarea, tatonarea si deposedarea adversarului direct, marcajul adversarului, viteza de reactie dupa ce a fost depasit, blocarea suturilor adverse, dublajul in aparare, jocul aerian, numarul de pase corecte, viteza cu care revine din atac, modul in care executa out-urile, pozitia la loviturile de colt adverse, modul in care executa loviturile de colt (sau libere), daca simplifica jocul (respinge in out cand adversarul are superioritate), daca participa si la faza ofensiva, daca intercepteaza si executa corect pasele lungi, daca deposedeaza fara foul sau joc nesportiv.

**3.Mijlocasul:** -daca asigura circulatia rapida a balonului, daca creaza spatii libere de joc sau zone de superioritate numerica, daca executa un-doi -uri, ruperi de ritm, schimbari rapide de directie a jocului, angajari directe (verticalizari), preluari in viteza, daca participa la finalizare, modul in care executa loviturile libere, daca participa la faza de aparare, cum marcheaza jucatorul direct, daca urmareste jucatorul advers si dupa ce acesta a pasat mingea, daca dubleaza corect atacantul sau respectiv fundasul (in functie de faza), daca recupereaza mingi, daca inchide spatiile adversarilor, daca are realizari tehnice exceptionale, daca alearga mai repede decat adversarul direct, daca are plasament corect fara mingea, daca deposedeaza fara foul sau joc nesportiv, daca creaza spatii sau superioritate numerica in atac, daca face pressing, etc.

**4.Atacantul:** -plasamentul si demararea fara mingea, daca utilizeaza toata latimea terenului, daca schimba frecvent directia de deplasare, daca trage la poarta din orice pozitie, daca executa si pase rapide prin deviere, daca are si preluari corecte din viteza, daca depaseste adversarul direct prin dribling, daca executa si pase un-doi, daca sustine partenerul aflat in atac (chiar daca nu asteapta mingea), daca alearga cu mingea la picior in viteza, daca loveste mingea cu capul din plonjon, daca depaseste adversarii la loviturile de cap, daca si cum executa loviturile libere, daca finalizeaza din pozitiile clare, daca creaza spatii goale pentru alti coechipieri, daca participa si la faza de aparare, daca evita corect pozitia de offside, daca anticipeaza jocul aparatorilor etc.

Acestea sunt principalele elemente tehnice dintr-o partida, ce trebuiesc urmarite si apoi invatate corect de catre fiecare jucator. Fiecare antrenor, poate rezuma sau largi aceste criterii, in functie de nivelul profesional sau de profilul fiecarui jucator. Analiza unei partide va include si o serie de observatii generale, cum ar fi:

**1.Observatii generale:** -starea terenului, temperatura de joc, ora disputarii, conditiile meteorologice, dispozitia jucatorilor, sistemul de joc, dispunerea jucatorilor, atitudinea tribunelor, aspectul general al partidei

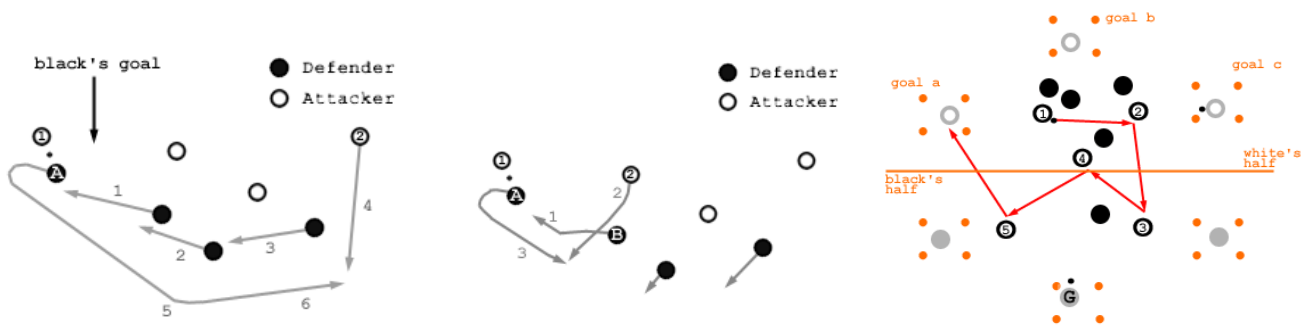
**2.Organizarea defensiva:** -marcajul, unde si cum se pierde mingea, replierea, densitatea in treimea proprie, dublajul, blocajul, jocul la offside, iesirea din aparare, pasele la adversar, ambitia in joc, jocul "om la om", etc.

**3.Organizarea ofensiva:** -posesia mingii, jocul direct (mingi de urmarire), jocul pe contra-atac, atacul pozitional, constructia atacului indirect (cu pase scurte si rapide), trasee se joc, daca se creaza spatii sau superioritate numerica, viteza de joc, penetratia, eficienta, perseverenta, numarul de faze de poarta

**4. Organizarea colectiva:** -disciplina tactica, daca alearga fara mingea, daca creaza situatii strategice fara mingea, daca sustine coechipierii fara sa astepte mingea, posesia mingii in terenul advers, numarul de pase corecte, fara ca adversarul sa atinga mingea, daca anticipeaza si corecteaza greselile coechipierilor, daca se repliaza in bloc dupa o greseala, daca tolereaza greselile coechipierilor, daca mingea circula rapid, sau pe traseele exersate la antrenament, daca jocul are aspect organizat, metodic

**5. Strategia tactica:** -daca se mizeaza pe jocul colectiv sau pe realizari individuale, daca se apara in zona, sau om la om, daca se face pressing, daca predomina jocul de atac sau cel de aparare, daca atacurile sunt directe (pasa lunga pentru finalizare) sau indirecte (pase scurte si rapide pentru a obtine o pozitie mai avantajoasa), daca toti jucatorii au pondere egala, daca se exploateaza si spatiile laterale, daca se apara sau ataca supranumeric, etc.

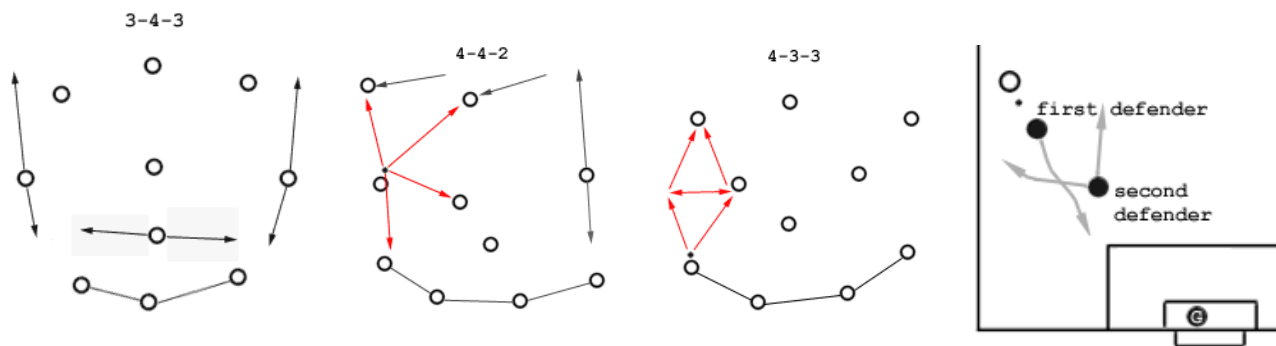
Pentru copii si juniori, este recomandabil ca instructia sa se faca in mod egal pentru orice post si orice compartiment (ofensiv sau defensiv). In primul rand, jucatorul trebuie sa inteleaga cat mai corect si atributiile coechipierilor sai, iar in al doilea rand, nu se poate anticipa cum va evolua pe plan fizic si psihologic in urmatoorii ani. Dezvoltarea somatica, dar si cea psihologica vor duce la selectia preferentiala pentru un anumit post, doar dupa varsta de 20 de ani, cand se incheie procesul de dezvoltare fizica. In plus, este bine ca un jucator sa poata acoperi orice post. Efortul fizic depus intr-o partida nu este uniform. Compartimentul median, are de acoperit o arie mult mai mare, cu foarte multe schimbari de directie, astfel ca mijlocasii alearga mult mai mult decat fundasii si atacantii. Majoritatea echipelor de seniori, utilizeza jucatori specializati pentru un anumit post. Din acest motiv, pregatirea lor se face specializat, inca de la varste foarte mici (selectia se face in functie de predispozitia genetica). Aceasta atitudine nu este intotdeauna cea mai corecta. Jocul de fotbal este in plina evolutie, iar solutiile tehnice si strategice se schimba de la un deceniu la altul. In viitor, poate ca jucatorii vor schimba periodic compartimentul de joc (in linii ca la hockey), pentru a deruta adversarul, dar si pentru a repartiza efortul in mod uniform (spre final de partida, au superioritate cei ce acopera mai bine mijlocul terenului). La pregatire fizica egala, vor avea superioritate cei cu un plan strategic mai bun. Fiecare echipa va cauta sa acopere cat mai bine terenul, alegand traseele optime, astfel incat adversarul sa fie obligat sa alerge mai mult. Fiecare traseu va fi proiectat si exersat la antrenament, astfel incat sa oblige adversarul la un efort suplimentar. Schemele tactice se pot proiecta pe tabla, cu jetoane, pe imagini video sau digitale, cu ajutorul efectelor de animatie, sau chiar direct in teren.



Exemple de astfel de scheme tactice si circulatia balonului

Un alt aspect strategic este determinat de modul de alcatuire a formatiei. Modul in care se completeaza cele trei compartimente (in afara de portar), determina tipul de formatie, denumit in termeni uzuali prin cifrele numarului de jucatori utilizati. Exemple: 4-3-3, sau 3-4-3, sau 5-3-2, sau 5-4-1...etc. Evident ca o formatie cu un numar crescut de fundasi va avea un caracter

predominant defensiv, in timp ce o formatie cu un numar crescut de mijlocasi si atacanti va avea un joc mai ales ofensiv. In principiu, indiferent de alcatuirea formatiei, exista doua tipuri de organizare pentru aparare: 1-"in zona" si 2. "om la om". Formatiile cu numar crescut de fundasi vor facilita apararea in zona, deoarece fiecare fundas va avea de aparat un spatiu mai mic, in timp ce formatiile cu un numar mare de mijlocasi, vor favoriza apararea om la om si vor acoperi mai bine mijlocul terenului. Si apararea in zona, poate fi statica (jucatorii au atributii fixe pe anumite arii din teren) sau dinamica (aparatorii se dispun automat in functie de numarul de atacanti, pe pozitii de anticipare). Fiecare aparator, va avea si o solutie alternativa, atunci cand este depasit de adversar, adica va exista un jucator care intervine automat (il dubleaza).



Formatie 3-4-3

Comparatie 4-4-2 versus 4-3-3

Dublura din aparare

Toate schemele de joc se bazeaza pe anticiparea reactiei de raspuns a adversarului. In principiu, deplasarea unui jucator fara mingea, pe o anumita pozitie, va determina deplasarea unuia sau mai multor aparatori, pe pozitii de aparare anticipative, care sa le permita sa anihileze cat mai usor jocul acestuia. Prin aceasta deplasare, se creaza spatii goale ce pot fi exploatate de restul jucatorilor. In aceste spatii goale, se lanseaza mingile de urmarire la care atacantul cu viteza superioara va ajunge mai repede decat aparatorul care il marcheaza. Cea de a doua solutie este prin deplasarea unui numar auxiliar de jucatori, pe o arie relativ scazuta, pentru a crea superioritate numerica ce urmeaza sa fie fructificata prin pase scurte si rapide. Exemplu: langa atacantul din banda dreapta se deplaseaza rapid doi mijlocasi, inainte ca acesta sa primeasca mingea si aparatorii sa poata schimba dispozitivul defensiv. Cei trei jucatori, vor putea depasi prin pase scurte, cei doi aparatori din zona respectiva.

Fiecare jucator va avea sarcini fixe, organizate pe principiul prioritatii. Exemplu pentru un fundas: 1.-atacantul advers nu are spatiu de alergare libera spre poarta 2.-atacantul advers nu primeste mingea 3.-atacantul advers primeste mingea dar nu are continuare 4.-atacantul depaseste aparatorul dar pe directia aparatorului ce face dublajul 5.-atacantul depaseste aparatorul, dar poate fi ajuns din urma si deposedat 6.-atacantul depaseste fundasul, dar spre un unghi inchis de unde nu are continuare 7.-aparatorul supravegheaza si restul atacantilor din imediata apropiere 8.-aparatorul va fructifica orice pozitie de offside a adversarilor (face pasul inainte) 9.-aparatorul intervine pentru a corecta greseala unui coechipier 10.-aparatorul anticipeaza evolutia jocului si se plaseaza in pozitia de a intercepta mingea 11. etc.

Respectand aceste prioritati, aparatorul nu se va plasa pe o pozitie viitoare de interceptie, atunci cand risca la lase atacantul cu o pozitie directe de finalizare (traseu liber spre poarta). Modul cum se traseaza obiectivele si sarcinile de joc, depinde de o serie de factori, dintre care cei mai importanti sunt legati de raportul dintre conditia fizica si pregatirea tehnica a fiecarui jucator, fata de cea a adversarului. Exemplu: daca adversarii au un jucator cu talie si calitati fizice exceptionale, cel putin doi aparatori vor avea ca sarcina prioritara sa anihileze acest jucator.

**Fiecare echipa va incerca sa puna in valoare calitatile sale: viteza de joc, organizarea, tehnica sau disciplina tactica etc. In mod normal, fiecare echipa va avea un arsenal intreg de mijloace tehnico-tactice ce urmeaza sa fie adaptate in teren, in functie de adversar.**

**Pregatirea schemelor tactice, face deliciul fiecarui antrenor cu experienta, dar de cele mai multe ori aceste scheme nu sunt respectate de jucatori, care fie ca nu le inteleg, fie ca prefera sa improvizeze. Pentru a stimula jucatorii sa respecte indicatiile tactice, este bine sa urmareasca schema tactica executata de alti jucatori, sau sa studieze inregistrari video, pentru a-si corecta miscarile. Sedintele tehnico-tactice nu trebuie sa fie lungi si plicticoase. La fiecare astfel de sedinta, fiecare jucator trebuie sa primeasca un set clar de obiective pe termen scurt si lung, precum si schemele tactice pe care trebuie sa le exerseze. Este recomandabil ca jucatorii sa cunoasca toate schemele tactice, din cele trei compartimente. Chiar daca nu vor participa activ la schemele din alt compartiment, vor putea anticipa jocul si vor putea avea un plasament corect. Din acest motiv, este bine ca fiecare jucator sa invete si sa exerseze toate schemele tactice, insistand asupra celor din compartimentul sau.**

**In principiu, toate schemele tactice au ca obiectiv controlul unei anumite suprafete de joc. Acest "control" se poate obtine prin mai multe mijloace: 1.-superioritate numerica 2.-amplasament cat mai favorabil 3.-jucatori aflati in apropiere ce pot interveni la nevoie 4.-exploatarea calitatilor fizice exceptionale ale unor jucatori 5.-viteza superioara de deplasare 6.-organizare mai buna a raspunsului in grup ...etc. Una dintre tehnicile de baza, este "scoaterea din joc" a adversarului. Prin "scoatere din joc" nu se intelege scoaterea lui din teren, ci doar amplasarea lui intr-o zona in care nu poate primii mingea, sau daca o primeste va fi in offside, sau nu va avea spatiu efectiv de joc. Cu un amplasament corect, aparatorul poate sa scoata din joc un atacant, dar sa participe totusi la joc. O alta tehnica curenta este prin schimbarea neasteptata a compartimentului de joc.**

**Exemplu: -un fundas lateral sau central, participa la faza de atac pentru a crea superioritate numerica pe o anumita arie a terenului (respectand o schema tactica pe care o inteleg si ceilalti coechipieri). Daca echipa are atacanti cu viteza superioara aparatorilor, trebuiesc create spatii in care sa-si poata dezvolta aceasta viteza. Pentru acest scop, se va aglomera jocul intr-o anumita zona a terenului, lasand cat mai multe spatii goale spre poarta adversa, apoi se lanseaza mingi de urmarire, pentru atacant. Totusi, se vor evita aglomerarile pe spatii mici. Schemele tactice vor fi astfel exersate incat doi coechipieri sa nu ajunga la distante mai mici de 2 m, decat in situatii cu totul exceptionale (lovituri de colt, lovituri libere sau scheme foarte atent studiate). Pentru fiecare moment al jocului, fiecare jucator va trebui sa anticipeze principalele variante de dezvoltare a jocului. Daca echipa sa este in atac, principalul obiectiv va fi sa nu piarda mingea, iar daca echipa sa este in aparare, principalul obiectiv va fi sa inchida spatiile adversarului si doar pe plan secund sa recupereze mingea. Daca echipa care se apara este organizata corect, echipa care ataca va trebui sa depuna un efort suplimentar (sa alerge mai mult), pana cand epuizeaza resursele fizice. Nu exista joc fara greseala. Intreaga echipa trebuie sa colaboreze pentru a corecta greseala unui coechipier.**

**In fotbalul amator, exista mult mai mult loc pentru improvizatie si executii personale, decat in fotbalul profesionist, unde jucatorii semneaza un contract de munca. Fiecare jucator profesionist, are "fisa postului", unde sunt stipulate toate libertatile si obligatiile sale. Continutul acestei fise va fi personalizat, atat in functie de aptitudinile jucatorului, cat si in functie de stilul de joc al echipei, dar mai ales in functie de experienta si preferintele antrenorului. In toate situatiile, trebuie sa primeze jocul colectiv in dauna celui individual. Chiar daca exista jucatori cu calitati exceptionale si jocul intregii echipe se axeaza pe aportul lor. Vedetele trebuie sa depuna un efort suplimentar, pentru a favoriza jocul echipei. Sub nici o forma nu se va adopta o tactica prin care**

toate mingile sunt orientate spre "vedeta", deoarece acest stil de joc nu numai ca are un aspect foarte neplacut, dar este si foarte usor de anihilat. Un alt exemplu de greseala tactica inestetica, este atacul mingii in haita (doi sau mai multi jucatori ataca simultan un singur adversar), chiar daca prin acest atac se recupereaza mingea.

Este esential ca jucatorul care are mingea, sa fie sustinut de coechipierii aflati in imediata sa vecinatate. Acestia vor face un efort suplimentar, pentru a ajunge in pozitii in care pot sa primeasca mingea, sau cel putin obliga aparatorii adversi sa apere o anumita zona de dezvoltare a jocului. Pe scurt, jocul de fotbal este un mic razboi, in care ambele echipe lupta sa ocupe teritoriile cele mai bune. In ultimul deceniu, fotbalul pentru roboti a luat un avant neasteptat si este de asteptat ca in viitor sa-l detronizeze pe cel clasic. Robotii executa fara greseala toate indicatiile tehnice. Strategii de maine, se vor muta de pe gazon in birou, in fata calculatorului. Exista deja o serie intreaga de solutii computerizate pentru analiza miscarii, sau pentru evaluarea si analiza automata a jocului, bazata pe algoritmi prestabiliti. Este de asteptat ca tehnica de calcul sa detina un rol din ce in ce mai important in pregatirea schemelor tehnico-tactice. Pe langa rolul sau informativ, calculatoarele vor genera algoritmi tactici, bazati pe fisiere de performanta fizica si tehnica, ale fiecarui sportiv. Sportivii nu vor mai avea nimic altceva de facut, decat sa se ridice la inaltimea calculelor matematice, sau sa lase locul unor roboti, din ce in ce mai performanti.

## Nutritia si Igiена

Pregatirea fizica si psihica a unui sportiv, este strict determinata de o nutritie excelenta. Nu numai ca asigura aportul energetic necesar, dar reprezinta si o foarte buna motivatie "in sine". Pentru gurmanzi, miscarea sportiva este un mijloc pentru a-si putea permite un regim alimentar cat mai bogat si divers. Mai mult decat omul obisnuit, sportivul trebuie sa acorde o atentie deosebita regimului sau alimentar, pentru a putea asigura baza energetica pentru activitatea depusa. De cele mai multe ori, sportivul are asigurata si baza materiala necesara pentru sporul de alimente consumate sau beneficiaza de diferite forme de stimulare: suplimente nutritive, prime si premii, sponsorizari.

Mai mult decat atat, nutritia reprezinta o parghie de actiune pentru antrenor, manageri si oficiali, prin care se poate educa si disciplina sportivul. Un regim alimentar bogat, echilibrat si savuros, va asigura interesul sportivilor fata de activitatea respectiva (motivatia prin recompensa). Majoritatea cluburilor de fotbal, au cantine sau restaurante proprii, bucatari specializati si retete proprii (secrete profesionale). Minutiozitatea merge pana acolo, incat exista echipe nationale ce transporta la fiecare competitie importanta si alimentele necesare pentru intreaga echipa, la care se adauga si solutiile de rehidratare (sucuri, energizante, cocktail-uri proteice, etc.). Nutritia sportivului nu se poate face "dupa ureche", ci dupa formule de calcul verificate minutios, sau dupa solutii standardizate, verificate cu atentie in timp. Este foarte important si modul in care se coreleaza temporal cu activitatea fizica. Exemplu: imediat inainte si dupa efort, se vor prefera glucidele usor de asimilat direct, in timp ce in perioada de odihna si repaos se vor prefera proteinele si lipidele (100 g de unt asigura 900 Calorii -adica echivalentul a 900 g carne de vaca). Este important si volumul unei astfel de mese (2 prajituri pot asigura circa 500 Calorii, echivalente cu 600 g de cartofi). Nu pot fi omise nici fibrele alimentare, pentru a evita constipatia si fenomenele toxice metabolice. Din acest motiv, legumele si fructele trebuie sa faca parte integranta din regim, dar nu inaintea unui meci important, ci la cel putin 2-3 ore dupa meci.

Necesarul energetic se poate calcula dupa diferite formule. In mod curent se utilizeaza formula:  $Energia\ necesara = 66 + (13,7 \times greutatea\ in\ Kg) + (5 \times inaltimea\ in\ cm) - (6,8 \times varsta\ in\ ani)$

ani) Exemplu : pentru un sportiv de 20 ani si 180 cm, necesarul energetic poate fi intre 1860 si 4200 de Calorii/zi, in functie de efortul fizic depus. Efortul fizic depus (in medie) se calculeaza prin:

**0,13 - 0,21 x greutatea in Kg x numarul de minute jucate (pe teren cu iarba)**

In medie, efortul depus intr-o partida de fotbal este echivalent cu 800 - 1400 Calorii consumate. Ca rezultat, ratiile unui sportiv va fi intre 2800 si 3400 Calorii/zi, in functie de efortul depus. In cazul sportivilor de mare performanta, se pot efectua calcule exacte, zilnice, dar in majoritatea cazurilor este suficient un calcul aproximativ, ce trebuie ajustat eventual trimestrial. Un factor foarte important il reprezinta si energia consumata pentru termoreglare, disipata sub forma de caldura. Daca efortul este intens, cu transpiratie abundenta, aceasta poate fi egala cu cea necesara pentru lucrul mecanic propriu zis. In acest caz, energia totala consumata in timpul efortului se poate dubla, pentru a atinge pana la 2000 de Calorii consumate. Calculul exact este dependent si de o serie de alti factori: profilul hormonal, forma fizica, tipul de efort (contractii izostatice sau izometrice, efort aerob sau anaerob, efort continuu sau alternat etc.), tipul de antrenament fizic, etc. Din acest motiv, este bine ca fiecare sportiv sa-si urmareasca singur fisa de nutritie, in paralel cu greutatea corporala raportata la masa musculara (pliul cutanat).

Dupa ce fiecare sportiv si-a calculat ratiile zilnice, trebuiesc calculate principalele retete culinare si distributia lor/portii. Atunci cand sportivul trebuie sa consume cantitati mari de alimente, este recomandabil sa le fragmenteze in 4-6 mese mai mici. Nu este bine sa consume mai mult de 6-700 Calorii/masa, sau volume de alimente mai mari de 800 ml/masa, pentru a nu supune stomacul si pancreasul la eforturi deosebite. Exemplu: un regim de 3000 de calorii se poate impartii in 5 mese de cate 600 de Calorii. Cel putin una dintre mese trebuie sa contina si fibre alimentare (legume si fructe din abundenta) si un lichid cald (supa, lapte cald etc.).

Nu exista retete culinare garantate. Fiecare regiune are un anumit specific culinar si fiecare familie are o anumita traditie si un set de retete constante. Din acest motiv, este recomandabil ca fiecare sportiv sa-si calculeze necesarul in functie de retetele de acasa. In timpul cantonamentelor regimul va fi cel stabilit de nutritionistii clubului. Calculul acestor retete, nu trebuie sa fie o forma de isterie. Sportul nu se face pe cantar. Fiecare preparat va fi cantarit si calculat o singura data, apoi se formeaza combinatiile zilnice obisnuite, pe care sportivul le poate apoi urma constant. Nu sunt necesare modificari, decat daca apar diferente de greutate corporala. In general, nu este necesar sa se urmareasca aportul energetic, decat atunci cand apar probleme (hipoglicemii, scadere ponderala, sau cresteri in greutate etc.). Valorile energetice ale fiecarui aliment se pot prelua din diverse surse. Pentru un calcul aproximativ, se pot utiliza si urmatoarele tabele:



**CONTINUTUL IN PROTIDE,LIPIDE SI GLUCIDE AL ALIMENTELOR(/100 g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
1.Lapte de vaca integral	3,5	3,5	4,5	65
2.Lapte de vaca normalizat	3,5	1,7	4,9	50
3.Lapte smintinit	3,5	0,1	5,0	36
4.Lapte de bivolita	5,0	8,0	5,2	116
5.Lapte de oaie	6,0	7,5	4,6	113
6.Lapte de capra	3,5	3,7	4,5	67
7.Lapte de vaca batut	3,2	2,9	5,5	63
8.Chefir	4,0	2,8	1,0	59
9.Sana	3,5	3,6	1,0	64
10.Iaurt din comert	3,2	2,6	4,0	54
11.Lapte praf	27	24	10	498
12.Brinza foarte grasa de vaca	44	15,5	7	248
13.Brinza grasa de vaca	13	9	4,5	155
14.Brinza dietetica de vaca	18	-	4	90
15.Brinza de burduf	27,4	27,4	9,5	360
16.Telemea de oaie	18,9	24	1,0	305
17.Telemea de vaca	19,4	20,4	1,0	273
18.Cascaval Dobrogea	28,6	32,4	1,0	423
19.Cascaval Penteleu	26	19	1,0	283
20.Olanda	31,4	25,4	0,2	365
21.Brinzeturi topite	7	36	0,9	366
22.Lapte praf Lactosan	25	26	40	508
23.Lapte praf Glucolact	15,8	13,9	59,4	438
24.Lapte praf Lacto I	21,3	13,3	58	449
25.Lapte praf Lacto II	21,3	13,3	58	449
26.Lapte praf Cazeolact	60	2	24	363
27.Brinza topita pentru copii	17,7	11,0	15,5	238
28.Carne de vaca slaba	20,4	2,2	-	104
29.Carne de vaca semigrasa	17,4	7,0	-	134
30.Carne de vaca grasa	12,0	24,5	-	277
31.Carne de porc slaba	20,4	6,3	-	142
32.Carne de porc semigrasa	16,0	24,7	-	295
33.Carne de porc grasa	15,0	30,0	-	340
34.Carne de oaie	17,0	12,0	-	131
35.Carne de miel	18,0	20,0	-	260
36.Carne de gaina	21,0	6,0	-	142
37.Carne de pui de gaina	20,1	10,2	-	177
38.Carne de curca	24,5	8,5	-	179
39.Carne de gisca semigrasa	18,4	20	-	261
40.Carne de rata	19,6	6,0	-	136
41.Carne de iepure	22,0	1,0	-	100
42.Creier de bovine	10,5	9,0	-	127
43.Ficat de bovine	19,7	3,0	-	109
44.Rinichi de bovine	18,0	5,0	-	120
45.Inima de bovine	17,0	4,0	-	107

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
46.Parizer,cremwurst,polonez	13	26	-	295
47.semiafumat Italian,Rusesc	17	34	-	391
48.Salam Sibiu	26,5	43,1	-	579
49.Salam de vara	20	17	-	212
50.Salam Muntenia,Bicaz	20	28,6	-	348
51.Cirnati Debretin	18	26,9	-	321
52.Cirnati Trandafir,Cabanos	19,4	31,7	-	374
53.Caltabos alb	18,2	19,7	-	258
54.Dimbovita	16,3	17	-	225
55.Sunca presata	24,9	20,7	-	294
56.Muschi tiganesc	21,6	26,3	-	333
57.Toba I	23	22	-	200
58.Leberwurst	16,8	30,1	-	349
59.Pateu de ficat	19,6	19,5	-	261
60.Haseu din carne de porc	16,6	25,5	-	305
61.Conserva din porc	20,5	14,9	-	223
62.Conserva din vaca	21,6	8,6	-	168
63.Carne vita cu fasole	10	6	9,4	135
64.Carne de porc cu fasole	6	6	19	158
65.Carne de porc cu mazare	7,8	10	10	166
66.Crap	18,9	2,8	-	104
67.Crap de elesteu	16	10,1	-	160
68.Salau	19,4	0,4	-	83
69.Stiuca	19,1	0,4	-	82
70.Somn pana	16,8	18,8	-	244
71.Scrumbii de Dunare	14,2	25,9	-	299
72.Calcan	17	2	-	88
73.Morun	17,5	4,7	-	115
74.Nisetru	18,5	17,3	-	237
75.Stavrid de Marea Neagra	16,6	5,1	-	115
76.Cod	19	1	-	87
77.Hering	18	10	-	167
78.Macrou	22	10	-	183
79.Stavrid	21	3	-	114
80.Crap in sos tomat	10,6	6,9	4,3	125
81.Stiuca in sos tomat	11,7	4,3	2,7	99
82.Caras in sos tomat	11,5	6,2	3,4	118
83.Babusca in sos tomat	11,1	5,6	3,4	112
84.Cod in sos tomat	14,9	1,3	2,9	85
85.Hering in sos tomat	16,2	10,4	1,8	170
86.Macrou in sos tomat	14,5	10,6	1,6	164
87.Stavrid in sos tomat	15,5	6,6	-	125
88.Ghiveci de stiuca	9,7	2,7	3,0	77
89.Ghiveci de platica	10,2	3,3	3,7	87
90.Ghiveci de macrou	10,2	5,4	4,1	109
91.Ghiveci de stavrid	11,0	3,8	3,3	94

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100 g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
92.Scrumbie de Dunare	12,4	39,1	-	414
93.File macrou in ulei	16,2	20,7	-	259
94.Heringi in ulei	13,7	28,9	-	325
95.Hase de cod	14,5	8,5	8,5	171
96.Hase de stavrid	15,2	9,0	8,2	180
97.Hase de macrou	12,6	14,5	8,1	220
98.Rasol de stiuca	16,0	0,9	-	74
99.Rasol de salau	17,1	1,2	-	81
100.Rasol de macrou cu legume	9,6	3,4	3,4	88
101.File de sardina in ulei	19,3	21,6	-	280
102.Sardela tip Lissa-stavrid	19,5	20	-	266
103.Chilca in sos picant	17,5	4,7	-	115
104.Sardeluta in sos picant	19,5	12,1	-	192
105.Icre de crap	25,0	3,0	-	130
106.Icre de stiuca	27,0	1,5	-	125
107.Icre negre(Caviar)	26,0	15	-	246
108.Icre Manciuira	31	12	-	256
109.Ou de gaina integral	14	12	0,6	174
110.Galbenus de ou de gaina	16	32	0,3	361
111.Albus de ou de gaina	13	0,2	0,5	57
112.Ou de rata (60 g)	7	8	0,2	104
112.Maioneza	15	78	3	720
113.Gelatina uscata	85	0,1	-	343
114.Drojdie de bere	46	16	-	348
115.Cacao	9	18	31	329
116.Ardei gras verde	1,1	0,2	2,5	17
117.Ardei gras rosu	1,3	0,4	7,3	39
118.Cartofi noi	1,7	0,2	17,4	80
119.Cartofi maturi	2,0	0,15	19	88
120.Castraveti	1,3	0,2	2,9	19
121.Ceapa verde	1	0,2	3,5	20
122.Ceapa uscata	1,5	0,2	8	40
123.Ciuperci	5	0,5	2,3	35
124.Conopida	2,8	0,3	3,9	30
126.Dovlecel	0,9	0,1	3,2	18
127.Fasole verde	2	0,2	5,7	33
128.Mazare verde boabe	8	0,5	14	96
129.Morcovi	1,5	0,3	8,8	45
130.Pastirnac	1,4	0,5	15	72
131.Patrunjel (radacini)	1,1	0,8	10	53
132.Patlagele rosii	1,1	0,3	3,4	20
133.Patlagele vinete	1,3	0,2	4,8	27
134.Praz	2,3	0,4	9,9	54
135.Ridichi de luna	0,6	0,1	3,8	19
136.Ridichi de iarna	1,3	0,1	4,9	26

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100 g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
137.Salata verde	1,9	0,3	2,9	22
138.Sfecla rosie	1,3	0,1	9	43
139.Spanac	3,5	0,3	2	25
140.Telina (radacini)	1,4	0,3	5,9	33
141.Urzici	7,9	0,7	7,1	68
142.Usturoi	7,2	0,2	26	137
143.Varza alba	1,8	0,2	5,8	33
144.Varza Bruxelles	4	0,5	7	50
145.Varza rosie	1,9	0,2	5,6	33
146.Conopida in apa(conserve)	0,9	-	1,5	10
147.Dovlecei in apa	1,8	0,5	2,5	22
148.Fasole verde obisnuita	1,4	0,4	2,5	18
149.Fasole verde	1	0,4	2	16
150.Fasole verde fina	1	0,4	2	16
151.Mazare verde boabe(conserve)	6,5	0,5	10	72
152.Mazare fina	6,5	0,4	8	67
153.Bame in bulion	1,5	0,6	6	36
154.Ghiveci in bulion	1,4	0,5	3,7	26
155.Tomate in bulion	1,7	0,4	3,1	23
156.Vinete in bulion	1,0	0,5	1,5	15
157.Ghiveci in ulei	2,0	8	4,2	100
158.Vinete in ulei	1,8	8	2,4	92
159.Tocana de legume	1,0	6	3,1	73
160.Tomate umplute cu orez	1,5	8	7	109
161.Ardei	1,2	8	8	112
162.Spanac cu orez	2,0	8	2	91
162.Bame in ulei	1,9	6	6,2	89
163.Bulion de tomate	3,6	-	11,6	62
164.Pasta de tomate	5,4	-	15,4	85
165.Cartofi rondele (uscate)	7,8	0,4	77	350
166.Ciuperci (uscate)	41,7	1,7	30,8	313
167.Morcovi (uscate)	9,0	1,5	61,4	303
168.Fasole boabe (uscata)	23	1,7	47	303
169.Linte boabe (uscate)	25	1,9	52	333
170.Mazare boabe (uscate)	21,5	1,9	53	323
171.Soia boabe (uscate)	40	25	15	450
172.Castraveti in otet	0,6	-	1,5	9
173.Gogosari intregi in otet	0,7	-	3,0	15
174.Gogosari taiati in otet	0,8	-	2,6	14
175.Salata de varza rosie	1,0	-	3,0	16
176.Salata de sfecla rosie	1,2	-	8,2	38
177.Varza acra (murata)	1,2	-	3,3	18

**COMPOZITIA IN PROTIDE,LIPIDE,GLUCIDE A ALIMENTELOR (/100 g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
178.Banane	1,3	0,6	13,4	66
179.Caise	1	-	18	57
180.Capsuni	1	1	9	50
181.Cirese	1	0,3	18	81
182.Coacaze	1,5	0,6	10,2	54
183.Fragi de padure	1,3	1	9,8	54
184.Grape-fruit	0,5	0,2	6,5	30
185.Gutui	0,6	0,3	14,2	63
186.Lamai	0,9	0,7	6,2	36
187.Mandarine	0,8	0,1	8,7	40
188.Macese	4,1	1,7	21,8	107
189.Mere	0,8	0,5	15,0	67
190.Mure	1,6	1,4	1	77
191.Pepene galben	0,6	0,1	5	26
192.Pepene rosu	0,5	0,1	5,4	25
193.Pere	1	1	16	79
194.Piersici	1	-	10	45
195.Portocale	0,8	0,2	10,1	47
196.Prune	0,6	0,1	21	89
197.Zmeura	1,0	1,0	14	71
198.Struguri	2,1	1,7	18	98
199.Visine	1,0	0,5	14	65
200.Caise (uscate)	5,2	0,4	68	304
201.Curmale	1,9	0,6	74	310
202.Mere uscate	1,0	0,6	55	239
203.Pere uscate	2,4	0,4	70	300
204.Piersici uscate	3	0,6	69,4	302
205.Prune uscate	2,5	0,5	71	306
206.Smochine	4,3	1,3	58	267
207.Stafide	2,5	0,5	71	306
208.Suc de mere	0,09	-	17,4	72
209.Suc de mere concentrat	0,5	-	64,4	266
210.Suc de pere	0,02	-	14,1	57
211.Suc de prune	0,09	-	13,7	56
212.Suc de zmeura	0,16	-	12,3	51
213.Suc de struguri	0,13	-	20	83
214.Suc de tomate	1,0	-	5	23
215.Compote de caise	0,5	-	14	59
216.Compote de cirese	0,4	-	15,5	65
217.Compote de mere	0,3	-	17,5	73
218.Compote de pere	0,2	-	20,5	85
219.Compote de piersici	0,6	-	16,1	68
220.Compote de visine	0,4	-	15,5	65
221.Compote de struguri	0,5	-	19,0	80

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
222.Piine de griu alba	7,5	0,4	52	247
223.Piine de griu intermediara	7,5	0,7	48	234
224.Piine de griu neagra	8,4	1,2	48	242
225.Piine de secara	12,4	1,7	67,7	344
226.Piine graham	9,1	1,0	51	256
227.Cornuri,chifle	8,2	0,4	57,1	271
228.Cornuri,chifle cu material	8,2	4,4	61,6	327
229.Faina de griu 75%	11,8	1,4	72	346
230.Faina de griu 85%	11,0	1,4	71	349
231.Faina de secara	8,9	1,2	74,6	353
232.Faina de porumb	9,6	1,7	72,1	351
233.Arpacas de orz	9,5	1,5	72	348
234.Orez decorticat	8,1	1,2	75,5	354
235.Gris	9,4	0,9	75,9	358
236.Fulgi de ovaz	13,6	6,3	63,3	374
237.Paste fainoase obisnuite	10,9	0,6	75,6	360
238.Paste fainoase cu ou	10,2	2,2	79,1	386
239.Biscuiti	8,2	9,5	74	425
240.Arahide	25,8	44,5	15,7	548
241.Alune curatate	12	63	17	705
242.Masline negre	20	35	7,2	437
243.Masline verzi	12,5	10	8,1	177
244.Nuci	21	59	3,7	650
245.Zahar	-	-	100	410
246.Glucoza	-	-	78	320
247.Miere de albine	0,5	0,2	81	336
248.Amidon	-	-	83	340
249.Caramele cu lapte	1,2	6,4	83,1	405
250.Caramele cu fructe	-	-	96	394
251.Caramele cu malt	5,7	0,1	82	360
252.Caramele cu miere	3,7	5	84	406
253.Caramele cu rom	2,7	5,4	64	323
254.Caramele cu lapte si malt	6,4	6,5	81	422
255.Dropsuri	-	-	98,5	403
256.Dropsuri cu lapte	2,3	2	95	417
257.Drajeuri	-	-	99	405
259.Bomboane	3,1	0,1	73,7	315
260.Bomboane ciocolata	7	33,8	66,3	574
261.Ciocolata -Mentina	2,5	14,5	71,8	430
262.Ciocolata cu capsuni	2,5	14,5	67,2	420
263.Sirop de visine	0,4	-	54	264
264.Sirop de zmeura	0,09	-	70	288

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100 g)**

<b>Aliment</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
265.Gem de caise	0,65	-	58	240
266.Gem de piersici	0,64	-	58	240
267.Gem de prune	0,62	-	59	244
268.Gem de zmeura	-	-	60	246
269.Gem de visine	0,88	-	60	250
270.Gem de capsuni	0,34	-	58	239
271.Gem de gutui	0,35	-	58	239
272.Dulceata de trandafiri	-	-	68	278
273.Dulceata de caise	0,74	-	70	290
274.Dulceata de visine	0,77	-	68	282
275.Jeleu de afine	0,6	-	76	314
276.Jeleu de mure	0,5	-	65	269
277.Marmelada amestec	0,8	-	54	225
278.Marmelada extra	0,42	-	71	292
279.Magiun de prune	1,5	-	55	272
280.Pasta de macies	0,8	-	66	274
281.Ciocolata menaj	6,5	27,5	62	536
282.Ciocolata cu lapte	6,9	40	50	605
283.Halva din floarea soarelui	18,8	31,5	43	546
284.Smintina preambalata	2,5	30	3,1	302
285.Smintina varsata	2,5	29,5	3	297
286.Unt	6	74	2	721
287.Untura de porc	0,2	99,6	-	927
288.Untura de gisca	0,5	99	-	923
289.Ulei floarea soarelui	-	100	-	930
290.Ulei floarea soarelui-soia	-	100	-	930
291.Ulei soia	-	100	-	930
292.Ulei germeni de porumb	-	100	-	930
293.Margarina Marga	-	82,5	-	767
294.Margarina Delma	0,5	25	-	220
295.Margarina Wiessana	0,5	40	-	353
296.Margarina Holland	0,5	41	-	370
297.Slanina	3,9	85	-	781
298.Osinza	1	95	-	902
299.Untura de peste	-	98	-	902

**CONTINUTUL IN PROTIDE,LIPIDE,GLUCIDE AL ALIMENTELOR (/100 g)**

<b>Aliment (bautura)</b>	<b>Proteine%</b>	<b>Lipide%</b>	<b>Glucide%</b>	<b>Calorii%</b>
300.Ceai dulce	-	-	5	25
301.Cafea neagra	1,4	0,6	5	40
302.Cacao cu lapte	8	1,2	19,6	62
303.Suc de portocale	-	-	15,6	132

304.Suc de fructe	-	-	33	140
305.Nectar de fructe	-	-	35	147
306.Suc de rosii	0,5	-	15	85
307.Pepsi-Cola	-	-	3	12
308.Coca-Cola	-	-	4	16
309.Sirop cu sifon	-	-	7,5	30

#### NECESARUL DE VITAMINE SI MINERALE/zi

	nou nascut	copil	barbat	femeie	gestatie
proteine	2,2 g/kg	23-30 g	45-56 g	44-46 g	64-76 g
vitamina A	420 ug	500 ug	1000 ug	800 ug	1200 ug
vitamina D	10 ug	10 ug	7,5 ug	10 ug	15 ug
vitamina E	3 mg	6 mg	10 mg	8 mg	11 mg
vitamina C	35 mg	45 mg	60 mg	60 mg	100 mg
tiamina (B1)	0,3 mg	0,9 mg	1,5 mg	1,1 mg	1,6 mg
riboflavina(B2)	0,4 mg	1,4 mg	1,7 mg	1,3 mg	1,8 mg
niacin (PP)	8 mg	16 mg	18 mg	14 mg	19 mg
piridoxina(B6)	0,6 mg	1,6 mg	2,2 mg	2 mg	2,6 mg
beta-caroten	180 ug	900 ug	1,2 mg	1,2 mg	2,4 mg
cobalamina(B12)	1,5 ug	3 ug	3 ug	3 ug	4 ug
Calciu	540 mg	800 mg	1200 mg	800 mg	1200 mg
Fosfor	360 mg	800 mg	1200 mg	800 mg	1200 mg
Magneziu	70 mg	200 mg	350 mg	300 mg	450 mg
Fier	15 mg	18 mg	10 mg	18 mg	30 mg
Zinc	5 mg	10 mg	15 mg	15 mg	20 mg
Ioduri	50 ug	150 ug	150 ug	150 ug	175 ug

\*\*\* ug=micrograme

#### "E-uri" aprobate pentru utilizare in Romania

E100 -Curcumina	E228 -bisulfit de potasiu
E101 -Riboflavina	E230 -Difenil
E102 -Tartrazina	E231 -Ortofenil fenol
E104 -Galben de qinoleina	E233 -Thiabendazol
E110 -Sunset yellow	E234 -Nizina
E120 -Cosenila(acid carminic)	E236 -Acid formic si saruri
E122 -Azorubina	E239 -Hexametilen tetra amina
E126 -Ponceau 6R	E250 -Nitrit de sodiu
E127 -Eritrozina	E251 -Nitrat de sodiu
E129 -Alura red	E252 -Nitrat de potasiu
E131 -Albastru patent	E260 -Acid acetic
E132 -Indigotina	E261 -Acetat de potasiu
E133 -Clorofila	E270 -Acid lactic
E140 -Cupruclorofila(complecsi)	E281 -Acid propionic
E141 -Verde briliant	E282 -Propionat de calciu
E150 -a)Caramel	E283 -Propionat de potasiu
E150 -b)sulfit caustic(Na,K)	E296 -Acid malic

E150 -c)procedeu cu amoniac	E300 -Acid ascorbic
E150 -d)cu sulfid amoniacal	E301 -Ascorbat de sodiu
E151 -Negru briliant	E302 -Ascorbat de calciu
E153 -Carbune vegetal	E305 -Palmitat de ascorbil
E155 -Brun HT	E307 -Stearat de ascorbil
E162 -Betaina	E308 -Gamma tocoferol
E163 -Antiociani	E309 -Delta tocoferol
E170 -Carbonat de calciu	E310 -Galat de propil
E173 -Aluminiu	E311 -Galat de octil
E174 -Argint	E312 -Galat de dodecil
E175 -Aur	E313 -Galat de etil
E200 -Acid ascorbic	E315 -Acid izoascorbic
E201 -Sorbit de sodiu	E316 -Izoascorbic de sodiu
E202 -Sorbit de potasiu	E317 -Izoascorbic de potasiu
E203 -Sorbit de calciu	E318 -Izoascorbic de calciu
E210 -Acid benzoic	E320 -Butil hidroxianisol BHA
E211 -Benzoat de sodiu	E321 -Butil hidroxitoluen BHT
E212 -Benzoat de potasiu	E322 -Lecitina
E213 -Benzoat de calciu	E330 -Acid citric
E214 -p-hidroxibenzoat de etil	E331 -Citrat de sodiu(mono,bi,triacid)
E215 -sare de -"- -"-	E332 -Citrat de potasiu(bi,tripotasic)
E216 -p-hidroxibenzoat de propil	E333 -Citrat de calciu
E217 -sare de -"- -"-	E334 -Acid tartic
E218 -p-hidroxibenzoat de metil	E335 -Tartrat de sodiu(mono,disodic)
E219 -sare de -"- -"-	E336 -Tartrat de potasiu(mono,dipot.)
E220 -sulfat anhidru	E337 -Tartrat de potasiu-sodiu
E221 -sulfid de sodiu	E338 -Acid fosforic
E222 -sulfid acid de sodiu	E339 -Fosfat de sodiu(mono,di tri)
E223 -metabisulfid de sodiu	E340 -Fosfat de potasiu(mono,di,tri)
E224 -metabisulfid de potasiu	E341 -Fosfat de calciu(mono,di tri)
E225 -sulfid de potasiu	E342 -Fosfat de amoniu(mono,di)
E226 -sulfid de calciu	E343 -Fosfat de magneziu(mono,di,tri)
E227 -sulfid acid de calciu	E349 -Malat de amoniu

Pentru sportivi, bauturile alcoolice sunt total interzise (afecteaza atat coordonarea motorie si reflexele cat si motivatia psihica). Sunt prezentate in tabele doar cu caracter informativ. La fel este si lista de excipienti ("E-uri") ce poate fi utilizata din curiozitate, pentru a descifra etichetele de pe ambalajele produselor. Majoritatea acestor excipienti sunt fie conservanti, fie produse pentru modificarea aspectului, al gustului, sau al culorii. Alimentele fara E-uri, pot fi consumate in orice cantitate, in timp ce alimentele ce contin excipienti se vor consuma doar in cantitati mici sau moderate. (Exemplu: nu se vor prepara regimuri "de cursa lunga" din alimente conservate, cum ar fi pastrama, mezelurile, conservele etc.)

Tabelele contin circa 320 de alimente de baza, din care se pot forma mii de combinatii, Nu are rost sa calculati decat ceea ce consumati frecvent. Nu se vor face "retete ideale", sau "retete exotice" ci se vor calcula doar retetele ce aduc aport energetic semnificativ. Apoi este bine ca fiecare sportiv sa calculeze singur cateva formule de nutritie. Cu cat va face mai multe astfel de exercitii, ca atat va fi capabil sa estimeze "din ochi" ceea ce mananca. Daca beneficiaza de un suport emotional si moral din partea sotiei, sau apartinatorilor, poate lasa aceasta sarcina pe seama lor, sau poate chiar sa apeleze la personal specializat: bucatari, cofetari, nutritionisti.

## **EXEMPLU DE FORMULA NUTRITIONALA:**

**20 ani 180 cm efort de circa 1000 Calorii/zi necesar energetic de circa 3000 Calorii/zi**

**DIMINEATA : 2 oua - 200 Calorii 150 g paine alba - 370 Calorii 200 ml lapte - 130 Calorii**

**GUSTARE (ora 11) 150 g paine alba - 370 Calorii 50 g dulceata - 150 Calorii 15 g unt - 130 Calorii**

**PRANZ (ora 14) 400 ml supa - 150 Calorii 400 g friptura+legume - 400 Calorii 200 g salata de varza - 100 Calorii**

**SUPLIMENT (ora 17) 2 prajituri - 400 Calorii**

**SEARA (ora 21) 400 g spaghetti cu sunca - 600 Calorii**

**In total, reteta contine circa 3000 de calorii, repartizate uniform in 5 mese. In mod similar, se pot calcula cateva zeci de astfel de formule, in functie de regimul alimentar traditional. Daca efortul fizic este mai mic decat cel calculat, kaloriile respective se vor reduce din cele doua gustari sau suplimente. Daca efortul este mult peste cel calculat, se pot adauga suplimente calorice formate exclusiv din carbohidrati (glucoza, ciocolata, batoane energizante, prajituri) ce se administreaza inaintea, in timpul competitiei si imediat in primele doua ore (pentru a evita orice hipoglicemie). In general, sportivul este bine sa pastreze asupra sa, in permanenta un baton energizant sau o ciocolata, pentru situatii de urgenta (transpiratii reci, senzatie de slabiciune sau de lesin, foame exagerata). Imediat dupa consumarea unei mese importante, apare o usoara hipoglicemie reactiva, ca rezultat al excesului de insulina, ce se manifesta prin senzatia de extremitati reci. Nu trebuie confundata cu o hipoglicemie reala, si nu trebuie crescut aportul de glucide, ci se recomanda repaos absolut de circa 30-45 de minute.**

**Reteta culinara trebuie astfel calculata incat sa contina toate cele trei principii de baza : 12-15 % proteine, 20-30 % lipide si 55-65 % glucide. Acest raport este esential pentru primele 2000 Calorii, cele ce asigura aportul energatic bazal si nutritia sanatoasa a organismului. Pentru restul de calorii (cele suplimentare), se vor prefera glucidele si lipidele. Glucidele sunt mai usor de asimilat si metabolizat si sunt mai ieftine, in timp ce lipidele asigura foarte multe calorii pentru un volum mic de aliment. Alimentele se vor alege in asa fel incat volumul total sa nu depaseasca 2500 de ml (sau g)/zi.**

**La acestea, trebuie calculate si adaugate lichidele consumate. In mod normal, organismul tanar adult are nevoie de circa 1500 ml de apa pe zi. Cea mai simpla si cea mai sanatoasa solutie este apa de robinet. In cei 1500 de ml se vor adauga si restul de lichide : supa, lapte ceai etc. La acestea se vor adauga lichidele consumate in timpul efortului. La un antrenament normal se pot pierde circa 1000 de ml suplimentari, pentru ca la un efort deosebit (cum este proba de maraton) se se piarda pana la 4000 de ml in doua ore. Surplusul de lichide poate aduce si aport energetic, atunci cand sunt solutii speciale hidro-minerale ce contin si substante glucidice sau proteice. Exista si solutii hiperproteice (din lapte praf si pudra de ou), ce trebuiesc suplimentate cu apa simpla sau ceai, pentru a evita riscul unor deshidratari sau accidente trombotice. Nu se vor utiliza acest gen de cocktailuri proteice, decat sub control medical specializat (cu experienta in domeniu). Sub nici o forma nu se vor incerca tratamente cu substante medicamentoase anabolizante, decat sub control medical specializat (culturism, haltere, body building etc.). Dupa apa de robinet, cel mai indicat lichid este laptele, sub orice forma si in orice cantitate (nu exista intoxicatie cu lapte). Imediat inaintea efortului si in timpul competitiei, cel mai usor de tolerat este ceaiul cald cu**

**lamaie. Nu se recomanda preparate de tip Pepsi-Cola, Coca-Cola sau lichide bicarbonatate. Apa minerala este relativ bine tolerata, cu exceptia celei carbonificate artificial. Nu exista nici o solutie "miraculoasa" sau "performanta". Esential este sa nu apara nici un fel de deficit: energetic, hidric sau mineral. In timpul efortului, prin transpiratie se pierde si o cantitate importanta de sare. Suplimentul de sare se va adauga prin preparate specifice: sareuri, cartofi si chips-uri, alune sarate, muraturi etc.**

**Consumul de alcool, sub orice forma, contribuie substantial la toate formele de dezechilibru nutritiv : reduce aportul de calorii, creste pierderea de apa si saruri, creste catabolismul si arderea lipidelor la care se adauga efectele toxice directe asupra stomacului, pancreasului, ficatului, rinichiului, asistemului endocrin (toroida) si celui nervos central (polinevrita). La sportivi,este interzis si consumul oricarei substante medicamentoase. In cazul in care este necesar un tratament medicamentos temporar, activitatea sportiva va fi intrerupta pe toata durata tratamentului. Activitatea fizica, induce modificari metabolice ce pot modifica semnificativ concentratia plasmatica a medicamentelor si pot favoriza intoxicatii grave, sau suprasolicitarea rinichiului si a ficatului. In plus, organismul are nevoie de repaos, pentru a lupta cu boala de baza. Sub nici o forma nu se va indica activitatea sportiva la persoane cu tratament cronic (nevrotici, obezi si diabetici sub tratament, sechelari neuro-musculari etc.). In toate aceste cazuri, tratamentul prin kinetoterapie se poate face doar sub control medical permanent.**

**Este esential sa se respecte cu strictete programul de odihna si recuperare. Acesta va fi stabilit de comun acord cu antrenorul si managerii sportivi. In lipsa unui grafic strict se indica cel putin 8 ore de somn nocturn si cel putin o ora de repaos la orizontala zilnic (lectura, auditiie muzicala, program TV etc.). Dupa un efort maximal, este recomandat si un repaos maximal, adica 8 ore de somn, la care se adauga alte 6-8 ore de repaos total, la orizontala.**

**Masurile generale de igiena, includ si igiena personala, sau intretinerea echipamentului sportiv. Corpul trebuie spalata cu apa din abundenta, atat inainte (pentru a deschide porii si a favoriza transpiratia) cat si dupa fiecare antrenament sau meci (pentru a indeparta substantele toxice). Echipamentul trebuie sa fie curat, uscat, absorbant, cu miros placut, comod, aspectuos. Este esential ca sportivul sa se simta bine in timpul efortului, sa fie motivat pozitiv. Cu timpul, se creaza o adevarata dependenta. Sub nici o forma, nu trebuie ca mirosul dezagreabil sa deranjeze colegii de vestiar, deoarece se demoleaza spiritul de grup. Echipa de fotbal, trebuie sa fie ca o familie, in care fiecare membru se simte bine in compania celorlalti. Sunt importante si masurile organizatorice. Cluburile mari vor avea spalatorie si uscatorie cu personal specializat (jucatorii primesc echipamentul in plic). Ceilalti jucatori, va trebui sa-si pregateasca singuri echipamentul. Este important ca tinuta jucatorului sa fie impecabila.**

**Este recomandabil ca vocabularul si tonul conversatiilor sa fie asemanator cu cel utilizat in relatiile de munca. Exista tendinta unui limbaj argotic, presarat cu imprecatii si expresii vulgare. Acest gen de comportament trebuie descurajat energic, atat la sportivii amatori, cat mai ales la cei "de performanta". Regula de baza este : "Respecta-ti aproapele, asa cum vrei sa fi tu respectat !". Nu in ultimul rand, trebuie respectata igiena "intelectuala". In ciuda aparentelor, efortul fizic este intotdeauna dublat de un efort psihic, chiar daca acesta nu este resimtit direct ca urmare a stereotipurilor dinamice (reflexe). Dupa efort fizic, este necesara si o perioada de refacere psihica. Nu este recomandabil ca in perioada de refacere sa se angajeze eforturi intelectuale : studiu pentru examene, contabilitate, doctorate, pregatire universitara sau postuniversitara etc. Daca activitatea intelectuala este esentiala, aceasta va trebui organizata in asa fel incat sa nu interfereze cu cea de pregatire fizica si refacere. Se vor face grafice de lucru, in care se vor adauga si perioadele corespunzatoare de repaos intelectual. Exista credinta populara prin care activitatea fizica este indicata pentru refacere dupa efort intelectual. Nimic mai putin adevarat. Oboseala**

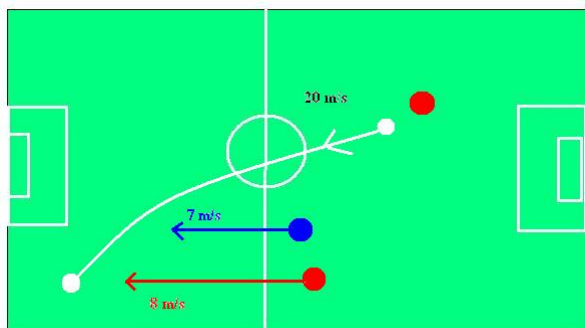
psihica nu face decat sa scada randamentul fizic si reflexele, fiind un factor de risc suplimentar, pentru accidentari. Sub nici o forma nu se indica excesele intelectuale (sau sexuale) inaintea unor competitii importante. Activitatea sexuala nu are nici o influenta asupra randamentului fizic, daca este urmata de o perioada de refacere (8 ore de somn) si daca nu are un impact emotional negativ asupra sportivului. Doar excesele duc la scaderea randamentului fizic si psihic.

Este foarte important ca sportivul sa fie integrat pozitiv in societate, sa fie motivat si prin respectul sau chiar admiratia celor din jur. Conflictetele si relatiile incordate cu cei din anturaj, sau cu supporterii clubului, pot avea un efect negativ asupra sportivului, atat pe plan psihologic, cat si pe plan fizic (risc crescut pentru accidentari). Este esential ca sportivul sa nu fie animat de dorinta unor "demonstratii" individuale. Fotbalul este un joc colectiv. Tot ceea ce este de demonstrat, se remarca prin prestatia echipei in ansamblul sau. Este bine ca si reactia publicului sa intereseze in bloc, intreaga echipa. Cluburile serioase depun un efort substantial pentru educarea publicului spectator: se invata imnul echipei, lozinci si banner-uri de sustinere, reactii in bloc...etc.

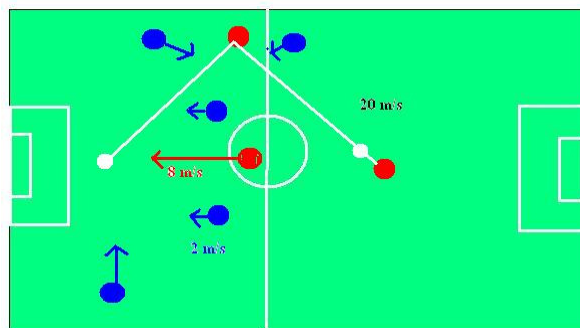
## Analiza jocului

Analiza unei partide de fotbal se poate face "din ochi", sau poate fi un proces elaborat, destul de complex. Exista numeroase metode de lucru: prin comparatie cu date statistice sau cu date din literatura de specialitate, prin analiza grafica sau numerica, prin analiza video...etc. In toate aceste situatii, sunt necesare date ce urmeaza sa fie comparate sau procesate. Se pot utiliza calcule algebrice simple, sau formule de calcul progresiv, extrem de elaborate. Parametrii urmariti, se pot introduce in calcul prin cifre numerice, sau pot fi calculati direct prin analiza video a unei inregistrari. Exemplu: exista programe automate ce calculeaza: distanta parcursa de un jucator, viteza de deplasare, acceleratia, viteza de deplasare a mingii, inaltimea unui jucator, detenta, traiectoria balonului etc. Toate aceste date, se pot introduce si manual, utilizand fise de joc si fise de observatie, completate pentru fiecare jucator, sau pentru intreaga echipa.

Primii parametrii evaluati sunt cei somatici si antropometrici: inaltimea, greutatea, varsta, viteza de alergare /100 m, viteza de alergare in primii 20-30 m, detenta maxima, detenta din alergare, forta de inertie (masa \* viteza), forta sutului (viteza maxima a balonului) etc. Toti acesti parametri se noteaza individual, pentru fiecare jucator din echipa, apoi se pot face calcule globale, pentru intreaga echipa sau pentru un compartiment oarecare. Exemplu: viteza compartimentului ofensiv, fata de viteza compartimentului defensiv al echipei adverse. Fiecare echipa va incerca sa joace in asa fel, incat sa-si puna in valoare calitatile fizice: daca sunt mai inalti, mingea se va juca pe sus, daca sunt mai grei, vor cauta angajamentul fizic si lupta corp la corp, iar daca sunt mai rapizi, vor cauta jocul in viteza. Trebuie observat ca un jucator de fotbal, alearga 100 de m, intre 11 si 16 sec, adica dezvolta o viteza maxima de 6-10 m/s (in medie 7-8). Pentru a juca mingea eficient, jucatorul are nevoie de circa 1 m avans. Deci jucatorul care alearga cu 8 m/s fata de cel cu 7 m/s are nevoie de circa 10 m de alergare, pentru a putea face diferenta.



**Pasa pe o pozitie viitoare**



**Pasa incrucisata la intalnire**

In acelasi timp, mingea poate dezvolta viteze de deplasare de 60-120 km/ora, adica 20-40 m/s. Este evident ca mingea circula mult mai rapid decat jucatorii. In jocul elaborat, pasa la intalnire pe o pozitie viitoare, nu este rezultatul "talentului" unui jucator, ci este un exercitiu studiat si repetat cu insistenta la antrenamente. Jucatorii care participa la faza, trebuie sa respecte cu strictete un anumit algoritm, studiat cu atentie.

Schemele tactice, vor fi alese nu atat in functie de calitatile atacantilor, cat mai ales in functie de punctele slabe ale defensivei adverse. O analiza atenta a jocurilor precedente, va oferi o serie intrega de solutii tehnice personalizate pentru fiecare jucator advers. Fiecare compartiment si fiecare jucator, trebuie sa posede un intreg arsenal tehnico-tactic atent studiat. Este inadmisibil ca pasele sa fie adresate la intamplare, pe principiul ca acolo "ar fi trebuit sa fie cineva".

Pentru analiza unei partide, se utilizeaza inregistrari video si/sau programe automatizate. In mod normal se lucreaza in echipa. Fiecare jucator, observa, analizeaza si inregistreaza fiecare miscare a viitorului sau adversar direct. Apoi datele se centralizeaza, pentru a putea face si o analiza de ansamblu. Se pot utiliza tabele, in care se inregistreaza: minutul si secunda cand primeste mingea, durata posesiei, modul de finalizare (pasa, dribling, out, pasa gresita, foul...etc), distanta parcursa cu mingea, viteza de deplasare...etc. La acestea se pot adauga observatii despre jocul fara mingea: distanta parcursa, viteza, daca s-a demarcat, daca face marcaj, daca face dublaj, daca are plasament, daca participa la joc sau intra in zona exclusiva...etc. In final se va face bilantul fiecarui jucator: de cate ori a atins mingea, durata totala a posesiei, numarul de pase corecte, numarul de pase gresite sau la adversar, viteza de reactie, viteza de deplasare, distanta totala parcursa, viteza cu care paseaza, numarul de interceptii si deposedari, numarul de greseli personale, daca a participat la finalizare sau la blocare atacurilor adverse, daca a inscris...etc.

In etapa urmatoare, se trece la analiza pe compartimente: unde se pierde mingea, unde se castiga mingea, numarul de atacuri pentru echipa adversa, numarul de suturi spre poarta, cate mingi au fost castigate sau pierdute in careul propriu si in careul advers, numarul de goluri fata de numarul de suturi pe spatiul portii, durata totala de joc in fiecare compartiment: in careul propriu, in treimea defensiva, in centrul terenului, in treimea adversa si in careul advers...etc. Toate aceste date, pot fi prelucrate matematic si statistic, fie prin calcule aritmetice simple, fie cu ajutorul unor programe specializate. Datele pot fi prelucrate si in seturi de date, pentru a decela un anumit compartiment, sau o anumita schema de joc. Exemplu: jocul pe contra-atac.

Exista si alte date generale, ce se evalueaza fara valori numerice: daca s-a facut marcaj om la om, daca s-a facut dublaj sau pressing, daca s-a facut translatia jucatorilor, daca exista aparitii neasteptate in atac, daca jocul la offside a fost eficient, pozitia liniei de aparatori, pozitia ultimului



Viteza in primii 20 m (in m/s):									
Viteza in primii 50 m (in m/s):									
Viteza in primii 100 m (in m/s):									
Viteza medie /5000 m (in m/s):									
Viteza medie/ 10000 m (in m/s):									
Viteza de reactie (in m/s) *:									
Viteza cu mingea la picior (m/s)#:									

\* Pentru viteza de reactie, jucatorul sta pe loc si asteapta un semnal sonor sau luminos, la care porneste brusc in alergare, pana la cel de al doilea semnal ce survine dupa 2 -3 secunde. Se masoara distanta si se calculeaza viteza in m/s.

# Pentru viteza cu mingea la picior, jucatorul parcurge intregul teren (100 m) cu mingea la picior, in pase mai scurte de 10 m (terenul poate fi marcat din 10 in 10 m).Se cronometreaza si se calculeaza viteza in m/s.

### EXEMPLU DE FISA DE JOC PENTRU UN SINGUR JUCATOR

Numele jucatorului:  
 Numarul de pe tricou:  
 Data partidei si Ora:  
 Numele echipelor:  
 Numarul de minute de joc:  
 Din minutul....pana in minutul:  
 Postul:  
 Cine consemneaza si calitatea:

Minutul:		1		2		3		.....
preluare corecta:								
preluare incorecta:								
deplasare cu mingea (in m):								
pasa corecta:								
pasa incorecta:								
minge in out:								
durata posesiei:								

---

**dribling eficient:** | | | |

---

**pierde mingea:** | | | |

---

**foult de joc sau hand:** | | | |

---

**este avertizat:** | | | |

---

**centreaza corect:** | | | |

---

**sut corect pe spatiul portii:** | | | |

---

**sut defectuos sau la distanta:** | | | |

---

**marcheaza un gol:** | | | |

---

**este deposedat:** | | | |

---

**deposedeaza un adversar:** | | | |

---

**este demarcat corect:** | | | |

---

**marcheaza un adversar:** | | | |

---

**dubleaza un coechipier:** | | | |

---

**face pressing:** | | | |

---

**creaza spatii (atrage un aparator):** | | | |

---

**creaza superioritate numerica:** | | | |

---

**se repliaza corect:** | | | |

---

**face schimb de posturi:** | | | |

---

**participa la finalizare:** | | | |

---

**executa o lovitura libera:** | | | |

---

**executa o repunere de la margine:** | | | |

---

**alearga corect in dispozitiv:** | | | |

---

**alearga fara nici un obiectiv:** | | | |

---

**este spectator la joc (sta pe loc):** | | | |

---

**primeste un cartonas galben:** | | | |

---

este inlocuit:				
executa un penalty:				
marcheaza din penalty:				
rateaza din penalty:				
rateaza din careul mic advers:				
rateaza din careul de 16 m advers:				
total distanta parcursa ( in m):				

Pentru a simplifica analiza, fiecare jucator va fi evaluat de cate o persoana competenta. Datele se vor centraliza, fie sub forma de tabele si baze de date, fie sub forma de fisiere de arhiva, de unde vor putea fi extrase rapoarte cu diverse combinatii de indicatori: Exemple: numar de pase corecte si incorecte, numar de pase/minut, posesia balonului, numar de actiuni favorabile raportat la numar de actiuni nefavorabile, perioadele cand este exclus din joc, perioadele cand participa la joc....etc. Pentru a complica si mai mult analiza, datele se pot arhiva si in functie de locatia din teren, pentru a putea evalua jocul pe anumite zone ale terenului. Exemplu: cate pase gersite la mijlocul terenului, in careul propriu sau in careul advers, cate erori neprovocate sau defecte de tehnica, cate deposedari in careul propriu, sau la mijlocul terenului...etc. In cazul cluburilor de performanta, este recomandabil sa existe cate un antrenor secund, pentru fiecare compartiment. Acesta va perfectiona si evalua procedeele tehnice specifice pentru fiecare post. In mod normal, se utilizeaza jucatori experimentati, sau fosti performeri pe postul respectiv. In final, pentru a completa "viziunea" antrenorului principal, se pot utiliza si programe ce analizeaza si coroboreaza toate aceste date, pentru a formula concluzii statistice finale: punctele tari si punctele slabe, compartimentele performante sau ineficiente, zona terenului unde jocul este neclar sau ineficient, jucatorii cu randament maxim sau slab...etc. Incet, incet, fotbalul va intra in era robotilor, initial umani, apoi umanoizi.

## Traumatisme si accidentari

Jocul de fotbal este un excelent mijloc de intretinere si imbunatatire a conditiei fizice, creste performanta intelectuala si dezvolta o personalitate psiho-emotionala matura, robusta. Totusi exista si numeroase situatii in care starea de sanatate este amenintata, sau chiar deteriorata sever. Din acest motiv, practicarea acestui sport, la fel ca orice sport de performanta, nu se poate face decat sub supravegerea atenta a unui personal medical competent.

Orice club sportiv trebuie sa asigure personal medical calificat si orice sportiv trebuie sa fie monitorizat cu ajutorul unei fise medicale. Controlul medical este obligatoriu inainte de a incepe orice activitate sportiva, periodic (cel putin o data pe an) si ori de cate ori intervine o problema de sanatate. In cazul copiilor, este bine sa existe si o declaratie scrisa a parintilor, prin care se aadevereste faptul ca au fost avertizati despre eventualele accidentari si ca sunt de acord cu tratamentul medical, la nevoie. La intocmirea dosarului medical, anamneza va trebui sa identifice orice boala preexistenta, acuta sau cronica, precum si eventualul potential morbid generat de boli cu transmitere ereditara, sau de factori de mediu. Au importanta mai ales bolile congenitale, hemofilia si tulburarile de coagulare, osteoporoza si rahitismul, bolile aparatului locomotor,

diabetul zaharat, alergiile si sindroamele alergice, malnutritia protein-calorica, bolile endocrine, bolile transmisibile (tuberculoza, sifilis, boli venerice), bolile psihice si bolile metabolice cu transmisie ereditara. Sunt utile si datele antropometrice ale parintilor (inaltime si greutate), pentru a putea estima potentialul de dezvoltare.

In cazul sportivilor de performanta, pe langa examenul fizic, se recomanda si un set minimal de analize si investigatii: probe functionale respiratorii (spirograma), probe functionale cardiace (EKG sau Holter), probe functionale renale (clearance la creatinina) si probe functionale hepatice (tymol, transaminaze, antigen HbS). Orice tulburare cat de mica, va reprezenta o contraindicatie absoluta pentru sportul de performanta. In unele situatii, bolile parintilor, sau factorii de mediu pot reprezenta o contraindicatie relativa, pentru sportul de performanta (relativa-adica sportivul poate fi acceptat daca schimba mediul : este incorporat, este cantonat de catre club etc.). In timpul vietii de sportiv, accidentarile medicale pot intervenii in trei tipuri de situatie: in viata extrasportiva, in timpul antrenamentelor sau in timpul competitiiilor.

### **Accidentarile extrasportive**

Survin in afara perioadelor de activitate sportiva. Aceste accidentari, includ mai ales bolile comune: gripa, diareea, intoxicatiile accidentale si accidente casnice sau de circulatie, dar si eventualele intoxicatii medicamentoase cronice. In mod normal, daca sportivul are o dieta corecta si respecta normele de igiena, este ferit de majoritatea imbolnavirilor comune, iar rezistenta organismului creste si in fata bolilor epidemice. Dintre intoxicatiile accidentale, cele mai frecvente sunt cele cu cafea, alcool sau tutun, generate de un anturaj nepotrivit. Alte stari de boala, pot fi generate prin nerespectarea regimului de odihna si recuperare (nesomn), aport caloric insuficient, aport lichidian necorespunzator, diureza exagerata sau fortata medicamentos. O problema deosebita o ridica intoxicatiile medicamentoase voluntare (dopajul), cu diverse substante, sau combinatii de substante chimice, cu scopul de a creste performanta fizica de moment. Dintre substantele cel mai frecvent utilizate pentru dopaj, cele mai cunoscute sunt:

1.Hormonii anabolizanti (steroizi): sunt mai ales testosteronul si cortisolul. Injectati intramuscular, determina o crestere neta a masei musculare (sunt "painea culturistilor"), dar performantele fizice nu cresc paralel cu masa musculara. Sunt grevati de nenumarate complicatii metabolice, dintre care cele mai documentate sunt cele gastrointestinale (ulcer, hemoragii) si cele cardiovasculare (HTA, tromboze, accidente vasculare, infarct) si osteo-renale (osteoporoza, hipocalcemie).

2.Hormonii de crestere si substante ce potenteaza eliberarea lor: teoretic stimuleaza cresterea si dezvoltarea aparatului locomotor, dar administrarea lor este complicata prin numeroase alte efecte endocrine, dintre care mai frecvente sunt: edeme intramusculare, retentia de lichide, artralгии, diabet, acromegalie, distrofii musculare.

3.Eritropoetina: este un hormon administrat cu scopul de a creste numarul de globule sanguine, pentru a favoriza transportul de oxigen si glucoza catre muschi. Este utilizata mai ales de catre ciclisti, dar policitemia reactiva produsa, asociata cu hipervascozitate, prezinta un risc foarte mare pentru tromboze si accidente vasculare, uneori chiar mortale.

4.Simpatomimeticele (adrenalina, efedrina, cafeina, amfetamina, cocaina): sunt administrate cu scopul de a creste reactivitatea organismului, pentru a creste functia ventilatorie, sau pentru a scadea apetitul si respectiv pentru scadere in greutate prin catabolism crescut. In functie de doza utilizata, efectele adverse se manifesta prin agresivitate si instabilitate psihica, anxietate, insomnie,

tremor si palpitatii cardiace sau chiar tulburari de ritm cardiac (extrasistole), ulcer sau hemoragii digestive, scaderea depozitelor de glicogen, cresterea catabolismului lipidic cu productie de corpi cetonici si amoniac.

5. Suplimentele nutritive (vitamine, minerale, amino-acizi, extracte din plante etc.): sunt administrate cu scopul de a creste aportul nutritiv. Toate aceste preparate insa, sunt destinate pentru diferite categorii de bolnavi, ce nu pot asigura aportul necesar, din diferite motive organice. Utilizarea lor, pe langa faptul este mult mai costisitoare decat alimentele de baza (carne, lapte, oua) ridica o serie de probleme pentru metabolizarea si excretia lor, ce pot genera o serie intreaga de afectiuni prin dezechilibre hidro-electrolitice sau prin reactii endocrine compensatorii.

6. Creatina: teoretic creste productia de ADP si respectiv ATP, favorizand suportul energetic pentru contractia musculara. Administrarea de creatinina este net benefica, atunci cand aportul alimentar este insuficient, dar este inutila atunci cand nutritia este normala. Sportivii au o concentratie de creatina crescuta fiziologic (clearance-ul la creatinina este modificat). In exces, nu numai ca nu este benefica, dar determina edeme intramusculare, oboseala si chiar distrofii musculare. Nu se justifica administrarea se creatina, decat in scop diagnostic (pentru functia renala).

Exista o categorie intreaga de personal medical si nemedical, care se recomanda ca experti in stiinta dopajului si asigura o serie intreaga de retete magice, prin care se exploateaza doar efectele pozitive si se diminueaza sau chiar se elimina cele negative. Chiar daca aceste "retete" de dopaj pot fi cu adevarat controlate (cu numeroase dozari hormonale si biochimice) si pot exclude efectele adverse, dopajul este impotriva spiritului de "fair-play" sportiv si este interzis prin aproape toate regulamentele sportive competitionale. Pe langa riscul unor efecte adverse, se adauga si cele psihologice, generate de obiceiul de a "trisa", sau de a obtine rezultate nemeritate.

### **Accidentarile la antrenament**

In timpul antrenamentului, accidentarile se datoreaza fie nerespectarii tehnicii de antrenament, fie nerespectarii graficului de antrenament. Dintre greselile de tehnica, primele sunt cele legate de echipamentul sportiv, sau de aparatele utilizate pentru pregatirea fizica. Echipamentul incomod, sau neadecvat, poate produce leziuni abrazive, sau poate strangula circulatia, avand ca rezultat ischemia si durerea. O alta greseala frecventa, o reprezinta alergarea cu incaltaminte neadecvata, sau pe suprafete neadecvate. Astfel, daca talpa pantofului este neelastica, sau suprafata de alergare este dura (asfalt sau beton), in cazul distantelor mai mari de 10000 m, traumatismul plantar repetat va produce atat leziuni musculo-osoase tarso-metatarsiene cat si o hemoliza accentuata generata de spargerea a numeroase hematii (prin presiune), cunoscuta sub numele de hemoglobinurie de mars (poate merge chiar pana la insuficienta renala). Exemplu cel mai simplu este cel al jucatorilor de fotbal, care se antreneaza cu crampoane (ghetele cu crampoane sunt exclusiv pentru iarba) pe zgura sau chiar pe teren asfaltat. Alte greseli de tehnica sunt cele legate de anumite exercitii fizice, sau de modul in care sunt setate si programate aparatele de antrenament. Exemple tipice sunt traumatismele cu coarde elastice sau greutati si gantere, supra-sau sub-incarcarea aparatelor...etc. Tot ca greseli de tehnica se contabilizeaza si cele generate prin nerespectarea regimului de odihna si recuperare dintre exercitii. Dupa un efort anaerob intens, rezervele de ATP se consuma in circa 10-20 de secunde si au nevoie de alte 20 de secunde pentru regenerare, sau de 5 minute pentru regenerare completa. Astfel, dupa un sprint de 50 de m, la intensitate maxima, trebuie respectata o perioada de 3-5 minute de pauza. In caz contrar, apare riscul unor spasme musculare necontrolate (carcei) sau chiar al intinderilor si rupturilor musculare. In general, orice dezechilibru in asigurarea de oxigen, glucoza sau ATP,

creste riscul spasmelor musculare. Alte accidente sunt generate prin nerespectarea distantelor fata de ceilalti sportivi, prin executia neglijenta a exercitiilor, sau prin diverse traumatisme mici, produse prin lipsa de concentrare. Daca este posibil, este bine ca fiecare sportiv de performanta, sa fie insotit de o persoana care tine fisa de antrenament si contabilizeaza fiecare exercitiu (de exemplu un junior). In restul situatiilor, fiecare sportiv va completa singur fisa de antrenament.

Dintre greselile generate de nerespectarea planului de antrenament, cele mai frecvente sunt supra-efortul si efortul insuficient. Prin exces de zel, sportivul care depaseste voluntar norma de antrenament, va suprasolicita metabolismul energetic, avand ca rezultat productia de produsi intermediari cum sunt acidul lactic si acidul piruvic. Acest fenomen poarta numele de "febra musculara" si duce la incapacitate fizica, pentru a perioada de 48-72 de ore. Febra musculara necesita o perioada de recuperare si odihna de cel putin trei zile. Daca se forteaza efortul fizic, durerea inceteaza, dar riscul accidentarilor traumatice este foarte mare (intinderi musculare, entorse, rupturi musculare sau chiar intinderi ligamentare), deoarece reflexul contractiei musculare este intarziat si incert. La fel de nepotrivit este si efortul insuficient, sau ineficient. Sportivii care "triseaza" fisa tehnica de antrenament, vor consuma aceeasi ratie dietetica, dar vor creste in greutate. Depunerea de grasimi nu numai ca va creste efortul necesar pentru deplasare, dar va utiliza o buna parte din oxigen, doar pentru a oxigena tesuturi ce nu contribuie la miscarea sportiva. In timp, randamentul respirator scade, in paralel cu capacitatea de efort a sportivului. Trebuie mentionat ca incepand cu varsta de 21 de ani, randamentul respirator scade fiziologic cu 1% pe an. Din acest motiv, un sportiv de 40 de ani, pleaca din start cu un handicap de 20 %, fata de unul in varsta de 20 de ani. Daca nu se respecta programul de antrenament, aceasta degradare fizica intrevine mult mai accelerat. La acestea, in cazul antrenamentelor cu joc de fotbal, se adauga si toate accidentarile specifice contactului fizic din teren.

### **Accidentarile de joc**

Apar in timpul competitilor, sau in timpul antrenamentelor cu joc. La orice meci oficial, echipa gazda este obligata sa asigure asistenta medicala de specialitate, pe intrega durata de desfasurare a partidei. In plus, fiecare echipa trebuie sa prezinte pe banca tehnica si un medic sportiv. Pe toata durata partidei, medicul echipei va evalua orice traumatism sau accidentare si va asigura asistenta medicala necesara. In timpul jocului, majoritatea accidentelor sunt fie traumatice, fie generate de un efort suplimentar sau de contactul fizic cu adversarul. Regulamentul prevede foarte clar ce fel de contacte fizice sunt permise in timpul jocului, dar in teren apar si numeroase alte situatii neregulate. Practic, aproape ca nu exista partida de fotbal in care sa nu apara si accidentari. Aparatoarele pentru tibie, suspensoarele, manusile portarului si ghetele speciale reduc o mare parte dintre leziunile minore, dar raman totusi o serie intreaga de traumatisme ce nu pot fi prevenite prin echipament. Cele mai frecvente traumatisme sunt la nivelul membrelor inferioare (70% dintre accidentari), restul interesand trunchiul, membrele superioare sau capul:

1. Glezna -este articulatia cel mai frecvent afectata. In timpul meciurilor oficiale, accidentarile sunt de doua ori mai frecvente decat in timpul antrenamentelor, iar terenul accidentat, ploaia sau alte conditii meteorologice nefavorabile cresc riscul de accidentare cu inca 25 %. Entorsele usoare sunt de departe cele mai frecvente. In functie de gravitate, entorsele se clasifica in trei grade. I. Gradul unu, sunt de cele mai multe ori nesesizate in timpul jocului. Atea in repaos, apare durerea locala si inflamatia calda, dureroasa. Se trateaza prin repaos, comprese reci sau comprese cu solutii speciale antiedematoase (Burov). Nu se recomanda cremele cu cortizon. Daca nu se amelioreaza dupa 48 de ore, necesita tratament medical. II. Gradul doi, sunt cele in care exista leziuni organice si intinderi ligamentare. Sunt invalidante si impiedeca continuarea jocului. Necesita tratament medical de specialitate. Radiografia este foarte utila, sau

chiar obligatorie, pentru a exclude fracturile si fisurile osoase. Pe langa comprese reci, sau gheata sunt utile cremele antialgice si antiinflamatorii (si cele cu cortizon), asociate cu un masaj usor, superficial, pentru stimularea circulatiei locale. Glezna si piciorul se vor imobiliza cu fese elastice (sa nu produca staze vasculare). Tratamentul si recuperarea poate dura 4-6 saptamani. Daca durerile sunt mari, se poate asocia si tratament antialgic general (sub control medical). III. Gradul trei, sunt extrem de severe si includ dislocari sau chiar rupturi ligamentare. In multe situatii nu se pot corecta decat prin tratament chirurgical. In toate situatiile este obligatorie o radiografie si un consult ortopedic. Sunt absolut invalidante, de multe ori incheie cariera sportiva de performanta. Necesita tratament medical intensiv, de specialitate. Perioada de recuperare se intinde de la cateva saptamani, pana la cateva luni, sau chiar un sezon intreg. Dupa o astfel de accidentare, revenirea in teren nu se poate face decat cu avizul medicului, dupa o perioada de recuperare fizica si exercitii speciale pentru consolidarea ligamentelor afectate. Tratamentul nu se poate face decat sub controlul medicului specialist ortoped. Alte leziuni la nivelul tarsului si metatarsului includ fisurile si tasarile osoase, fracturile de oase metatarsiene sau falangiene, prabusirea boltei plantare, tendinitele Achiliene, bursitele si miozitele, contuziile minore sau forte si plagile escoriate sau taiate. Toate aceste situatii necesita consultul si tratamentul medicului ortoped.

2. Genunchiul - este articulatia cea mai solicitata in timpul unei partide de fotbal. Talentul unui jucator sta in genunchi. Leziunile osteoarticulare de la nivelul genunchiului respecta aceeasi scara de gravitate ca si cele de la nivelul gleznei, dar cu deosebirea ca perioada de recuperare este mult mai lunga, iar invalidarea este mult mai profunda. Cele de grad unu si doi, pot fi recuperate prin tratament conservator si kinetoterapie, iar cele de gradul trei necesita interventie chirurgicala. In scop diagnostic se poate efectua o artroscopie endoscopica. Uneori, si tratamentul chirurgical se poate face tot endoscopic, reducand foarte mult durata de recuperare. Medicul operator va decide daca sportivul poate continua activitatea sportiva de performanta, dar in majoritatea cazurilor este recomandabil sa aleaga un sport mai putin traumatizant. Riscul unei recidive agravate este foarte mare. Fotbalistul fara genunchi nu este decat un handicap pentru restul echipei.

3. Leziunile musculare - se pot clasifica in functie de gravitate tot in trei grade: I. Gradul unu, sunt asa numitele "intinderi musculare". Nu exista dilacerari tisulare, dar zona respectiva este calda si dureroasa, sensibila la atingere, foarte dureroasa la tensiune. Tratamentul se face prin repaos, comprese reci, tratament antialgic local, sau chiar general la nevoie, ceaiuri calde si rehidratare eficienta (pentru a favoriza excretia). Perioada de recuperare se poate intinde de la 2-3 zile pana la doua saptamani. Cele mai frecvente sunt cele de la nivelul adductorilor. II. Gradul doi, sunt cele in care intervin si rupturi de fibre musculare. Sunt extrem de dureroase si invalidante. In timpul contractiei se aud niste sunete asemanatoare cu cele produse prin presarea unui bulgare de zapada (crepitatii de zapada). Uneori, se poate sesiza o lipsa de substanta in fasciculul muscular. Prin hemoragie se produc hematoame si edeme locale. Tratamentul se va face sub control medical, cu antalgice si anti-inflamatoare locale si generale, hidratare corecta, repaos absolut, apoi o perioada de protectie de 3-4 saptamani. Efortul fizic va fi interzis pana la retractia completa a hematomului, urmata de cicatrizarea fasciculului traumatizat. Nerespectarea perioadei de recuperare va duce de cele mai multe ori la agravarea leziunii. III. Gradul trei, sunt foarte severe si includ rupturi musculare complete, sau intinderi si torsiuni ce intereseaza intregul muschi (nu doar un fascicul). Sunt extrem de dureroase si invalidante. Nu pot fi tratate decat sub stricta supraveghere medicala de specialitate. Necesita tratament antalgic intensiv, uneori chiar anestezie totala. Evaluarea se va face tomografic sau ecografic, doar de catre medicul specialist. Uneori este necesara si o interventie chirurgicala, pentru hemostaza sau suturi. Tratamentul de urgenta se face cu antalgice, comprese reci, uneori pansament compresiv pentru limitarea hemoragiei. Hematoamele foarte mari, necesita extirparea chirurgicala, pentru a impiedeca fibrozarea extensiva. Recuperarea poate dura de la cateva saptamani, pana la mai multe luni, sau

chiar un intreg sezon. Uneori este recomandabil sa renunte la sportul de performanta.

**4. Contuziile -sunt extrem de frecvente, prin lovituri accidentale aplicate cu piciorul sau cu cotul. De cele mai multe ori nu necesita tratament medical (decat comprese reci). Cele mai frecvente sunt la nivelul tibiei, coapsei si soldului. Sunt utile unguentele cu substante antalgice, dar activitatea sportiva trebuie intrerupta pana la retragerea hematomului (daca este mai mare de 5-6 cm). Daca se asociaza si cu leziuni tagumentare (arcade sparte) este necesar si tratamentul chirurgical.**

**5. Fracturile oaselor mari- sunt foarte rare, dar extrem de grave si invalidante. Necesita consult si tratament ortopedic. Perioada de recuperare este intre 6 luni si doi ani. De cele mai multe ori este recomandabil sa abandoneze sportul de performanta.**

**6. Traumatismele genitale - cele minore sunt dureroase dar fara efecte de durata. Se pot aplica comprese cu gheata si antialgice locale. Daca durerea se prelungeste, este necesar consultul si tratamentul medical, uneori chiar si cel chirurgical. Tratamentul de urgenta este cel impotriva durerii si cel antiEDEMATOS. Este recomandabil ca jucatorul accidentat sa nu continue jocul.**

**7. Traumatismele trunchiului -sunt de cele mai multe ori minore. Pot exista insa si traumatisme forte ale rinichilor, splinei sau ficatului, cu rupturi de organ si hemoragii interne extrem de grave, ce necesita tratament chirurgical de urgenta. Alte traumatisme forte, relativ frecvente sunt fracturile costale (extrem de dureroase si invalidante). Toate traumatismele importante la nivelul trunchiului necesita consult si evaluare de specialitate (uneori si tomografie computerizata).**

**8. Traumatismele craniene - apar mai ales prin ciocnirea dintre doi jucatori la lovitura cu capul, fie cap in cap, fie cot in cap. Cele mai multe sunt minore, dar pot exista si traumatisme extrem de grave. Cele mici, intereseaza buzele, arcadele, nasul si urechile sau pielea capului. Cele forte pot duce la fracturi ale piramidei nazale, cu hemoragii fudroiante (necesita tratament ORL) sau la hematoame intracraniene. Orice contuzie severa la nivelul capului va fi considerata a fi extrem de grava si va impune un consult neurochirurgical. Exista hematoame intracraniene, cu evolutie in doi timpi, adica simptomele nu apar imediat dupa accident, ci doar dupa 48-72 de ore cind incepe resorbtia hematomului. Orice hematom intrecranian poate pune in pericol viata si trebuie supravegheat si tratat cu mijloace specifice (tomografie, RMN etc.). Din acest motiv, orice pierdere a conostiintei va fi considerata a fi extrem de grava. Sportivul va fi evacuat pe targa si evaluat neurochirurgical.**

**9. Tulburarile metabolice -apar prin diferite dezechilibre hidroelectrolitice : hipoglicemie, deshidratare, alcaloza prin hiperventilatie, hipocalcemie etc. Se pot manifesta prin dezorientare si tulburari de echilibru, transpiratii reci, greata sau chiar varsaturi in jet, lipotimii, incapacitate de efort. Pana la precizarea diagnosticului metabolic, jucatorul va fi scos se pe teren, se vor administra ceaiuri calde si glucoza (la nevoie in perfuzie) si repaos la pozitie orizontala.**

**Toate accidentarile din timpul jocului, apar prin greseli de tehnica, prin nerespectarea unora dintre regulile de joc, sau ca urmare a unui comportament agresiv, periculos. Diferenta dintre un sportiv incepator si unul profesionist o face modul in care anticipeaza miscarile adversarului. Un sportiv adevarat, nu numai ca va anticipa si evita accidentarea sa, dar va evita si actiunile prin care pune in pericol integritatea fizica a adversarului sau. Intimidarea sau jocul agresiv, va atrage un raspuns similar din partea adversarului direct, cu risc foarte mare de accidentare pentru ambii jucatori. Exemplul clasic il reprezinta "intrarea prin alunecare" la un**

adversar ce joaca mingea in viteza. Probabilitatea de a juca balonul fara a produce un fault de joc este mult mai mica decat riscul de a obtine un cartonas galben, sau de a produce o accidentare semnificativa. Acest gen de intrare nu se recomanda decat atunci cand adversarul se afla la cel putin 2 m de minge. Jucatorul experimentat, va cauta intotdeauna solutia de joc in care nu are nici un contact fizic cu adversarii sai. Cu alte cuvinte, jucatorul isi "cauta" accidentarea. Exista jucatori care incheie cariera sportiva fara nici o accidentare semnificativa, in timp ce alti jucatori construiesc un dosar medical de dimensiuni impresionante cu care se lauda in fata "admiratorilor". Nu se pot face recomandari prin care sa se elimine complet accidentarile, dar jocul anticipativ, poate reduce foarte mult numarul situatiilor ce produc accidente de joc (lupta corp la corp, piedeca intentionata, lovirea intentionata, obstructia, "protejarea" balonului, caderi controlate pe adversar, talpa, calcatul intentinat...etc.). Un joc corect, "fair play", nu numai ca elimina riscul de accidentare, dar lasa si impresia unui joc frumos de calitate, un adevarat spectacol sportiv.

## RoboCup

O data cu aparitia primilor roboti, s-au dezvoltat si o serie de stiinte noi, cum ar fi robotica, mecatronica, tehnologia inteligentei artificiale etc. Una dintre primele aplicatii simple pentru roboti, a fost dezvoltarea de jocuri si jucarii pentru copii. Dintre acestea, jocul de fotbal a atras atentia producatorilor de roboti, tocmai pentru este necesara coordonarea unui numar mai mare de roboti, pentru a rezolva o singura sarcina simpla.

Istoria propriu zisa a fotbalului pentru roboti, incepe in anul 1995 in Coreea, unde profesorul Jong-Hwan Kim a organizat in KAIST Daejon, primul campionat international pentru roboti. In anul 1997 s-a creat prima federatie internationala (FIRA -Federation of International Robot-soccer Association). Tot in anul 1997, sa fondat si prima competitie de nivel mondial (Cupa Mondiala), sub numele de RoboCup. Obiectivul principal al acestei competitii, este de a crea inainte de anul 2050, o echipa formata din roboti humanoizi, capabila sa invinga campioana mondiala a momentului.

Robotica este inca o stiinta incipienta, astfel ca si competitia mondiala este fragmentata in mai multe ligi, pentru a permite accesul unui numar cat mai mare de participanti. Astfel se disting patru categorii mari: 1.Simulare 2.Roboti mici 3.Roboti de talie mijlocie si 4.Platforma Standard. Exista insa si alte criterii de organizare a competitiei: roboti cu doua roti, roboti cu patru picioare sau roboti humanoizi...etc. Fiecare liga are regulamentul sau propriu. In ligile inferioare, fiecare echipa este formata din doi roboti, conectati la un calculator, iar in ligile superioare, robotii sunt complet autonomi, formeaza echipe de 5 jucatori, pe teren de dimensiuni mari.



Mr Soccer



Qfix-Terminator

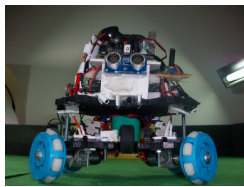
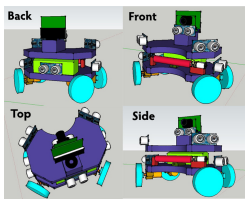


Robocup Junior



Osaka's Vision

Exista si o liga destinata juniorilor, in care robotii sunt mai degraba niste jucarii simple, dar pasiunile sunt la fel de mari. Costul unui astfel de jucator, incepe de la circa 20 de Euro si merge pana la zeci de mii de Euro, pentru un set intreg. Amatorii pot cumpara kit-uri standardizate, iar Universitatile si oamenii de stiinta, pot produce versiuni din ce in ce mai performante, sau pot scrie aplicatii software, pentru robotii deja existenti. Desi este un domeniu relativ nou, entuziasmul este in plina crestere si este probabil ca in viitor va atrage mai multi participanti decat "sportul rege". In faza initiala, este inca permis ca robotul sa fie conectat "wireless" cu un calculator extern, dar cu conditia ca personalul uman sa nu intervina in organizarea jocului. Aceasi retea "wireless" conecteaza si jucatorii intre ei, pentru a putea coopera. Exista mai multe modele comerciale, ce ofera setul intreg de produse hardware si software, precum si piese de schimb. Jucatorii au forme si dimensiuni diferite, principii diferite de deplasare si de contact cu balonul, dar au un singur scop comun, sa introduca mingea in poarta.



Proiectare

Model

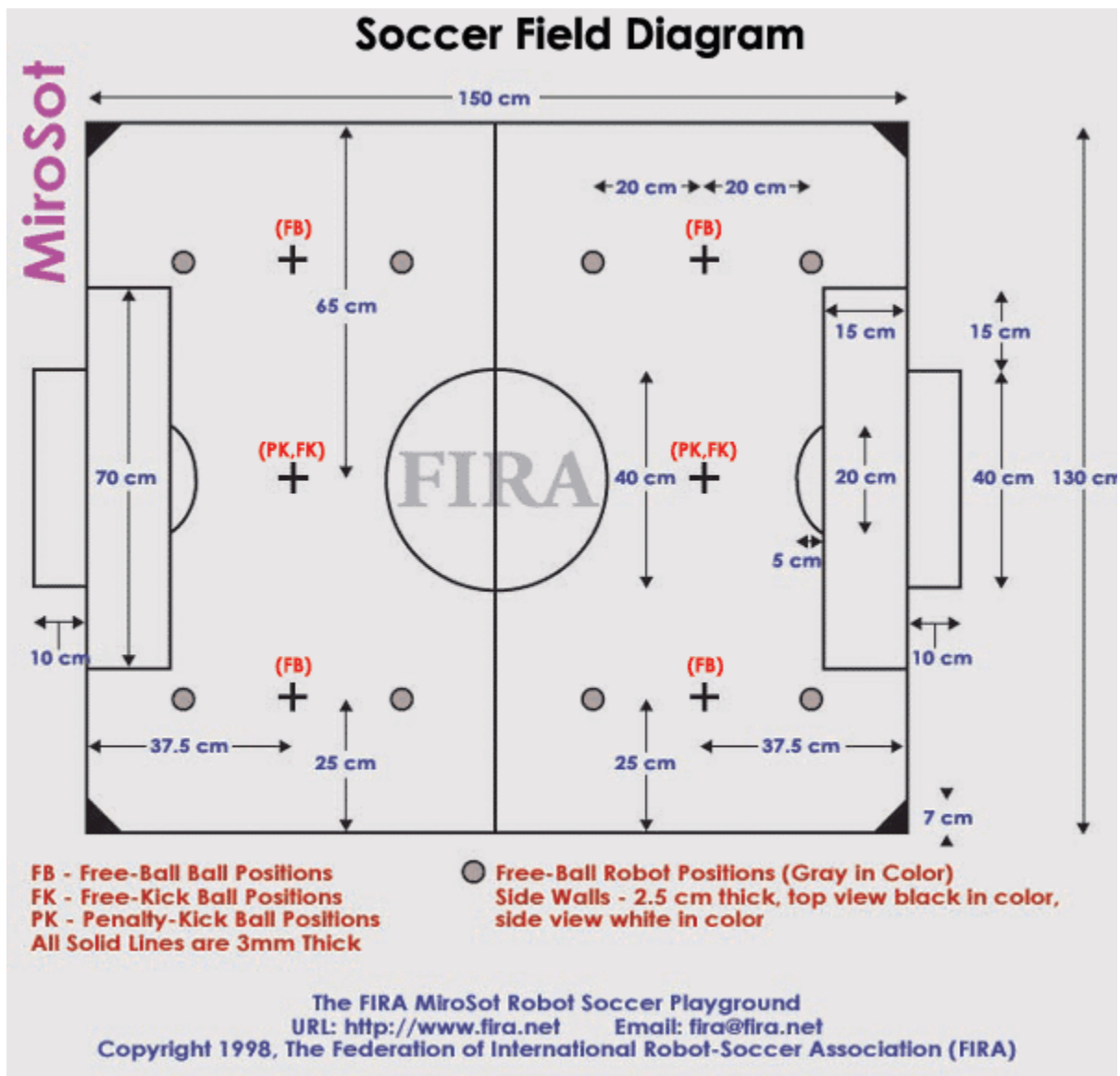
Owi-sumo

Owi-prorobot

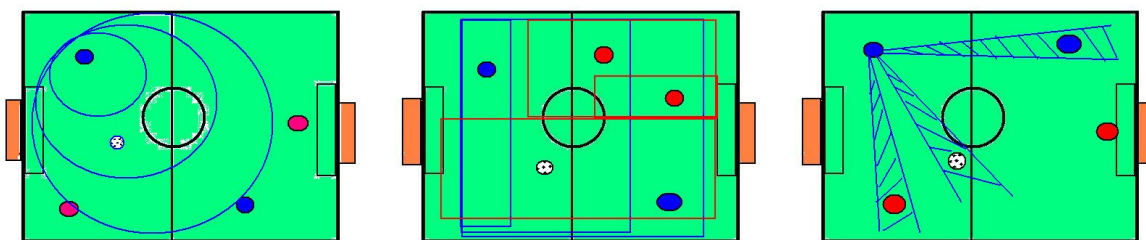
p1141

Elementele se tactica si strategie sunt aceleasi ca si la fotbalul din teren. Fiecare echipa va cauta sa acopere terenul cat mai bine, sa fie prima la mingea, sa nu piarda posesia, sa castige teren, sa creeze faze de poarta si apoi sa finalizeze. La fel ca si in fotbalul adevarat, fiecare jucator va trebui sa gestioneze foarte strict spatiile si timpii necesari pentru a executa o deplasare oarecare. Dat fiind ca viteza de deplasare este identica, pentru toti jucatorii, calculele sunt ceva mai simple. Totusi, jucatorii trebuie sa se apropie destul de mult, pentru a crea superioritate pe o anumita zona a terenului, dar in acelasi timp, trebuie sa pastreze o anumita distanta minima, pentru a evita orice coliziune, sau folt. Chiar daca par foarte simpli, algoritmi propriu zis pot ridica numeroase probleme de conceptie. Exista mai multe abordari posibile:

1. Teoria cercurilor concentrice : robotul abordeaza rutine diferite, in functie de distanta fata de mingea si fata de ceilalti jucatori.
2. Teoria zoneleor de teren : robotul abordeaza rutine diferite, in functie de zona terenului in care se afla (1/3 defensiva, 1/3 mijlocie sau 1/3 de atac).
3. Teoria locatie de tip radar: robotul scaneaza terenul in permanenta, ca un radar si analizeaza toate miscarile, inainte de a lua o decizie, pentru a selecta o rutina sau alta.



### Teren regulamentar



Cercuri concentrice

Zone

Radar

Daca la prima editie RoboCup au participat doar 8 echipe, la ultima editie au fost prezente

373 de echipe din 35 de tari. Dezvoltarea acestei competitii, atrage un numar foarte mare de specialisti din diferite domenii de activitate: ingineri, mecanici, programatori si analisti, specialisti in telecomunicatii, specialisti in inteligenta artificiala, matematicieni, logicieni, constructori de roboti, constructori de echipamente hardware, dar si studenti sau pur si simplu persoane interesate de acest gen de jocuri mecanice. Fara indoiala ca acest sport are viitor. In Romania nu exista inca o competitie de nivel national, dar exista cateva laboratoare, anexate la Universitatile Tehnice. Cei interesati, pot contacta aceste laboratoare, sau se pot documenta prin reseaua Internet.

## **Competitii de masa pentru amatori**

In multe tari din lume, jocul de fotbal este un sport de masa. Se invata la orele de educatie fizica, de la cele mai mici varste si apoi se joaca pe toata durata scolarizarii. Avantajul principal este dat de faptul ca o partida de fotbal se poate juca intre echipe formate din 2 pana la 18 jucatori. Astfel, la un meci de fotbal pot participa pana la 40 de jucatori. Este o forma organizata de exercitiu fizic, si o foarte buna educatie pentru munca in echipa. Copiii invata de la cele mai mici varste ca trebuie sa colaboreze pentru a obtine un obiectiv comun. Fotbalul ca fenomen de masa, se refera exclusiv la fotbalul amator (adica jucatorii au alte mijloace prin care isi asigura existenta). Exista foarte numeroase variante ale jocului de fotbal. Dintre acestea, cele mai cunoscute sunt:

1. Fotbalul de sala (indoor soccer) -se joaca exclusiv in sala, intre echipe formate din 6 jucatori, nu se respecta regula offside-ului si nu exista out lateral (mingea se poate juca cu peretele). Terenul are 50/22 m si se joaca patru reprize a cate 15 minute. Numarul de schimbari este nelimitat si exista un cartonas suplimentar (cartonasul albastru). In plus, se poate aplica si regula zonelor de joc, la fel ca la hokey (mingea nu poate traversa mai multe zone fara sa fie atinsa de un alt jucator).

2. Minifotbal - se joaca pe teren de handbal, intre echipe formate din 5 jucatori, fara regula offside-ului. In rest, regulamentul este comun cu cel de fotbal.

3. Masters fotbal -se joaca in echipe formate din cate 6 jucatori seniori (peste 35 de ani). De cele mai multe ori, sunt fosti jucatori sau foste vedete internationale ce fac spectacol.

4. Fotbal pe plaje -se joaca pe un teren cu nisip de 36/26 m, intre doua echipe formate din cate 5 jucatori, in trei reprize de cate 12 minute cu schimbari nelimitate.

5. Fotbalul de strada -se joaca pe terenuri de dimensiuni mici, inconjurate cu plasa de sarma, de cele mai multe ori cu gazon artificial si cu iluminare nocturna. Numarul de jucatori, durata si alte aspecte de regulament, variaza de la o competitie la alta si se stabilesc de comun acord intre echipele participante.

Exista si numeroase alte forme de fotbal, cu caracter regional sau local, dar acestea prezinta un interes mult mai redus. Exceptie face fotbalul american, o combinatie intre fotbal si rugby, cu zeci de milioane de suporteri si industrie fotbalistica de performanta. Chiar daca fotbalul amator nu produce venituri, necesita un volum foarte mare de munca organizatorica, pentru ca activitatile sa se desfasoare intr-un climat corespunzator, benefic pentru societate. Toate competitile trebuie sa fie organizate din timp, echipele trebuie sa fie inregistrate iar jucatorii trebuie sa fie identificati prin acte de identitate (pentru a elimina huliganismul si violenta).

**Partidele vor fi supravegheate de cel puțin un arbitru legitimat, iar echipele vor fi conduse de un antrenor atestat sau cel puțin agreeat de către forul de specialitate.**

**Cele mai multe competiții de acest gen, au legătura cu activitatea profesională a participanților: școlare și universitare, cupa orașului, competiții între întreprinderi și societăți comerciale, competiții organizate de un anumit club sportiv, sau un sponsor oarecare, precum și competiții organizate "open", la care înscrierea este deschisă pentru orice echipă cu condiția să respecte regulamentul competiției. Organizarea acestor competiții, necesită un efort suplimentar din partea administrației publice locale. Din păcate, manifestările nesportive și extrasportive ale unor astfel de participanți, au dus la scăderea drastică a competițiilor de acest gen. În multe cazuri, echipele de sportivi amatori se antrenează mai mult la consumul de bere, după fiecare meci, decât la pregătirea corectă a unei competiții sportive, sau se antrenează chiar la organizarea de activități ilegale. Din acest motiv, chiar dacă este vorba despre sportivi amatori, competițiile nu se pot organiza decât pentru jucători legitimați (fiecare echipă poate legitima un anumit număr de jucători, în baza unui dosar cu date personale). În plus, fotbalul amator prezintă un risc mult mai mare pentru accidentări grave și foarte grave, decât fotbalul profesionist. Instrucția și antrenamentul jucătorilor amatori, sunt inegale, iar asistența medicală este sumară, sau lipsește cu desăvârșire. Condițiile de joc, favorizează și ele un număr crescut de accidentări. Ca rezultat, sportul de masă lipsit de supraveghere și organizare de specialitate, creează mai degrabă un climat nesănătos, decât luptători cu spirit robust.**

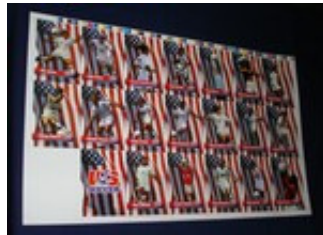
**Pentru orice competiție, trebuie să existe un regulament de desfășurare și un organizator. Organizatorul răspunde pentru buna desfășurare a activității și pentru toate eventualele incidente din timpul competiției. Baza materială, echipamentul și structurile administrative pot fi oferite de către organizator, de sponsori sau pot fi contractate de la firme de specialitate (închirieri, contracte de servicii, asocieri...etc.). Este bine ca organizatorul să fi avut experiența anterioară cu astfel de activități, sau cel puțin să dețină un aparat administrativ propriu, eficient. Regulamentul de desfășurare a competiției, poate fi cel descărcat de pe site-ul Federației Române de Fotbal, sau se poate crea unul asemănător, atunci când condițiile locale impun condiții și reguli diferite. Regulamentul trebuie să fie cunoscut și aprobat de toate echipele participante, înainte de începerea competiției. Sub nici o formă nu poate suferii modificări, după startul activității.**

**În general, activitatea sportivă de masă este utilă și favorabilă societății. Decât 11 jucători și un milion de spectatori, este întotdeauna preferabil un milion de jucători și 11 spectatori. Sportul antrenează o serie întreagă de activități economice și administrative auxiliare, crește consumul de alimente și bauturi racoritoare, exploatează un mare număr de baze sportive, mijloace de transport și comunicație, baze de cazare, hoteluri și restaurante sau stațiuni balneare și turistice, creează noi locuri de muncă și stimulează formarea de relații pozitive între membrii societății. Pe scurt, sportul de masă este un mijloc de reviriment economic și un factor social sănătos. Este bine ca acest gen de activități să implice toți foștii sportivi de performanță, fie în calitate de organizatori, fie ca simpli participanți, pentru a oferi un element catalizator, dar și un exemplu de conduită. Acolo unde nu există sportivi de performanță, nucleul de bază poate fi oferit de meseriile ce presupun o pregătire sportivă permanentă: jandarmi, pompieri, polițiști, militari, salvamontisti și salvamari, echipele de salvare și descarcerare etc. Toți pentru unul și unul pentru toți !**

## **Fenomenul extrasportiv**

**Jocul de fotbal a incitat un interes viu, atât în rândul practicantilor acestui sport, dar și în rândul unor persoane fără nici o legătură cu sportul în general, sau cu jocul de fotbal, în**

particular. Prin intensa mediatizare, sportivii de performanta sunt asimilati de multe ori ca super-vedete, adevarati idoli. Copiii de 7-10 ani, incep prin a colectiona fotografii sau autografe, apoi postere, fanioane, insigne, echipament sportiv sau diferite materiale publicitare referitoare la jucatorul preferat, sau la clubul iubit. Diverse activitati comerciale stimuleaza, sau favorizeaza aceste activitati, adaugand diverse materiale publicitare, langa dulciuri, bauturi racoritoare sau produse de uz comun. Dintre acestea, extrem de raspandite sunt card-urile si afisele de tip poster. Publicitatea excesiva, genereaza insa si un fenomen negativ. Contractele din ce in ce mai generoase ale fotbalistilor profesioniști, sunt un fel de miraj pentru diverse categorii de escroci, tortionari si teroristi, pentru care fotbalul este un "mediu de afaceri". Vedetele se transforma in tinta pentru acest gen de persoane, izolate sau organizate sub forma de grupuri de presiune. Acest gen de persoane, atrag de parte lor copiii si spectatorii naivi, pantru ca sub masca de suporter sa organizeze fel de fel de activitati ilegale, sau antisociale. De multe ori, tribunele se transforma in arene de lupta, intre ganguri si bande de huligani.



Colectii de fotografii si carduri cu echipa sau jucatorii favoriti



Colectie de afise tip poster

In general, suporterii unei echipe de fotbal sunt fostii jucatori si familiile lor, fosti sau actuali sportivi de performanta si persoanele angrenate direct in una dintre activitatile menite sa asigure buna desfasurare a unei competitii sportive. La acestia, se adauga si membrii cotizanti ai unei asociatii sportive sau persoane ce doresc pur si simplu sa urmareasca un spectacol sportiv. Exista insa si suporterii ce depasesc limitele normale de entuziasm si se angreneaza in manifestari huliganice, ce merg pana la violenta si vandalism. Istoria acestui gen de manifestare nu este prea recenta, ci se intinde in istorie pana in antichitate. In Bizant, la celebrele curse de care, concurentii erau impartiti in doua echipe, fiecare dintre ele purtand o flamura rosie sau verde. Suporterii erau impartiti la randul lor intre cele doua tabere: rosii si verzi. De cele mai multe ori, taberele se

formau din clanuri si agregari familiale, sau chiar din locuitorii unui cartier intreg. Dupa intrecere, cele doua tabere de suporteri vociferau pe strazi, se luau la bataie si nu de putine ori se ajungea chiar la lupte cu spada. Acest gen de comportament nu se naste spontan, cu trebuie cultivat si perpetuat cu obstinatie, de catre persoane ce obtin avantaje din lupta celor doua tabere.



Huligani



Ultrasi pe strada



Fumigene



Torte

Aceste grupuri au o anumita sub-cultura a lor, cu lozinci si bannere injurioase, strigate de lupta si amenintare, imprecatii, instrumente pentru zgomot exagerat, petarde, fumigene si torte sau orice alt mijloc prin care pot atrage atentia asupra lor. Cand doua astfel de grupari se intalnesc, incepe o bataie dezorganizata, ce se lasa de multe ori cu vatamari corporale severe, sau chiar cu morti. Nu putine au fost si dezastrele de pe stadioane, cu zeci de morti si raniti. Dintre acestea, cele mai cunoscute sunt: 1902 Glasgow Scotia (25 de morti si 517 raniti) dupa prabusirea unei tribune, 1946 Bolton Anglia (33 de morti si 400 de raniti) prin prabusirea unui zid, 1955 Santiago Chile (6 morti) prin supraglomerarea intrarilor in stadion, 1964 Lima Peru (318 morti si 500 raniti) intr-o incaierare generala, dupa ce arbirtul a anulat un gol, 1968 Buenos Aires Argentina (74 de morti si 150 de raniti) striviti de multimea ce incerca sa iasa pe o poarta inchisa, 1971 Glasgow Scotia (66 morti si 144 raniti) striviti dupa ruperea unei bariere, 1985 Bruxel Belgia (39 morti) intr-o incaierare dupa ce s-a prabusit zidul dintre galerii, 1982 Moscova Rusia (61 de morti) intr-o busculada pe o scara inghetata, 1989 Sheffield Anglia (95 de morti) striviti de un gard de protectie, si lista poate continua cu nenumarate alte exemple, de pe intregul mapamond.



Bradford



Heysel 1985



Incendiu mic



Torte

Nu intotdeauna violenta este cautata intentionat. In spatii mici, grupurile mari de oameni au un comportament de turma, fara a sesiza riscurile iminente. Contopind trupurile a sute de oameni in miscare, se formeaza o masa cu inertie imensa (zeci de tone) ce nu poate fi oprita decat dupa imprastierea grupului. Fortele de paza, desfasoara de multe ori detasamente impresionante, fara a putea stavili insa actele de violenta si vandalism. De cele mai multe ori, autorii morali nu sunt prezenti pe stadioane si scapa nepedepsiti. Ca rezultat, "fenomenul ultras" nu numai ca nu este inca stavilit, dar capata in permanenta noi forme de exprimare. De multe ori, arena sportiva arata mai degraba ca o "forma de manifestare politica" decat ca un meci de fotbal.



**Jandarmi**



**Uz de arma**



**Tribuna "inflacarata"**



**Forte de ordine**

Nu de putine ori, se amesteca si interese economice sau politice. Copiii unor oameni de afaceri, sau ai persoanelor publice, sunt angrenati in astfel de manifestari, pentru a "macula" creditul parintilor. Nu este suficienta simpla identificare a "turbulentilor", ci este necesara si o investigatie completa a mediului din care provin. Frecvent, manifestarile huliganice se asociaza si cu alte forme de manifestari antisociale, furturi, jocuri de noroc, sau cu consum de alcool si toxice minore (tutun, cafea) sau chiar cu consumul de droguri si substante stupefiante. O simpla joaca de copii, se transforma intr-o arena politica, sau chiar intr-un mic razboi intre autoritati si mafie. Nu se pune problema cine va castiga acest razboi, dar se pune problema cat va mai dura si cate victime va mai face.

## Vocabular englez

### Advantage Clause Soccer

A clause in the rules that gives the Referee the discretion to allow play to continue even after a foul has been committed if stopping play would unfairly punish the fouled team (e.g., if the fouled team had a breakaway & might score even after having been fouled). The idea is that the team which committed the foul should not gain an advantage as a result of the foul. (See "[Fouls](#)").

### Age Soccer

A player's soccer age is usually determined by how old he or she was on the last July 31.

### Aggressive Receiving Soccer

For young teams and most Rec teams it is very important to teach "Passing to Space" and "Aggressive Receiving". What I mean is that you should use the [Dribble Around a Cone & Pass Relay Race Practice Game](#) to teach receivers that they MUST stay alert, on their toes, and stop the pass, no matter how bad it is.... they MUST assume that every pass will be bad, get in front of it, and NOT let it get past them.

Many players seem to believe that a pass is supposed to hit them in the feet, and they will just stand there flat-

footed waiting for the ball, and if it doesn't come to them perfectly, they just let it go by and say "It's not my fault" "it was a bad pass". That is the wrong attitude. One of the most important things you can do is teach your players that a pass is NOT supposed to be perfect and that they must stay alert, on their toes, and go to the pass, and MOST IMPORTANTLY, do NOT let the pass get past them " they MUST do their very best to stop the ball. Teach your players that most passes are to "Space" and that the pass is NOT supposed to be perfect.

The reason to teach this is that it is unrealistic to expect most Rec players to be able to make a perfect pass when under pressure... SO, teach your receivers to NOT expect a perfect pass. In fact, teach them to expect a BAD pass and that they MUST be alert and do their very best to stop bad passes. Imagine the benefits of teaching "Aggressive Receiving"!

I suggest you give a special patch to encourage and reward this (pick a color or use a Star or Lightning Bolt). If you can teach this it will make a huge impact on your team's play.

Ideally, your players should be able to both pass to feet and pass to space. But the reality is that young players will have a hard time making accurate passes when under pressure, and so will Rec players. That is a big advantage of teaching this approach and of teaching them to "[Pass to Space](#)" " it makes it clear that they shouldn't expect "passes to their feet". The [Dribble Around Cone & Pass Relay Race practice game](#) is the best way to teach Aggressive Receiving.

## **Air Ball Soccer**

(aka "Lifted Ball" or "Lofted Ball"). A ball that is in the air. A "chip" pass is an "air ball". A pass should stay on the ground unless the passer intends it to be an "air ball". (See "[Chip](#)", "[Lofted Drive](#)" & "[Hopped Pass](#)").



## **Arc Soccer**

This term most frequently refers to the "Penalty Box Arc", which is the arc at the top of the Penalty Box (see "Penalty Box Arc" and the Field Diagram). There is also a "corner arc" (see the [Field Diagram](#)).

## **Assist**

Refers to a pass that results in a goal (e.g., "He had 2 assists in the game"). It is very important to encourage

## **Soccer\***

assists. One way to do so is by congratulating the player who made the assist in front of the team. Also, the player who scored the goal should always thank his teammate who made the assist. Teach your players to do this & ask the scorer if he thanked his teammate for the assist. (See "[Create](#)" & "[Deliver The Ball](#)").

## **Assistant Referee Soccer**

(aka "Linesman"). There are 2 per game, one on each side line, who mainly "call the lines" & offside, but can also report fouls & advise the Referee. On throw-ins, they indicate when the ball is out-of-bounds by pointing the flag in the direction in which the attackers will advance (i.e., toward the goal of the team it is out on).

## **Attack Staller Soccer**

An attacker who unnecessarily slows down or stalls the attack by making a bad, lazy or selfish decision. Examples include not moving off the ball, holding the ball too long instead of passing it, taking away the opportunity for a fast break by dribbling the ball too long or by passing backwards or sideways instead of forward, and the thoughtless player who too often calls for the ball to be passed backward to him or her when opportunities exist to pass the ball forward.

## **Attacking Soccer (Key Concept)**

(aka "Offense"). When a team has the ball they are generally referred to as "attacking", no matter where the ball is on the field. There are 2 different styles of attacking: a "direct attack" and an "indirect attack". A direct attack tries to move the ball quickly into scoring range by using mostly forward passes, through balls and breakaways. An indirect attack is slower and uses a lot of sideways or backward passes while searching for a weakness in the defense. Unless your team is very skilled and has excellent passing ability a direct attack will work best. (See "Styles of Play" for more details). Creating space is a very important part of attacking. There are 2 different ways to create space. One relies on the ballhandler (i.e., the player "onball") to create opportunities. The other way to create space is by "movement off-the-ball" & relies on movement by players other than the ballhandler (i.e., players "off-the-ball") to create space & to create opportunities. (See "[Attacking Plan](#)", "[Attacking Third](#)", "[Create](#)", "[Dribbling](#)", "[Go To Goal](#)", "[Kick-Off](#)", "[Pass To Space](#)", "[Shift & Sag](#)", "[Strength On The Ball](#)", "[Through Ball](#)", "[Push Up](#)", "[Build An Attack From The Back](#)", "[Center The Ball](#)", "[Coaching Rules](#)", "[Commit The Defender](#)", "[Counterattack](#)", "[Creating Space](#)", "[Cross The Ball](#)", "[Defending to Win](#)", "[Direct Attack](#)", "[Finish](#)", "[First Attacker](#)", "[Formations](#)",

["Goal Kick"](#), ["Movement Off-The-Ball"](#), ["Possession Style"](#), ["Rebound"](#), ["Release"](#), ["Spread The Field"](#), ["Styles of Play"](#), ["Support"](#), ["Switch The Play"](#), ["When to Dribble/When to Pass"](#), ["Width In Attack"](#), ["Win The Ball"](#).



## **Attacking Half Soccer**

The half of the field that contains the other team's goal (the other team's goal is the goal their Goalkeeper defends). See [Defensive Half](#).

## **Attacking Plan Soccer\***

For recreational teams ages 10 and older, it is very important to have a simple and realistic attacking plan that players clearly understand & can execute. For example, a simple attacking plan could be to "clear" the ball away from your "Defending Third", have your forwards be positioned to win the ball, and launch a quick attack. This is not as easy as it sounds. How to achieve this is described at [SoccerHelp Premium](#).

(See ["Attacking"](#), ["Center The Ball"](#), ["Clear"](#), ["Counterattack"](#), ["Defending Deep"](#), ["Finish"](#), ["First Attacker"](#), ["Formations"](#), ["Pass To Space"](#), ["Push Up"](#), ["Rebound"](#), ["Shift & Sag"](#), ["Styles of Play"](#), ["Support"](#) and ["Win The Ball"](#)).

## **Attacking Third Soccer**

(aka "Final Third"). The 1/3 of the field that contains the other team's goal. This is a term used when discussing tactics & strategy. For example, I don't want my players to dribble a lot in the "Defending Third", but it is okay for them to dribble in the Attacking Third. (However, they should still be looking for a pass or a "Give & Go"). Also, our forwards should aggressively pressure the ball & try to steal it if the other team has it in our "Attacking Third". (See ["Defending Third"](#), & ["Middle Third"](#) & ["When To Dribble/When To Pass"](#)).

## **Attacking Tips Soccer**

See [SoccerHelp Premium](#).

## **Back Soccer**

(aka "Fullback"). See ["Fullbacks"](#). In Britain, they sometimes refer to center backs and use the term full-back to mean the right and left backs.

## **Back Door Soccer**

(aka "Back Side" or "Weak Side"). See "[Back Side](#)" & "[Far Post](#)".

## **Back Heel Soccer**

Striking the ball with the heel to kick it backward.

## **Back Pass Soccer**

Passing the ball backward instead of forward. (See "[Reverse Pass](#)").

## **Back Post Soccer**

(aka "Far Post"). See "Far Post".

## **Back Side Soccer**

(aka Back Door & "Weak Side"). The side of the goal or the side of the Danger Zone that is away from the ball. Attackers will try to quickly "switch the play" to the back side because it is often poorly protected & defenders will have to turn around & reposition in order to defend.



## **Ball Soccer**

Soccer balls come in 3 different sizes: 3, 4, & 5. The ball size is shown on the ball. Also, look for a stamp that says either "official size & weight" or "FIFA Approved". Even if a ball is the official weight, some balls are heavier & harder than others. Don't get a ball that is too heavy or hard (some seamless balls are especially hard). Some balls are so hard that it is painful to kick them. If you have a choice, a shiny, waterproof surface is best because it won't absorb water & will last longer. Test the ball to see if it's round & will fly straight by tossing it into the air with a lot of spin on it to see if it wobbles. U-6 & U-8 use a size 3; U-10 & U-12 use a size 4; and U-13 & older use a size 5 ball.

## **Ballside Soccer\*** **(Key Concept)**

Refers to getting between an opponent & the ball (e.g., "John, get ballside"). (See "[Goalside](#)").

## **Ball Watching Soccer**

Refers to players who only watch the ball & don't know where nearby opponents are. Players must know where nearby opponents are, particularly when defending their

own goal, on goal kicks & on corner kicks. Players should know where the ball is, but also where nearby opponents are.

## **Banana Kick Soccer**

(aka Bending the Ball, Inswinger & Outswinger). A shot kicked into the air that curves like a "banana". The ball curves because of sidespin. If it curves in, it is called an "inswinger"; if out, it is called an "outswinger". This kick is used a lot on corner kicks, to curve into or away from the goal and to curve around defenders, such as to curve around a wall on a free kick.

## **Basic Information Soccer**

"[Basic Information and Tips For Beginning Coaches](#)" can be reached by clicking this link or from the Home Page.

## **Behind The Defense Soccer**

When an attacker is fast enough to get past the defenders (i.e., except for the goalkeeper) to have a clean shot on goal, he has gotten "behind the defense".



## **Bend The Ball Soccer**

See "[Banana Kick](#)".

## **Bent Run Soccer**

A Forward runs across the face of a "Flat Back Line" of Fullbacks and quickly turns into a gap between the defenders as the ball is served. Obviously, the Forward must stay onside.

## **BFS Soccer**

Short for "Better, Faster, Stronger". If you lose, ask yourself whether the opposing team was BFS. If it was, don't feel bad about losing. You aren't supposed to beat a BFS team. If you do, you have either gotten lucky or you out-coached the opposing coach.

## **Bicycle Kick Soccer**

(aka "Scissors Kick"). The spectacular kick you see in photographs where the kicker leaps into the air, falls backward & kicks the ball over his head. Do not teach this. If any other players are near, it is considered dangerous play & a foul can be called.

## **Blind Side Soccer**

An area outside the defender's field of vision (e.g., a "Blind Side Run" behind a defender). See "[Blind Side Run](#)".

## **Blind Side Run Soccer**

When an attacker without the ball (i.e., "off the ball") runs outside a defender's field of vision in order to get open to receive a pass. On a "give & go" the receiver often makes a "blind side run" behind the defender. (See "[Give & Go](#)").

## **Block Tackle Soccer**

A standing "tackle" made with the inside of the foot. (In soccer, you don't tackle the player, you "tackle" the ball). This is the most basic tackle. It is made head on, using the inside of the foot. It is important to keep the tackling foot low, the ankle firm & the leg stiff. If the tackling foot is too high, the ball may be forced under it; but if it is low, you may be able to pop it over the opponent's foot & thus win the "tackle". (See "[Tackle](#)").

## **Booking Soccer**

When a yellow or red card is given the Referee takes out his "notebook" (actually a match record card) & writes down the player's name & number. When he does this he "books" a player & the player has been "booked". (See "[Cards](#)").

## **Boom Ball Soccer**

A slang derogatory term referring to when the ball is frequently kicked in the air toward the other teams goal. This occurs by youth teams who have no attacking plan but it can also be an intentional and effective tactic with forwards stationed in position to win long "over-the-top" balls. You see a certain amount of "Boom Ball" in most professional leagues and it is used extensively by some successful professional teams. For example, in 2001 this long over-the-top tactic was used by Celtic, which had a secure lead at year end in the Scottish Premier League. It is easy to criticize teams for playing Boom Ball, when in fact most professional and select teams "boom" their goal kicks and long corners and punt their goalie distributions rather than controlling the ball and building from the back, and many teams FB's "boom" the ball to clear it when they are under pressure. I think it is fair to define "Boom Ball" as when the ball is kicked long without any real purpose or strategy and when the kicker's team has only a 50/50 chance or less to win the ball. However, if you send the ball forward as part of an attacking strategy, or when under pressure in the Defending Third, or when your team has a better than 50/50 chance of winning the ball, is isn't "Boom Ball". "Boom Ball" is very different from

"Kick & Run". (See "[Styles of Play](#)", "[Kick & Run](#)", and "[Attacking](#)").

## **Boot Soccer**

Two meanings:

1st The British term for a soccer shoe.

2nd To kick the ball (i.e., to "boot" the ball).



## **Box Soccer**

"In the Box" usually refers to the Penalty Box. The "18" also refers to being inside the Penalty Box (e.g., "inside the 18"). (See "[Penalty Box](#)").

## **Box Out Soccer**

Box out is a basketball term that can be used as a soccer concept...in soccer it means to turn around so you're between the opponent and the ball and to then beat the opponent to the ball. Note that in soccer a player can't "screen" an opponent from the ball unless he's within 3 feet of the ball (See "[Obstruction](#)" and "[Impeding](#)").

## **Breakaway Soccer**

A fast break where one or more attackers get behind the defenders so that only the other team's goalkeeper is between them & the goal. Breakaway's often happen because a defense is "pushed up" & "flat" (i.e., has no "depth"), which makes it vulnerable to "through balls". The "Sweepers" job (if you use a Sweeper) is to stop breakaways by kicking the ball out of bounds. In recreational soccer, a good strategy for stopping the other team's fast break is to teach your FB's to kick the ball out of bounds. This will give your FB's & MF's time to "sag" back to defend their goal. A "sagging" defense with "depth" prevents breakaways by having multiple layers of defenders in position to slow down the attack. On 1 vs. 1 breakaways, the defending goalkeeper should come out of the goal toward the ball in order to reduce the shooting angle. He should do this when the shooter gets within shooting range & once he starts he must run quickly toward the shooter & cannot stop or turn back; if he does, the shooter will probably score. (See "[Counterattack](#)", "[Formations](#)" (3-2-2-3), "[Push Up](#)", "[Styles of Play](#)", "[Through Ball](#)", "[Sweeper](#)", "[Last Defender](#)", "[Zone Defense](#)" & "[Goalkeeper](#)").

## **Build An Attack From The**

A controlled attack starting with the FB's who pass to the MF's, who pass to the F's. The phrase is also used in a more general way to refer to FB's being involved in the

## Back Soccer

attack. This is very difficult and unrealistic for most youth recreational teams. It only works if your FB's have very good ball skills. If the other team's forwards are better than your FB's, it will probably not work. If you turn over the ball near your goal the other team may score. If your FB's are under pressure, it is advisable for them to "clear" the ball away from your goal. (See "[Attacking](#)", "[Attacking Plan](#)" and "[Clear](#)").

## Caps Soccer

The number of official international games a player has played in for his or her national team. Reputedly, at the turn of the century these players actually received a "cap" for each game. They don't now but the term is still used. (e.g., "She has 20 caps" or "She has been capped 20 times").

## Carb Intake Soccer

**[Carb intake is a quick way to provide energy for soccer players.](#)**

## Cards Soccer

There are 2 colors of "cards" which the referee will hold up to indicate serious fouls or behavior which won't be tolerated. He carries these cards in his shirt pocket, so if he reaches for his pocket it's a bad sign for the player who committed the foul. These cards are about the size of a playing card and one is yellow and the other is red. When a card is to be given (it isn't actually given to the offending player, it is actually just shown to him and to everyone else) the referee will stop the game, call the player over, hold up the card and write the player's name in his notebook. This is called "booking" the player and when it happens the player has been "booked", (e.g., "she was booked"). **Any time a Yellow or Red Card is shown, a "direct" or "indirect kick" will also be awarded.** (See "[Fouls](#)", "[Deck](#)" & "[Booking](#)").



**Yellow Card** - Indicates a formal "caution" for any of the following 7 offenses:

1. "unsporting behavior" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally

distract an opponent; jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; & adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behavior which in the Referee's judgment is unsporting or causes an unfair advantage,

2. dissent by word or actions,
3. persistently breaking the rules,
4. delaying the restart of play,
5. defenders failing to stay the proper distance away from the kicker on a corner kick, free kick or throw-in (see "[Corner Kick](#)" & "[Free Kick](#)"),
6. entering or re-entering the field without the referee's permission
7. deliberately leaving the field without the referees permission.

A player who receives 2 Yellow Cards is given a Red Card & ejected. FIFA rules do not require a player to leave the field for the first yellow card. However, some leagues' rules do. You must go by your league's rules. (See "[Yellow Card](#)" & "[Worrying The Goalkeeper](#)").



**Red Card** - A player **must** be shown a Red Card and "sent off" (i.e., made to leave the field) for the 7 offenses listed below. A player shown a "Red Card" & sent off may not be replaced during that game (i.e., his team must play a player "short" for the rest of the game; however, in some leagues a player may be replaced if he is ejected for receiving a second Yellow Card). The 7 offenses for which a player must be shown a Red Card and sent off are:

1. serious foul play (includes any use of excessive force or brutality against an opponent when challenging for the ball. Examples include a dangerous slide tackle from behind, or an "over the top tackle" in which a player raises his foot so the cleats could hit a player, or a two footed tackle that takes down the opponent. FIFA has broadened this definition by saying that "Any player who lunges at

an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play. For current rules visit [www.fifa.com](http://www.fifa.com), Laws of the Game. The above quote is from Questions and Answers, Additional Instructions for Referees). The rules now include "Decision 4", which says: "A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play".

2. violent conduct,
3. spitting at anyone,
4. deliberately touching the ball with a hand in order to prevent a goal or to deny an obvious goal scoring opportunity (such as to prevent a ["Breakaway"](#).... this does not apply to the goalkeeper within his own [Penalty Box](#))
5. fouling an opponent to prevent an obvious goal scoring opportunity (e.g., holding to stop a breakaway),
6. using offensive, insulting or threatening language and/or gestures,
7. or receiving a second yellow card in one game.

## Carry Soccer

Another word for "dribble". (See "[Verbal Signals](#)").

## Casey Stengel Quotes Soccer

[Motivating quotes for soccer coaches](#)

## Caution Soccer

An official disciplinary action where the Referee shows a player a "Yellow Card". (See "[Cards](#)").



## Center Back Soccer

A center fullback. If you played 4 FB's, there would be 2 center backs; one would be "left" & the other "right".

## Center Circle

Circle in the center of the field; usually 6 yard radius for

## Soccer

U-8, 8 yard radius for U-10 & 10 yard radius for U-12 & older. On a kick off, defenders must stay outside this until the ball is moved by the kicker. (See "[Kick Off](#)").

## Center Mark Soccer

A painted mark at the center of the Center Circle on which the ball is placed for a kick-off.

## Center The Ball Soccer \* (Key Concept)

(aka "Cross The Ball" or "Center It"). Refers to an attacker kicking or passing the ball to the area in front of the opponent's goal. Attackers often pass the ball to this space without having a receiver in mind because it can create a scoring opportunity. (This is called "passing to space"). This term is more descriptive of what you want a youth team to do than "cross the ball". (See "[Cross The Ball](#)", "[Creating Space](#)", "[First Attacker](#)", & "[Pass to Space](#)").

## Center Of The Soccer Field \*

(aka The Center). It is often necessary to refer to the "center of the field" (e.g., "don't go past the center"). The center of the field is roughly the area between the two goals and is where the CFB (Center Fullback), CMF (Center Midfielder) & CF (Center Forward) usually start the game. The term "middle" is sometimes incorrectly used to refer to the "center". (See "[Middle](#)" and "[Center The Ball](#)").

## CF Soccer

Center Forward. (See "[Forwards](#)", "[Positions](#)" and "[Formations](#)").

## CFB Soccer

Center Fullback. (See "[Fullbacks](#)", "[Positions](#)" and "[Formations](#)").

## Challenge Soccer

When a defender tries to steal the ball it is called a "challenge" (e.g., "He challenged for the ball").



## Channel Soccer

There are two meanings:

1. The defender should angle his body & position himself to "channel" the "onball attacker" toward the side line. This is the same concept as "turning" the ballhandler, but if you "channel" the ballhandler

you stay with him & keep trying force him wide. This is a desirable tactic because it poses much less risk to the defending team than if the ballhandler is able to turn into the center of the field. The Defender should favor the center and turn his body so the ballhandler cannot easily get past him to the center of the field. This encourages the ballhandler to go to the outside. Forcing the ballhandler to the outside reduces the risk of the ballhandler getting a clean shot on the front of the goal (i.e., if he gets off a shot from the sideline area he has a bad angle). (See "[Defense](#)" and "[Marking](#)").

2. The term also refers to a passing lane. (See "Slot").

### **Checking Off Soccer**

(aka Checking Run and Pull-Return) When a receiver runs away from the ballhandler but then quickly runs back toward the ballhandler. The idea is to draw the defender away from the ballhandler to create an open space that the receiver can then run back into in hopes of being open for a pass. (i.e., the first run was a "dummy run"). The opposite of a "hooking run". (See "[Hooking Run](#)", "[Show](#)", "[Third Man Running](#)", "[Movement Off-The-Ball](#)" & "[Creating Space](#)").

### **Chest Pass Soccer**

A pass made when a player receives the ball with his chest but instead of pulling the chest in to "cushion" the ball so it drops, the receiver tightens his chest & pushes it forward & turns it to direct the ball as a pass to a teammate. Especially useful when in scoring range. (See "[Chest Reception](#)").

### **Chest Reception Soccer**

The chest can be used to receive or re-direct the ball. There are 3 teaching points: (1) "Cushion" the ball by pulling in the chest & exhaling on contact (2) Hold arms down or out to the sides so there is no chance of the ball accidentally hitting the arm & being called for a handball (3) Turn the chest on impact to direct the ball in the direction you want it to go. (U-12 & up). (See "[Chest Pass](#)").



### **Chip Soccer\* (Key Concept)**

Similar to golf, a chip pass or chip shot is made by a jabbing motion down & under the ball so the ball goes up into the air. Chipped balls have backspin. The ball can be approached straight on or from the side & can be struck with the top of the laces or the side of the laces, but in all

cases the ball is struck low using a downward jabbing motion with little follow-through. The more downward the strike, the more rapidly the ball rises & the more backspin. A chip shot will only work if the goalkeeper is out of the goal or if the goal is too tall for the goalkeeper to cover. But it can be very effective in youth leagues against a short goalkeeper in a tall goal. Not all "airballs" are chips. A ball struck low with a normal backswing and a normal follow-through will also rise into the air. This ball, called a "lofted drive", will not rise as quickly as a chip and has little or no backspin, but it will travel farther & with more pace. When coaching a Rec team, I often used the word "chip" in a generic way when I wanted a player to send a pass "over the top" of the opponents or to "clear" the ball, because it was easier than saying "kick a lofted ball with backspin". See "Chips Game" and "Chip Pass or Shot" in "Techniques & Fancy Footwork", which is part of the Premium site. (See "[Lofted Drive](#)" and "[Hopped Pass](#)").

### **Clear Soccer\*** **(Key Concept)**

(aka Clear the Ball). The first priority of defenders is to "clear the ball" (i.e., kick the ball) out of the "Danger Zone" (i.e., out of scoring range). If the ball is in front of your goal and in scoring range, the Defenders should "clear it" because a turnover would give the opponent a scoring opportunity. This is especially true in recreational soccer where players often don't have good skills. For Recreational teams, when the ball is in your Penalty Box, we recommend teaching your Midfielders to stay a pass away from the ball (15-20 steps) and your Forwards to stay a long kick (25-35 steps) away from the ball, and teach the MF's and Forwards to "shift and sag" with the ball, and teach your Fullbacks to clear it straight ahead. This way, your MF's and Forwards know what to expect, can position themselves to "win the ball", and you will have good field coverage. Your MF's and Forwards MUST fight for and win most of these cleared balls or you will probably lose the game. At higher levels of play the emphasis is on controlling the ball, but in Rec leagues teams often don't have the skill to "build an attack from the back", as it is called when the FB's pass to the MF's who pass to the F's, etc., and clearing it is the only realistic style of play. How to teach this Style of Play is described in SoccerHelp Premium. (See "[Attacking](#)", "[Attacking Plan](#)" and "[Shift & Sag](#)").

### **CMF Soccer**

Center Midfielder. (See "[Midfielder](#)", "[Positions](#)" and "[Formations](#)").

## Coaching Rules Soccer \*

Stating important concepts as simple "rules" is a useful way to teach young players, since most have been taught to "follow the rules". The following aren't real soccer rules, they are just my "rules". You may want to teach your players some of these:



1. "Don't get thrown over" (When the other team has a throw-in). (During the game, be specific when giving instructions. For example, "John, move back 10 steps so you don't get thrown over"). See No. 3 below for the next step.
2. "Don't get goal kicked or punted over" (by the other team). (Be specific if giving instruction. For example, "John, run back to the halfway line"). See No. 3 below for the next step.
15. "Forwards, when you are pushed up & waiting for a pass, stay 2 steps behind the Last Defender so you won't accidentally be called offside".
19. "If you are playing on the left side (LF, LMF, or LFB) or on the right side (RF, RMF or RFB), don't cross the center of the field". (LMF is Left Mid-Fielder, RFB is Right Fullback, etc.).

22 Coaching Rules Are Available On [SoccerHelp Premium](#).

### [Coaching Rule No. 3 Allows Team to Dominate Opponents](#)

#### [Importance of Stopper, Patches and Coaching Rule No. 3; Letter from U-10 Coed Rec Coach Playing 9v9:](#)

Hi SoccerHelp,

We had 1 win and 4 narrow losses until I put into place your tactics for playing a stopper, marking on throw-ins, goal kicks, punts and free kicks (Coaching Rule No. 3) and using patches as incentives to motivate players. The team we played today would have normally beaten us, but we beat them 3-0 !! The number of assists and striking in the goal box was amazing, lots of far post positioning by our team, I changed the Stopper half way thru first half. My first choice at stopper ended up having no real energy, the second choice was amazing - he went like a steam train. I told him the whole field was his, as long as he ran back to position each time the other team went on attack - he did this - and performed incredibly well. Our defenders did see some action but it was more clearing type work.

As you recommended, I played our best goalie in the field because

he's a great athlete and our second choice goalie was in goal - I was nervous at commencement of game. But the other team hardly got near our penalty box!!!

Marking improved all thru game, I gave out patches at half time for marking and assists. This really got my team going. Me yelling out to player as he/she went by "you've got a patch for marking Logan".... or "Jack, you're patched for hard attack!" You should have seen the kids faces then watched them react on the field!!

The parents were screaming their heads off - they couldn't believe the change in our team. All the kids came off the field heads held high and smiling. They knew they'd achieved something great.

SoccerHelp - I am raising a glass to you guys this evening - I think the team is starting out on a great path. You've made the difference today mate!

All the best and have a great weekend. The start of ours has been awesome.

--Coach Chris, New Zealand



## **Combination Play Soccer**

When attacking players work together to execute a play. Examples are a "[Give & Go](#)", an "[Overlapping Run](#)", a "[Takeover](#)", a "[Hooking Run](#)" and "[Checking Off](#)".

## **Commit The Defender Soccer**

A misdirection play such as a feint, a wall pass or an "off-the- ball" or "onball" run that causes the defender to commit in a direction that is advantageous to the attacking team. Another way to commit the defender is for the ballhandler to dribble toward him & then pass the ball at the last second when it is too late for the defender to guard the receiver.

## **Contain Soccer**

Any tactic or technique that is used to restrict an opponent's movement (e.g., "We must contain their Forwards").

## **Control Dribbling Soccer \* (Key Concept)**

When a player is "in traffic" he must keep the ball close to his feet so he can protect it; this is called Control Dribbling. However, if he is in the open he will want to "Speed Dribble" so he can run faster with the ball. The techniques are different for Control Dribbling and Speed Dribbling. There is an excellent demonstration of Speed

Dribbling on the Anson Dorrance-Tom Stone Soccer Clinic DVD. See [How To Teach Dribbling](#) and [Speed Dribbling](#).

## **Corner Arc Soccer**

The small arc at each corner of the field. (See the [Field Diagram](#)).

## **Corner Flags Soccer**

The flags marking the corners of the field.

## **Corner Kick Soccer**

(aka Corners). A corner kick is a method of restarting play. When the ball goes out of bounds over the [end line](#) (aka the "Goal Line") and was last touched by the defending team, the attacking team inbounds it from the nearest corner by kicking it in from the [Corner Arc](#) (note: this doesn't apply if a goal was scored). Defenders must stay 6 yards back if U-8, 8 yards if U-10 & 10 yards back if U-12 or older. (If they don't, they might get a [yellow card](#)). The ball may be placed anywhere inside the Corner Arc or on the Corner Arc lines. There are 2 types of corners: a "[Long Corner](#)" and a "[Short Corner](#)". A player is not [offside](#) if he receives the ball from a Corner Kick. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick. The kicker may not play the ball a second time until it has touched another player. (See "[Short Corner](#)" & "[Long Corner](#)", and "[Offside Rule](#)").

Below is what the official FIFA rules say about Corner Kicks:

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when the entire ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10. Law 10 is "The Method of Scoring" and basically says that a goal is scored when the entire ball -- not just part of the ball -- passes over the goal line, between the goal posts and under the crossbar, provided there wasn't a foul or a law broken in the process of scoring the goal (an example of when a goal would be disallowed is if the team scoring the goal was "[offside](#)"). [Click here to see a diagram of a soccer](#)

[field.](#)

Procedure:

- The ball is placed inside the corner arc at the nearest corner flagpost.
- The corner flagpost is not moved.
- Opponents remain at least 9.15 m (10 yds) from the corner arc until the ball is in play.
- The ball is kicked by a player of the attacking team.
- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

## Counterattack Soccer

All of your attacks will either start with a kick-off or a "re-start" (such as a goal kick, corner kick or free kick), or they will be "counterattacks" which start when you get the ball on a turnover from the other team. There are 2 types of counterattacks: One is a slow, patient, ball-controlling attack that relies on a lot of short passes in all directions (i.e., backwards & sideways as well as forward); the other is to launch a quick "direct attack" by moving the ball forward as quickly as possible into the other team's "Danger Zone". Unless you have a highly skilled team that can complete a lot of consecutive passes, the quick direct counterattack will be the most effective. The concept is very similar to a fastbreak in basketball and if someone says you are vulnerable to a counterattack they are referring to a direct, fastbreak counterattack. You are more vulnerable to a quick counterattack if you push up your FB's when you attack. There are 2 keys to launching a successful fastbreak counterattack: (1) When your goal is under attack, you must be sure that one or two of your forwards stay out toward the halfway line or even farther if the other team's FB's are deep. (Another advantage of this is it will force the other team's FB's to stay back, otherwise, they might push up closer toward your goal). (2) Your FB's or MF's must quickly kick the ball deep onto your opponent's half of the field so your forwards can win the ball and fastbreak. (See "[Attacking](#)", "[Attacking Plan](#)", "[Breakaway](#)", "[Direct Attack](#)" & "[Formations](#)").



## Cover Soccer

"Cover", "Support", & "Depth" are related but different concepts. Whereas "support" means there should be several teammates within the immediate area of the ball (i.e., within the distance of a long pass on offense and a short pass on defense) and applies to offense (i.e., receivers supporting the passer) and defense (e.g., the

Second Defender should back up the First Defender), "cover" is a defensive concept that has 3 meanings. One meaning refers to areas of the field that your "defense" should cover. For example, when the ball is on your end of the field, your defense must "cover" your Danger Zone & if the ball is in your Danger Zone your defenders must especially cover the area in front of your goal. The area your defense must cover depends on how far away from your goal the ball is, which side of the field it is on & who is faster, your fullbacks or the other team's forwards (e.g., if your fullbacks are faster then you can "push up" more because you have the speed to "recover"). A second meaning refers to a defender guarding an opponent (e.g., "His job is to cover the Right Forward"). The term cover is also used as a synonym for defensive support (e.g., "The Sweeper is responsible for providing cover for his fullbacks". This is similar to the concept of a free safety providing cover for his cornerbacks and linebackers in American football). (See "[Support](#)", "[Shift & Sag](#)", "[Depth](#)", "[Width In Defense](#)" & "[Recover](#)").

## Coverage Soccer

Refers to being sure your defenders are covering important space such as the Danger Zone if the other team is attacking near your goal. (See "[Cover](#)", "[Shift & Sag](#)", & "[Support](#)").

## Create Soccer

You hope your players will learn how to "create". This refers to creating scoring opportunities. At higher levels, these players are very valued & often play CMF. For example, Carlos Valderrama & Marco Etcheverry are midfielders who "create" by great passing. These players are said to have great "vision" to see the potential to create opportunities. The great Brazilian player, Roberto Carlos, "creates" by making great "overlapping runs" down the side line from his fullback position to send beautiful "crossing passes" to his forwards. (See "[Assist](#)" & "[Vision](#)").

## Creating Space Soccer (Key Concept)

There are 2 different philosophies about how to "create space" - - "onball attacking" & "off-the-ball attacking". These are different styles of play.



**"Onball Attacking"** emphasizes the ballhandler dribbling to get open or dribbling for the purpose of pulling defenders toward him so receivers become open & he can try to pass to them (i.e., he "creates space" for the receivers by drawing their defenders toward him). This

requires the ballhandler to have superb dribbling skills & the attack relies on the ballhandler to create opportunities. This style of play is easier to defend than "Offball Attacking" because the key is simply to shut down the ballhandler & mark potential receivers who are in scoring range. There are 3 reasons why you should not teach youth teams this style of play:

1. Most youth players don't have & cannot acquire the dribbling skills to use it successfully.
2. It doesn't stress "movement off-the-ball", which is something you want your players to learn.
3. In this style of play, passing is a second priority to dribbling (whereas players U-8 & up should be taught that passing is the first priority unless they are close to goal & can dribble & score). Teams that pass the ball well almost always beat those that dribble too much. A good comparison is to basketball, where teams that dribble too much usually lose to teams with good passing skills.

**"Off-The-Ball Attacking"** emphasizes 2 things: (A) The movement of players without the ball (i.e., "movement off-the-ball") to create space & (B) Passing to open space. This is a better style of play to teach youth because it emphasizes passing & "movement off-the-ball". Examples of how to create space through "off-the-ball attacking" are given below.

**A. Examples of "movement off-the-ball" which pull defenders away from the ballhandler or away from the area to be attacked & thereby "create space" are:**



1. "Spreading The Field", which moves attackers wide in order to pull defenders away from the center. (This is relatively easy to teach U-10 & up).
2. Having attackers stay a pass apart which forces the defense to spread out and, thereby, creates space. (This is relatively easy to teach U-10 & up).
3. Having receivers move away from the ballhandler as he approaches them creates space because defenders will have to cover the receivers or else the receivers will be open for a pass. (If receivers don't move, then their defenders are in a position to

pressure the ballhandler as he gets closer to the receiver). The best teams in the world, such as Manchester United, do this very well. This is fundamental & one of the most important things you can teach, but it is surprising how often high school players don't do it. (This is relatively easy to teach U-10 & up).

4. "Checking Off", "Hooking Runs", "Diagonal Runs" and "Give & Go's" also create space by "movement off-the-ball". (These are relatively difficult to teach).
5. Occasionally a receiver should move toward the ballhandler, but young receivers more often make the mistake of moving toward the ballhandler when they should be moving away, or of not moving to get open from defenders. A good analogy is to think about basketball or receivers in American football.

**B. Examples of attacking by playing the ball to open space are:**

1. "Through Balls" which are kicked to the open space behind the defenders when the other team's defense is "pushed up": ("Through Balls" are relatively easy to teach U-10 & up).
2. "Switching The Play" where the ball is quickly passed from one side of the field to the other & is especially good when you are near the other team's goal & can attack the "back door". ("Switching The Play" is somewhat difficult to teach & is best for U-12 & up).
3. Passes to open space near a specific receiver (such as "Leading Passes" & "Crossing Passes") are another way to attack by passing to open space. (U-10 & up).
4. "Passing To Yourself" is a fourth way. (This is relatively easy to teach U-10 & up).
5. **It is very important to teach passers to pass to space and to teach receivers to anticipate passes to space.** If you do this, your attack will greatly improve, your team will score many more goals and it will be more fun. Teaching how to play to open space is a different way of thinking than "passing to feet", but once a team grasps the concept you will be amazed at how much more they move off the ball and how they try to win the ball more.

(See "[Attacking](#)", "[Counterattack](#)", "[Cross The Ball](#)", "[Diagonal Run](#)", "[Direct Attack](#)", "[Dummy Run](#)", "[Movement Off-The-Ball](#)", "[Pass to Space](#)", "[Pass to Yourself](#)", "[Spread The Field](#)", "[Support](#)", "[Supporting Distance & Relative Position](#)", "[Switch The Play](#)", "[Through Balls](#)", "[When to Dribble/When to Pass](#)", & "[Width In Attack](#)").



**Cross Soccer**  
\*  
**(Key Concept)**

(aka Cross the Ball, Center The Ball, Cross It, Cross, Crossing Pass or Crossed Ball). A very important term & concept to teach U-10 & older, because "crosses" are a very important way to create scoring opportunities. To "cross the ball" means to kick the ball from the side of the field across the field toward the area in front of the opponent's goal in order to create a scoring opportunity. A cross is a "square pass" to the area in front of the goal (If a player passes the ball across the field to a teammate out of scoring range, it is not called a "cross", but is called a "square pass"). A crossed ball is usually a "pass to space" (as opposed to a "pass to feet"). Even at the pro level, the passer usually isn't passing to a specific person; he's just concentrating on kicking the ball to the front of the goal (often while on the run) because doing so often creates a scoring opportunity. (This is hard to do. Try kicking the ball sideways while running). A good cross will be to the area in front of the goal & about 7 to 20 steps out from the goal; if it is too close to the goal the goalkeeper will pick it up or catch it & if it is too far out the receiver won't have a shot. At the high school level and older, a lot of crosses are "air balls" that create the opportunity to score on a "header". I think it is better to use the term "center the ball" rather than "crossing pass" when giving directions to young players, because if you say "crossing pass", a young player thinks he should look for someone to "pass" it to. I've found it is better to teach your outside F's to "center the ball" without worrying whether a receiver will get there. Yes, they will sometimes center it when no one is there but it will teach receivers that they must "go to goal" & get in position to receive these "crosses" so they can make a one-touch or two-touch shot. Tell your receivers to stay 3 or 4 steps behind the ball when they run with the dribbler (i.e., the player who will make the cross) so they won't be called offside & so the ball won't go behind them. If they are even with the ball they will either have to stop & wait on it or will overrun it & it will go behind them. By staying 3 or 4 steps behind they should be able to slow down & reach the ball but still have forward momentum which will give them power on a one-touch shot. A more important reason to

stay 3 to 4 steps back is so the cross doesn't go behind them. If it does, they have lost the scoring opportunity. If they are behind the ball they will have a chance; if the ball goes behind them, they won't). Tell them that when they reach the ball they should just **block** the ball with the inside of their foot & use a very short backswing; if they take a big backswing they will probably mis-kick. Placement is the key, not power. Crosses should go straight across. This is because if the cross is at a forward angle, it is harder for the receiver to kick it (since it is going away from him) & it is easier for defenders to clear it (because it is going toward them) and it is easier for the goalkeeper to catch it. A "Long Corner" is a type of "Cross" to "Center The Ball". (See "[Finish](#)", "[Attacking Plan](#)", "[First Attacker](#)", "[Rebound](#)", "[Center The Ball](#)" & "[Creating Space](#)").

### **Crossover Run Soccer**

A misdirection play where 2 attackers run past each other in opposite directions. This can be a way to get open on throw-ins.

### **Cushioning The Ball Soccer**

When a receiver relaxes a part of the body so it absorbs the force of the ball. The purpose, of course, is so he can control the ball.

### **Cutback Soccer**

(aka "Inside-of-Foot Hook"). Using the inside of foot to chop the ball across the body to the left or right as a way to change direction.

### **D Soccer**

The "Penalty Box Arc" is called the "D" because it looks like a D. (See "[Penalty Box Arc](#)").

### **Danger Zone Soccer \* (Key Concept)**

(aka Scoring Zone and Danger Area). The area extending out from the goal in which most shots occur that actually score. The size of this depends on the player's age. Generally, most goals are scored in the "center", so it is much safer to clear the ball to the side than down the center. (See "[Attacking Third](#)" and "[Where...From?](#)").

### **Dangerous Soccer**

(aka Most Dangerous Attackers). Any attacker who is in scoring position is a "Dangerous Attacker" & should be marked goalside & ballside by a defender. This is

## Attackers \*

especially true of attackers who are near the goal on corner kicks or free kicks. This is important & you should start to teach this by age 10. (You can still teach this as part of a zone defense). An attacker who is in front of your goal & inside the Penalty Box is more dangerous than one who is toward the side line or outside the Penalty Box & should be marked closely (e.g., within 2 steps). The player with the ball is not necessarily the "Most Dangerous". For example, if the ballhandler is outside of scoring range, it is best to guard him loosely & watch for a mistake, because if the defender gets too close the ballhandler may be able to get past him & become dangerous.

## Dangerous Play Soccer

Any action by a player that is unsafe to him or another player, in the judgment of the referee. When contact is made, the referee will consider whether it was "careless, reckless or there was excessive force". The penalty for some types of dangerous actions such as tripping is a direct kick, but for others such as a high kick the penalty is an indirect free kick. (See "[Fouls](#)" and "[Cards](#)").

## Deck Soccer

Slang for the Cards the Referee carries; e.g., "He's pulling out the deck a lot today". (See "[Cards](#)" and "[Booking](#)").

## Decoy Run Soccer

(aka "Dummy Run"). See "[Dummy Run](#)".

## Defenders Soccer

The term defenders usually refers to the Fullbacks or to the players who are defending the goal that is under attack. Midfielders, for example, also often drop back to defend. In a broader sense, when your team loses the ball, the players closest to the ball should try to steal it back. In this case even the Forwards might be defenders. (See "[Fullbacks](#)").



## Defend Deep Soccer

Defending Deep is a conservative defense and the opposite of "Pushing Up". It refers to leaving your Fullbacks deep on your half of the field, usually within your "Defensive Third" and sometimes within your Penalty Box (you can give them specific boundaries to stay within, such as to not come past the top of the Penalty Box Arc unless it is to kick away a loose ball). The primary reason for Defending Deep would be if the opposing Forwards are

faster than your Fullbacks (if the opponent's Forwards are faster, they can get "Breakaways" and score easy goals). Another reason might be if you don't have subs and leave your FB's deep to reduce their running and conserve their energy, so you don't have to sub them. The advantages of Defending Deep are that you won't give up goals on "breakaways" and that your Fullbacks will be in position to defend your goal. The disadvantage is that your Fullbacks don't support your attack as they do if you "Push Up". On Premium there is a great deal of information about how to teach "Defending Deep" and how to attack a "Packed In Defense". See [Should You Push Up When You Attack?](#)

### **Note for U6 and U8 Coaches about Whether to Push Up or Defend Deep:**

If you are a U6 coach, don't worry about tactics, just have fun.

If you are a U8 Rec coach, you are probably better off to Push Up your Fullbacks to the Halfway Line when you attack instead of Defending Deep and having your Fullbacks stop on the Penalty Box Line. There are 2 reasons: The **first reason** is because your opponents probably can't attack as a team so the threat of giving up a lot of goals on breakaways isn't great. The **second reason** is that many U8 Rec coaches probably can't train their Midfielders and Forwards to drop back to a position to win cleared balls when their goal is under attack. **Defending Deep only works if the Coach can train his Midfielders and Forwards that when their goal is under attack they MUST come back to a position where they can win cleared balls. If the MFs and Fs don't drop back to win the cleared balls, it is a disaster because the team Defending Deep can never clear the ball out of its Defensive Third and the opposing team will win all the balls your Fullbacks try to clear.**

Remember, every situation is different and your decision should be based on your players and opponents, but if I coached a typical U8 Rec team, I would start by Pushing Up my Fullbacks when I attacked. IF I faced a great team that was scoring on breakaways, then I might consider Defending Deep, BUT I would only Defend Deep if I was able to train my MFs and Fs to drop back to a position to win cleared balls when our goal was under attack, because otherwise we would never clear the ball out of our Defensive Third. As I mention below, I might consider splitting the difference and Pushing Up halfway to the Halfway Line because that would stop most of the breakaways and your Fullbacks wouldn't be as far from your MFs and Forwards, so it would be easier for the MFs

and Forwards to win cleared balls.

Of course, keep in mind that **there are lots of variations of Defending Deep and Pushing Up** and being "Pushed Up half way" and "Defending Deep half way" are the same thing □ your Fullbacks would be halfway to the Halfway Line in either case. Pushing Up halfway to the Halfway Line would stop most of the breakaways and your Fullbacks wouldn't be as far from your MFs and Forwards, so it would be easier for the MFs and Forwards to win cleared balls. If you coached a U8 Rec team you would probably tell your Fullbacks that their job is to kick the ball forward or to slow down the attack until your midfielders can recover to help.

**You can probably get away with Pushing Up slow Fullbacks to the Halfway Line until about U9 or U10 most of the time.** The reason is that most soccer teams simply don't have the skill to counterattack until U9 or U10. But by U9 or U10, if you Push Up slow Fullbacks against a well-coached team, you will give up lots of goals on breakaways. So, you will be able to beat poorly coached teams, but not well-coached teams.

**If you have the speed to do so, Pushing Up your Fullbacks is definitely preferable.** If you Defend Deep, Push Up your Fullbacks to at least to the Penalty Box Line □ don't leave them on the Goal Box Line, that won't help you much and they will be in your Goalie's way.

## Defending Deep Soccer

See "Defend Deep", above.

## Defending Third Soccer

The 1/3 of the field containing your goal. (See "[Attacking Third](#)" & "[Middle Third](#)").

## Defending To Win Soccer

Refers to aggressively pushing up the Fullbacks & even the goalkeeper to support the attack & to "press" if the ball is turned over to the other team with the objective of recovering the ball on the other team's half of the field. This is quite different from a cautious defense that doesn't aggressively push up or get the FB's involved in the attack. The opposite of "Defending Deep". (See "[Attacking](#)" & "[Push Up](#)").

## Defense

There are many variations of defense, depending on the

## Soccer

formation and style of play you use. Most U8 Rec teams should probably play a simple [Zone Defense](#) and "[Push Up](#)" their Fullbacks when they attack because their opponents aren't good enough to launch a fast [counterattack](#). Most Rec teams U10 and older should also play a simple Zone Defense but are often better off "[Defending Deep](#)" (having the Fullbacks stop at the Penalty Box Line). Most Travel Teams will want to play a defense that combines [Zone Defense](#) and man-marking, "[Push Up](#)" their Fullbacks when they attack, and use a "Sweeper" or play a "Flat Back 3 or 4".

It is usually much easier to have a good soccer defense than a good soccer offense because defense is about destroying (or disrupting) and offense is about creating. (Think about how easy it is to break a china plate but how hard it is to make a plate). The reason is that you can have a decent defense by simply putting tough, aggressive players near the goal you are defending and having them kick the ball away. By doing so, the opponent must start the attack over each time and if your Midfielders or Forwards can win those cleared balls, then not only do you have the opportunity to attack and score, but you keep the ball away from the opponent so the opponent can't score. On the other hand, to score against a good defense usually requires a coordinated effort involving several players and skillful passing, dribbling, teamwork and doing the right thing at the right time. One mistake□one bad pass□and the attack ends with the ball either kicked away or with the opponent gaining possession of the ball. And even if the attackers are successful in getting close enough for a decent shot, the ball must still get past the Goalkeeper and go into the goal for a score to count.

Obviously, soccer offense and defense are related because they are both affected by where you play your best players, by your formation, by your Style of Play (to what extent you Push Up or Defend Deep), and by your player□s discipline. Every decision involves trade-offs.

See ["Shift & Sag"](#), ["Support"](#), ["Zone Defense"](#), ["Formations"](#), ["Depth"](#), ["Cover"](#), ["Mark"](#), ["Pressure"](#), ["Defending Deep"](#), ["Width In Defense"](#), ["Shape"](#), ["Support Distance & Relative Position"](#), ["Defending Third"](#), ["Win The Ball"](#), ["Ball Watching"](#), ["Breakaway"](#), ["Clear"](#), ["Danger Zone"](#), ["Dangerous Attackers"](#), ["Goalkeeper"](#), ["Verbal Signals"](#), ["Where...From?"](#) and [Defensive Tips](#) at SoccerHelp Premium.

## Defense Tips

See [SoccerHelp Premium](#).

## Soccer

### Defensive Half Soccer

The half of the field containing your goal (your goal is the goal your Goalkeeper defends). See [Attacking Half](#).

### Defensive Midfielders Soccer

(Abbreviated as "DMF's"). See "[Formations](#)" and "[Midfielders](#)".

### Defensive Third Soccer

The 1/3 of the field containing your goal (your goal is the goal your Goalkeeper defends). See "[Attacking Third](#)" and "[Middle Third](#)".

### Dehydration Soccer

[Soccer coaches should be proactive to prevent dehydration among their players.](#)

### Deliver The Ball Soccer

This refers to completing a pass, especially a pass that creates a scoring opportunity. (e.g., "He delivered a great ball"). (See "[Create](#)" & "[Assist](#)").

### Depth Soccer (Key Concept)

Depth on defense means having several defenders (ideally, multiple layers of defenders) spaced between the ball & the goal who are in a position to "recover" in time to stop an attack on their goal. This and First Defender/Second Defender are the most important defensive concepts. Depth is the opposite of a "flat" defense. Depth in attack means having support to the rear so the ball can be passed back or "dropped". (See "[Support](#)", "[Through Balls](#)", "[Defending Deep](#)", "[Zone Defense](#)", "[Flat Defense](#)" & "[Cover](#)").



### Diagonal Run Soccer

A Diagonal Run is a run by an "off-the-ball" attacker across the field with some forward movement (not a "square" or "flat" run, but a diagonal run). This type of run can be more beneficial for advanced teams than straight-ahead runs, because it's harder to defend and can distract defenders or pull them out of position. On the other hand, it will only work if the passer is able to "see" the opportunity, understands where to pass and can execute the pass, so it will only work for advanced teams.

A Diagonal Run makes it easier for the runner to stay in an inside position while also making a run that confuses or distracts the defenders and it also allows for space to be created for a second and third run. Defenders may be confused and pulled out of position by a Diagonal Run, which could leave "gaps" and open spaces for teammates to attack. Once one player makes a Diagonal Run, it opens up opportunities for more runs by his teammates. These multiple runs can create scoring opportunities, and they start with the Diagonal Run which confuses or distracts the defenders and, hopefully, pulls them out of position.

### **Diagonal Through Ball Soccer**

A "through ball" that is played diagonally instead of straight ahead. If from far out, it might be played toward the far corner. This can be very effective because it is difficult for defenders to handle. This is for U-11 & up. (See "[Through Ball](#)", "[Pass To Space](#)", "[Push Up](#)" and "[Stretch The Field](#)").

### **Direct Attack Soccer**

To quickly move the ball forward toward the other teams goal by passing or dribbling; as opposed to a slow "indirect attack" which uses a lot of backward or sideways ("square") passes while searching for a weakness in the defense. Unless your team has excellent passing ability, a direct attack will be more effective. (See "[Counterattack](#)", "[Attacking](#)", "[Possession Style](#)", "[Styles of Play](#)", & "[Creating Space](#)").

### **Direct Kick Soccer**

A type of "free kick" given after severe fouls such as hitting or kicking. On a direct kick, a goal can be scored by kicking the ball into the goal without it first touching another player. (See "[Free Kick](#)" & "[Fouls](#)").

### **Direct Kick Foul Soccer**

See "[Fouls](#)".

### **Distribute Soccer**

Goalkeepers "distribute" the ball by kicking, punting or throwing it. Once they pick up the ball, they have six seconds to punt it or release it. They can pick it up, run with it and then punt it, throw it or drop it and dribble it or kick it. (However, they cannot touch it with their hands outside the "Penalty Box" and once they drop it they can't touch it again with their hands until an opponent has touched it). They can also put it down on the ground and dribble it outside the Penalty Box like a "field player". (See

["Punting"](#), ["Sidearm Throw"](#) & ["Goalkeeper"](#)).

## **DMF Soccer**

Abbreviation for Defensive Midfielder. (See ["Midfielders"](#) & ["Formations"](#)).

## **Drag Back Soccer**

(aka "Pullback"). See ["Pullback"](#).

## **Drag The Ball Soccer**

To keep the ball on one foot or very close to the foot so you are moving slowly & "dragging" the ball. This is done in conjunction with a player using his body to shield the ball from a defender & "dragging" the ball with the foot farthest from the defender, or as part of a feint where the player slows up & drags the ball & then either "pops" it past or fakes one way & flicks it the other way using the outside of his foot.

## **Dribbling Soccer**

(aka Carrying) A player can dribble with any part of the foot. "Control dribbling" is usually with the inside or outside of the foot. "Speed dribbling" is often with the top of the foot (i.e., the "laces"). See ["When To Dribble"](#), ["Control Dribbling"](#), ["Speed Dribbling"](#) & ["Pass To Yourself"](#). See [How to Teach Soccer Dribbling](#).



## **Drive Soccer**

(aka Power Shot). A shot hit with the "laces". The foot does not go under the ball & the knee should be over the ball when struck with the head looking down (it is very important to keep the eyes on the ball until it is kicked; just like it is important to keep the eyes on a baseball, or a football when catching it or a golf ball when hitting it; if the head goes up too soon, it moves the hips) & a long follow through. Strike the ball halfway up. The shoulder on the same side of the body as the non-kicking foot should be pointing toward the goal before the shot & the shoulders will "square up" to the goal as the kicking foot follows through. (This rotation creates power). Unless the shot must go over a defender, a low shot is preferred because it is more difficult for the goalkeeper to block. (See ["Lofted Drive"](#), and ["Chip"](#)).

## **Drop Soccer**

Refers to a ball left by the ballhandler for a trailing teammate (i.e., instead of passing backward, the ballhandler "drops" the ball & then makes a run, knowing

his teammate is running onto the ball). Can also refer to a soft back pass that the trailer runs onto. This is an alternative to a back pass & is only used when the ballhandler is certain his teammate will get the ball if he drops it. (See "[Trailer](#)" & "[Back Pass](#)").

## **Drop Kick Soccer**

A "half-volley" by a goalkeeper (he is the only one who can hold the ball to drop it). Adult goalkeepers sometimes do this instead of punting. This requires perfect timing & seems to me to have no advantages over punting, but there is a greater risk of a mis-kick. I think young goalkeepers should stick to punting or rolling the ball.

## **Dummy Soccer**

1. Any type of feint or deceptive move.
2. A "Dummy Run".
3. When a receiver intentionally allows a pass to roll through his legs to a teammate after pretending he was going to receive the pass or kick the ball.

## **Dummy Run Soccer**

(aka "Decoy Run"). A run intended to distract defenders or to draw them away from the area you plan to attack in order to "create space" for a teammate. (See "[Overlap](#)", "[Checking Off](#)", "[Hooking Run](#)", "Diagonal Run" & "[Crossover Run](#)").

## **Eighteen Soccer**

The term "18" refers to the Penalty Box line, since on adult sized fields the Penalty Box extends 18 yards from the Goal Line into the field. For example, "inside the 18" would mean in the Penalty box. (See "[Box](#)" and "[Penalty Box](#)").

## **Encroachment Soccer**

When a defender is closer than the rules allow on a kick off, corner kick, goal kick, free kick or PK.

## **End Lines Soccer**

(aka Goal Lines) The lines that define the ends of the field. Length will vary by age group & your club rules. (See "Field Diagram"). Coaches & spectators are supposed to stand along the side lines, not behind the end lines

because it is too distracting.

## **Energy Replacement Soccer**

**Energy replacement is a performance issue and can affect how your team plays.**

## **Equipment Soccer**

See "Basic Information & Tips For Beginning Coaches" for a list of required & prohibited equipment.

## **F Soccer**

Abbreviation for Forward. RF is Right F, CF is Center F, LF is Left F, MF is Midfielder, FB is Fullback and SW is Sweeper. Right and Left are as you face the other team's goal. (See "[Forwards](#)" and "[Formations](#)").

## **Fair Charging Soccer**

See "[Shoulder Charge](#)".

## **Far Forward Soccer**

The Forward farthest from the ball.

## **Far Fullback Soccer**

The Fullback farthest from the ball.

## **Far Midfielder Soccer**

The Midfielder farthest from the ball.

## **Far Post Soccer** (Key Concept)

(aka "Back Post"). Refers to the part of the goal farthest from the ball (e.g., "run to the far post" or "cover the far post" or "set up off the far post").

## **Far Stopper Soccer**

The Stopper farthest from the ball (if you play 2 Stoppers).

## Fast Break Soccer

aka "Breakaway". See "[Breakaway](#)" & "[Counterattack](#)".

## FB Soccer

Abbreviation for Fullback. (See "[Fullbacks](#)").

## Feints Soccer

(aka Fakes).

## Field Diagram Soccer

A diagram of the field can be accessed by clicking this link: [Field Diagram](#).

## Field Maintenance Soccer

[Click here to go to the article "Soccer Field Maintenance and Management"](#).

## Field Player Soccer

All players except the goalkeeper. However, when the goalkeeper is outside of the Penalty Box he loses his special privileges & becomes a "field player" until he returns to the Penalty Box.



## Field Size Soccer

FIFA's "Laws of the Game" are published annually and are the official rules. For current rules and field sizes, go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com) or check with your soccer association. The official field size can range from 50 to 100 yards wide by 100 to 130 yards long. However, the rules allow field sizes to be reduced for women, players with disabilities and for players under 16 and over 35 years of age. Field sizes used by youth leagues vary greatly.

**Recreational Players Will Have More Fun & Learn More on a Smaller Field.** One of the worst mistakes a recreational league can make is to have teams playing on oversized fields. The reason is simple: on a smaller field the players will have more touches & more fun. The field size should be proportionate to the player size, and recreational teams should play on smaller fields than select teams. If a field is too large, recreational players will spend most of their time running & will be worn out by half-time. When players are tired & playing on an overly large field, it is easy for the game to degenerate to "Boom-ball". It is also more difficult to teach tactics &

team play, such as support, on an overly large field. Smaller fields are much better suited to players who are average athletes, are slower, or lacking stamina, as are 50% to 75% of all recreational players. How large should the field be? If an adult over-30 novice recreational team plays on a 60-yard x 100-yard field (most play on this size or smaller because it is more fun), then youth recreational teams should play on proportionately sized fields. The size of youth fields should be based on the size of the step and the length of the kick of each age group relative to adults. For example, if a 12-year old's step is about 80% that of an adult, then the field size should be 80% of the adult size, or about 50-yards x 80-yards. Dimensions for recreational teams might be as below:

<b>Age (% Adult Size)</b>	<b>Field Size (in yards)</b>
U-14 (100%)	60 x 100
U-12 (80%)	50 x 80
U-10 (70%)	40 x 70*
U-8 (50%)	25 x 50*
U-6 (25%)	15 x 30

**If you can't properly size the fields, err on the side of fields that are undersized, not oversized.** It will be more fun, the players will learn more about soccer, & fewer will drop out at age 11 or 12.

\* **Note:** If your league plays "small sided", these dimensions may be even smaller. "Small sided" is highly recommended until U-12. My U-12 team, for example, had great fun and improved a great deal when scrimmaging 3 or 4 per side on a 15 x 25 field. The action is non-stop, everyone gets a lot of touches on the ball, quick, short passes are encouraged & there are many transitions from offense to defense. See "[Small Sided](#)" in the Dictionary. Click this link to access a [field diagram](#).

## **FIFA Soccer**

(Pronounced "FEE-fuh"). The world soccer governing body. They publish the official rules, which are called the "Laws of the Game" and are revised annually. Go to [www.fifa.com](http://www.fifa.com) for more information and a complete list of the latest rules which are called "Laws of the Game").



## **Fifty-Fifty Ball Soccer**

A loose ball that either team has an equal chance of winning. Try to teach your players to win these balls. The team that wins these will usually win the game. The key is

a quick first start & not being afraid of contact. (See "[Win The Ball](#)").

## **Final Third Soccer**

(aka "Attacking Third"). See "[Attacking Third](#)".

## **Finish Soccer**

Or Finishing, means to complete the attack by scoring (i.e., converting a scoring opportunity into a goal). If your team can't "finish", you may need to work on shooting or rebounding. Are your players shooting from too far away or without power? Are players in place to score on rebounds? Are they getting a lot of shots? Are your players taking shots? Are you getting the ball into the Penalty Box with Forwards in position to score? When near the goal are they shooting low & to the corner? (As an example, a few years ago we played a game where we had 11 shots but only scored 1 goal. The problem was that all of our shots were air balls toward the center of the goal & the goalkeeper caught them. If we had shot grounders to the corner we would have scored 5 or 6 more goals). Teach your players to shoot low to the corners when inside the Penalty Box & that accuracy is more important than power. Quick, aggressive players are usually good finishers. (See "[Attacking](#)", "[Attacking Plan](#)", and "[Rebound](#)").

## **First Attacker Soccer \* (Key Concept)**

(aka "Onball Attacker"). The "First Attacker" is the player with the ball. The terms "First Attacker", "Second Attacker", and "Third Attacker" are useful in teaching your "Attacking Plan". You may want to teach that there should always be a First, Second, and Third Attacker and what their jobs are. The First Attacker's job is to "penetrate" (i.e., attack the goal) by passing, dribbling or "centering" the ball to a space in front of the goal. When one of your players has the ball, there must always be at least one Second Attacker who is close enough for a pass. (This is called "Support"). For example, if your LF is attacking down the left side on the opponent's half of the field, the LMF should "trail" her as a Second Attacker, stay a pass away, and be ready for a "Back Pass", while the other Forward should run toward the "Near Post" as another Second Attacker and the other MF should run toward the "Far Post" as the Third Attacker, to be ready for a "Cross" or a "Rebound". The Second and Third Attackers should stay 3 steps behind the ball so they won't be offside and can run onto the Cross. There can be more than one Second Attacker (which is defined as a supporting attacker within a pass of the ball). You must have Second and Third Attackers to have an effective

attack. You can define Second Attackers as those within a short to medium passing distance and Third Attackers as those in scoring position or running with the attack but a long pass away from the First Attacker. (See "[Cross](#)", "[Finish](#)", "[Rebound](#)", "[Styles of Play](#)", "[Support](#)", "[Trailer](#)", "[Second Attacker](#)", "[Third Attacker](#)" & "[Third Man Running](#)").

**First Defender  
Soccer \***  
**(Key Concept)**

(See "[Support](#)").

**First Post  
Soccer**

(aka "Near Post"). See "[Near Post](#)".

**First-Time  
Ball Soccer**

(aka "One Touch"). See "[One Touch](#)".

**First Post  
Soccer**

(aka "Near Post"). See "[Near Post](#)".

**First Touch  
Soccer**  
**(Key Concept)**

When a player has the opportunity to touch the ball with his or her foot, body or head, as the receiver of a pass, as a result of "[winning](#)" a loose ball, or any time the player gets to touch the ball, **the player's "first touch" on the ball is critical**. A great first touch is one of the skills needed to be a great player. The first touch is critical because soccer is a fast game played under pressure, and players who can play fast and retain control while under pressure have a huge advantage. For example, if a player is under pressure and can't quickly control the ball on the "first touch", the opponent will often take away the ball. Another example is when a receiver one-touches a pass away from pressure into Open Space in order to retain possession or to get an open shot or pass. A great first touch allows a player to play faster, more creatively, and more successfully.

Every "[one touch](#)" shot or pass occurs on the "first touch", so if a player wants to be good at one-touch, he or she should try to develop a good "first touch". However, a good first touch doesn't mean everything has to be one touch - it just means that the player has good control on the first touch (a player, might, for example, block a pass

into open space away from an opponent and then pass or shoot on the second touch, or might retain possession and dribble or pass the ball).

The [Dribble Around Cone & Pass Relay Race Practice Game](#) can teach "first touch" and "one touch" because the players who can "first touch" and "one touch" will win that game and those who don't will usually lose. The coach can easily teach first touch and one touch by using that game - just demonstrate and give the players "tips" after each game about how they can win, and explain why the winners won the game. The [Dribble Around Cone & Pass Relay Race Practice Game](#) is played at Game Speed and under pressure, so players will learn to play fast and under pressure.

### **Flat Back Soccer**

Refers to Flat Back 3 or Flat Back 4, which are types of "Zone Defenses". See "[Flat Defense](#)" and "[Zone Defense](#)".

### **Flat Defense Soccer**

(aka "Square Defense"). A defense that is straight across the field, parallel to the end line. A flat defense has no "depth" & is vulnerable to "through balls", but can "offside trap". (See "[Depth](#)", "[Support](#)", "[Through Balls](#)", "[Zone Defense](#)" & "[Offside Trap](#)").

### **Flat Pass Soccer**

(aka "Square Pass"). See "[Square Pass](#)".

### **Flick Header Soccer**

A header that redirects the ball in a ricochet fashion. Instead of a forceful strike, the head is used to change the direction of the ball. This is usually done with the side or top of the head & not the forehead.



### **Flick Pass Soccer**

(aka "Forward-Foot Pass") A pass made with the outside of the foot & without a backswing (also called passing with the "Forward-Foot"). This is a quickly made & deceptive pass mostly used when attacking near the goal. It can be especially effective when dribbling with the inside of the foot & suddenly using the outside of the same foot to make a "flick pass". This is an important pass to teach. (See "[Forward-Foot Pass](#)", "[Outside-of-Foot](#)" & "How To Teach Outside-Of-Foot Pass").

## **Flow of Play Soccer**

(aka "Run of Play"). This phrase usually is used to describe goals or shots occurring in the "flow of play" as opposed to a Penalty Kick or in a "Shoot-Out".

## **Floor Soccer**

Refers to the ground, as opposed to the air. For example, "Keep the ball on the floor".

## **Fluid Intake Soccer**

[Adequate fluid intake is critical to prevent dehydration.](#)

## **Foot Skills Soccer**

Foot Skills fall into 3 categories: Dribbling, Turns and Feints (obviously there is overlap here). The primary methods of turning are the "Pullback", the "Cutback" and the "Hook". Some important Feints are the "Scissors", the "Cruyff Move", the "Fake Kick", the "Matthews Move" and the "Change of Speed". These are defined herein and in "Techniques and Fancy Footwork" which is part of the Premium site.

## **Soccer Formations \* (Key Concept) (Age 10 & up)**

([See "How To Teach Soccer Formations" at SoccerHelp Premium for how to teach Formations.](#)) Does your team give up goals on breakaways, have trouble playing good offense or defense in the midfield, or not score enough goals? The problem may be that you are trying to make your team fit a formation and style of play instead of using a formation and style of play that fits your team. The formations that work for Select or Travel teams usually don't work well for Rec teams. Rec coaches usually don't have the time to teach complex systems of play, and complex formations and styles of play can cause players to become hesitant and frustrated. The easiest thing you can do to cause a huge improvement in your team's play is to change to a simplified, easy-to-teach formation and style of play that gives your team the best chance of being successful. SoccerHelp Premium explains how to choose and teach simplified Formations that are easy to teach and really work for Recreational teams. The formations and style of play explained in "Attacking Plan", "Scoring More Goals", "Quick Team Improvement Program" and "Formations" on Soccerhelp Premium will not only result in your Rec team winning more games, but your team will play better, have more fun, and players and coaches will gain a better understanding of the game. For example, Coach Scott, a Texas USA U-13 Boys coach, had only won 1 game of the past 20, but switched to a 3-2-2-3 formation and style of play as explained in Premium and went 6-2-2 (6 wins with basically the same team) and

finished in second place. And Coach Lisa's U-11 Girls team (also of Texas USA) switched to a 3-2-2-3, and doubled their goal production (from an average of 2 to 4 per game). The great thing about both these cases is that it only took a few practices to see the results.

If your team is younger than 10, you don't need to worry much about formations, but for ages 10 and older the formation you use can have a great deal to do with your team's success. Your "formation" determines how many players you have at FB (Fullback), MF (Midfielder) & F (Forward). The purpose of having a "formation" is to ensure "support", "depth", "width" & field coverage on both offense & defense. Players are assigned a position & with it comes responsibilities. For example, a right side player (whether a RF, RMF or RFB) should not be way over on the left side of the field. (Right and left are as you face the other team's goal). If he is, then he has left a hole that is not covered. Each player must do his job and trust his teammates to do theirs; that is what makes a good "team". There are many different formations, but in all (unless you are playing 3 vs 3 or 4 vs 4) you will have F's, MF's, FB's & a goalkeeper. You may hear about a 4-4-2, a 4-3-3, or a 1-3-3-3 formation. These numbers never include the goalkeeper but always start with the player closest to the goalkeeper. Thus, a 4-4-2 would be 4 FB's, 4 MF's & 2 F's, a 1-3-3-3 would be a "Sweeper", 3 FB's, 3 MF's & 3 F's, and a 3-1-3-3 would be 3 FB's, a "Stopper", 3 MF's and 3 F's. (These assume 11 players on the team. For smaller sized teams adjust accordingly).

The formation you choose should be based on:

1. The ability of your players.
2. Your players speed and endurance.
3. The number of substitutes you have.
4. The length of the field.
5. The other team's strengths and weaknesses.

(If you play fewer than 11 on the field, the same principles still apply, but you will need to reduce the numbers accordingly).

[See "How To Teach Soccer Formations" at SoccerHelp Premium for how to teach Formations.](#)



## Forwards Soccer \* (Key Concept)

(**abb. "F"**) Primary scorers who play closest to the other team's goal. The Right Forward ("**RF**") is the one on the right facing the other teams goal; **LF** is on the left, & **CF** is center. Most formations will have 2 or 3 forwards. Teach your forwards to be aggressive and opportunistic. They must fight to win the ball. (See "[Formations](#)", "[Positions](#)", "[Striker](#)" & "[Wing](#)").

## Forward-Foot Pass Soccer

(aka "Flick Pass" & pass with the Forward Foot). A pass made with the outside-of-foot without a backswing. This is a quickly made & deceptive pass that is very useful for short passes in the attacking end or near the other team's goal. This can be especially effective when dribbling with the inside of the foot & suddenly using the outside of the same foot to make a "flick pass". (See "[Flick Pass](#)").

## Fouls Soccer

There are 2 kinds of fouls, Direct Kick Fouls & Indirect Kick Fouls. (Rules are called "Laws Of The Game" and are changed each year. Go to [www.fifa.com](http://www.fifa.com). for current rules. See "[Cards](#)" for more fouls & penalties):

(1) **Direct Kick Fouls** - For which the other team receives a "direct free kick" (meaning a goal can be scored by kicking the ball straight into the goal) or a "penalty kick" ("PK") if the foul occurs within the Penalty Box (Note: It doesn't matter whether the ball was in the Penalty Box or not; what matters is where the foul was committed). There are 10 direct kick fouls. The rules say that the referee should call a foul for numbers 1 thru 6 if he believes they are committed in a manner he considers "careless, reckless or using excessive force":

1. kicking or attempting to kick an opponent. Accidentally kicking an opponent while tackling the ball is not a foul unless it was careless, reckless, or there was excessive force. If a player slide tackles from the front, it will be considered at least "dangerous play" (which is an indirect kick foul), or kicking, or tripping, or "unsporting behavior", even if the ball is contacted, since it would at the least be reckless or dangerous. (See "Cards, Red Card, Serious Foul Play")
2. tripping or attempting to trip an opponent (if careless, reckless or using excessive force),
3. charging into an opponent (the goalkeeper can also be called for this if his action is careless, reckless or uses excessive force),

4. striking or attempting to strike an opponent (if careless, reckless or using excessive force),
5. pushing an opponent, including the goalkeeper (if careless, reckless or using excessive force),
6. jumping at an opponent in a careless or reckless manner or using excessive force (this includes jumping for a header if an opponent is carelessly or recklessly bumped, and jumping at the goalkeeper),
7. blatant holding or pulling (including holding clothing, using any part of the body to hold an opponent & "Sandwiching"),
8. making contact with an opponent before touching the ball when tackling an opponent to gain possession of the ball (Note: it is always a foul if the tackler contacts the ballhandler before touching the ball. However, it can still be a direct kick foul if the ball is touched first but the tackler was "careless, reckless, or used excessive force" and was judged to have kicked, tripped, charged or jumped at the ballhandler. Or, if the Referee believes the tackler played in a "dangerous manner", an indirect kick can be awarded),
9. spitting at an opponent, even if it doesn't hit the opponent (this is grounds for a Red Card),
10. deliberately handling the ball (a "hand ball" should not be called if a player is instinctively trying to protect himself from injury or if the ball hits the hand while it is in a natural position near the players side and has not been moved toward the ball. See "[Hand Ball](#)" for more details; this does not apply to the goalkeeper inside his own penalty area.),



(2) **Indirect Kick Fouls** - For which the other team receives an "**indirect free kick**" (meaning a goal only counts if another player touches the ball before it enters the goal). The indirect free kick is taken from where the offense occurred. There are 2 types of indirect kick fouls:

a. **Four that apply to all players:**

1. "**Dangerous Play**" (or playing in a dangerous manner) is any action by a player that in the judgment of the Referee is dangerous to himself or

to another player and that isn't a "direct kick foul" such as tripping. Examples would be a high kick when an opponent is nearby, or if a player tries to head a low ball that an opponent is trying to kick, then the player who is putting himself in danger would be guilty of dangerous play. Another example would be any action that might endanger the goalkeeper within the Penalty Box. If the goalkeeper and an opponent both go for a loose ball, the Referee will tend to favor the goalkeeper if there is a collision. It isn't necessary for someone to be hurt for dangerous play to be called. For example, slide tackling with spikes high would be dangerous play, even if the opponent isn't contacted. However, a dangerous act (such as a high kick) isn't "dangerous play" unless an opponent is nearby.

2. **"Impeding the Progress of an Opponent".** Generally, a player cannot use his body to impede another player's movements, even if it is not deliberate. This can be called if a player is not within "playing distance" of the ball (i.e., 3 feet) and blocks an opponent's movement or screens an opponent from the ball. However, if a player is within playing distance & able to play the ball (meaning not laying on the ground), the player can legally screen an opponent from the ball. (You usually see this when a ball is going out of bounds & the player whose team will get the throw-in screens the opponent so the opponent can't save the ball). Impeding the progress of an opponent used to be called "obstruction". The rule also applies to "innocently" impeding the goalkeeper by standing in front of him when he has the ball.
3. **Preventing the goalkeeper from releasing the ball from his hands.** A player who attempts to prevent the Goalkeeper from putting the ball into play by standing directly in front of the Goalkeeper can be called for breaking this rule or for "unsporting behavior", in which case both a Yellow Card & an indirect kick would be awarded. (See "Cards")
4. **Any time a yellow or red card is shown & a direct kick isn't awarded** (e.g., for "unsporting behavior", "dissent", persistently breaking the rules, and offensive or threatening language; see "Cards" for a list of the many types of unsporting behavior).

b. **Four indirect kick fouls that only apply to the goalkeeper and only if committed inside the Penalty**

**Box** (the goalkeeper is treated like a regular field player when he is outside the Penalty Box -- the Penalty Box includes the line that defines the Box, so if the ball is on the line it is still within the Penalty Box):

1. # Controlling the ball with his hands for more than six (6) seconds before releasing it from his possession (releasing it can include throwing it, kicking it or dropping it to the ground and then kicking or dribbling it. Once released, it is "live"). (Notice that this only applies to the time he actually has possession of the ball, and not to when he might have first touched it by blocking a shot).
2. Touching the ball with hands after it is deliberately kicked to the Goalkeeper by a teammate. (Note: It is okay to pick up an accidentally kicked ball, such as a mis-kick, or a pass from a teammate that isn't "kicked" but is made using the head, chest, knee, etc.).
3. Touching the ball with his hands after he has received it directly on a throw-in from a teammate (i.e., the goalkeeper can't pick up a throw-in from a teammate).
4. Intentionally touching the ball with his hands after he has released it from his possession and before it has touched another player (e.g., dropping the ball, dribbling it and then picking it back up is not allowed -- however, if he accidentally dropped it, it might be okay to pick it back up, the decision would be up to the Referee). Read b.2 and b.3 above. If the Goalkeeper "possesses" the ball and "releases" it, then he can only handle it again after an opponent touches it, or if it is accidentally kicked back or headed or chested back by a teammate. He can't pick it up if a teammate has intentionally kicked or thrown it to him. Notice that this rule only applies if he actually has "possession" of the ball, and not, for example, if he blocks touches a shot with his hands and then picks up the ball to "control" it. So, the important words here are "possession" and "released" -- under this rule just touching the ball isn't the same thing as having "possession" of the ball. However, in terms of protecting the Goalkeeper's safety, some referees will consider the Goalkeeper to have the ball under his control if he even has one finger on it -- this is to discourage attackers from trying to kick the ball out of the Keeper's hands.

**Advantage Clause.** This rule states that the Referee, in his discretion, may decide to not stop play due to a foul if it would be to the advantage to the fouled team to not stop play (i.e., The concept is that the team that was fouled should not be punished by having an attack stopped which might result in a goal and, conversely, that the team which committed the foul should not gain an advantage as a result of the foul). (See "Advantage Clause").

(See ["Cards"](#), ["Rules"](#), ["Hand Ball"](#), ["Offside Rule"](#), ["Shoulder Charge"](#), ["Penalty Kick"](#), ["Free Kick"](#) & ["Lines"](#)).



## Free Kick Soccer

When one team is penalized, the other usually gets a "free kick". There are 2 types of free kicks (direct & indirect) and a special type of Direct Free Kick called a Penalty Kick:

- **Direct Free Kick** - Where a goal may be scored by kicking the ball directly into the opponent's goal without anyone else touching it (although it still counts if someone else does touch it).
- **Indirect Free Kick** - On which a goal may be scored only if another player touches the ball before it enters the goal. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked". On an indirect kick you should have one player gently tap the ball so another player standing behind the ball can kick it; or pass it to someone who shoots it. If on an Indirect Free Kick the ball is kicked into the goal without anyone else touching it (other than the kicker) the goal does not count and the other team is awarded a goal kick. However, if the ball is touched by a player on either team, including the goalkeeper, before it goes into the goal, the goal counts.
- **Penalty Kick** - When a player commits a foul within his own Penalty Box, which would normally result in a Direct Free Kick, the other team is given a Penalty Kick ("PK"). (See ["Penalty Kick"](#)). On Penalty Kicks, everyone but the kicker & goalkeeper must stay out of the Penalty Box until the kicker moves the ball.

On Direct & Indirect Free Kicks, defenders must stay

away from the kicker (6 yards if U-8, 8 yards if U-10 & 10 yards for U-12 & older) until a player on the kicking team moves the ball, if they don't they can receive a yellow card. (See "[Fouls](#)", "[Hand Ball](#)", "[Cards](#)", "[Offside Rule](#)", & "[Penalty Kick](#)". Go to [www.fifa.com](http://www.fifa.com). for more details). The Offside Rule applies on Free Kicks.

## **Friendly Soccer**

An exhibition game or a teaching scrimmage. In recreational soccer, all games should be "friendlies".

## **Fullbacks Soccer** (Key Concept)

**(abb. "FB")**. (aka Backs and Defenders). Defenders who play closest to their own goal. The Left & Right are as you face the other teams goal. In diagrams the Left Fullbacks will be designated "**LFB**", center as "**CFB**" & right as "**RFB**". In Britain, they sometimes use the term full-back to refer to the right and left back, as opposed to the center back(s). (See "[Formations](#)" and "[Positions](#)").

## **Funnel Soccer**

A term used to describe the way in which defenders retreat toward their goal so they become more concentrated as they get closer to the goal. (e.g., "Funnel back toward the goal"). I think "First Defender/Second Defender" & "shift & sag" better describe what you want to happen. (See "[First Defender](#)" and "[Shift & Sag](#)").

## **Give & Go Soccer**

(aka "one-two pass") A "wall pass" where the initial passer passes & then breaks (often making a "blind side run") to get open for a return pass. (See "[Wall Pass](#)" & "[Blind Side Run](#)").

## **GK Soccer**

Abbreviation for Goalkeeper. (See "[Goalkeeper](#)").

## **Go To Goal Soccer \*** (Key Concept)

What you might yell to your supporting attackers (i.e., F's or MF's) if a teammate is making a breakaway or a run which will result in a crossing pass & you want several players to "go to goal" to take the cross or for rebounds.

## **Goal Soccer**

There are two definitions: The metal or wooden structure

which is at the center of each end line & for adult play is 8 yards wide & 8 feet high; also, a "goal" is scored when the ball totally crosses the end line inside the goal.

## **Goal Area Soccer**

(aka "Goal Box" or "Six"). See "[Goal Box](#)".

## **Goal Box Soccer**

(aka "Goal Area" or "Six"). The small box in front of the goal within which the ball must be placed to take a goal kick. (The ball can also be placed on the line). Size will vary by age group & your soccer club's rules. On adult sized fields the Goal Box extends six yards from the Goal and Goal Line into the field and for this reason it is sometimes referred to as the "Six". For dimensions go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com). (See "[Field Diagram](#)").

## **Goal Kick Soccer \***

**This is a type of "Set Play." See the review of "Coaching Set Plays" for Set Play Tactics.** When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box. A goal kick is kind of like having the ball on your own 5-yard line in American football, you're glad to have the ball but if you turn it over you can be in trouble. If your goalkeeper has a strong leg, have him take your goal kicks. Otherwise, you may want to have another player take the kick while the goalkeeper stays in front of the goal. If you have an advanced team and don't have someone who can kick the ball to the halfway line, consider "Spreading The Field" in order to "Stretch The Defense". You can do this by spreading out your players and taking the kick from the middle of the Goal Box line, directly in front of the goal. This way the Defenders won't know which side of the field you will kick to and they are forced to spread out. The rules give the kicking team an advantage by requiring the Defenders to stay out of the Penalty Box until the ball clears the Box (if the Defenders run into the Box the kick is retaken). The kicking team can be in the Box or can run across it, but cannot touch the ball until it clears the Box (i.e., your team can make runs across the Box but the other team can't). If you aren't able to kick it deep or spread the field, the Defenders will cluster within kicking distance, mark up behind your players & step in front to steal the ball. (This

is how you should teach your players to defend goal kicks). I like spreading the field because it teaches the concept of controlling the ball, rather than just booming it, and teaches the attackers how to spread the field, take the ball wide & how to "build an attack from the back". However, spreading the field is probably not practical for a recreational team because of the practice time required. For recreational teams, the best approach is to have the strongest kicker take the kick (even if it is a forward) and to teach the MF's and F's that they must fight to "win the ball". (See the diagram titled "[Spread The Field Goal Kick Set-Up](#)").

## Goal Lines Soccer

(aka "End Lines"). (See "[End Lines](#)").



## Goalkeeper Soccer

(aka Goalie, Keeper or GK). Except in small-sided play, each team must have a designated goalkeeper. He is the only player on the field who can legally use his hands and then only inside the Penalty Box. (Note that the Goalie cannot pick up the ball if it was deliberately kicked to him by a teammate... he can only pick it up if it was last touched by an opponent or if it was accidentally kicked to him by a teammate, or was passed from a teammate using the head, chest, knee, etc. instead of the feet.) Once he picks up the ball he has **six** seconds to punt it or release it. He is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. (However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it. The Goalkeeper IS allowed to go outside the Penalty Box and dribble or kick the ball back inside the Penalty Box and THEN pick it up with his hands. The line that defines the Penalty Box is part of the Penalty Box, so if the ball is touching the line it is defined as being inside the Penalty Box). The goalkeeper has special protections inside the Penalty Box; the ball may not be kicked if he is touching it with his hand or arm and the referee will call a foul if the goalkeeper is endangered. He must wear a shirt or jersey that is recognizably different from all other players (goalkeepers often wear special jerseys with padded elbows). Note: **In hot weather, do not put a goalkeeper jersey on a player.** They can get too overheated & become sick. Instead, have them wear a different-colored shirt (one shirt only) or a mesh training vest over their shirt. If your goalkeeper has a strong leg, let him take goal kicks. Encourage him to play aggressively & if you push up on the attack, to come out to the edge of the Penalty Box or beyond to play like a

"Second Sweeper". If he picks up the ball & no opponents are close, encourage him to drop the ball & dribble it out & then kick it. (Once he drops it or when out of the Penalty Box, he can play like a field player but can't touch the ball with his hands). Encourage him to play aggressively & to take chances, everyone will have much more fun if you do & more kids will want to play goal. Goalkeepers tend to get blamed for goals when most of the time it isn't their fault (if the other defenders are doing a great job there won't be any shots on goal). You should tell your goalkeeper before the game that the other team is expected to score goals & that it isn't his fault if they score. Do not let anyone else (players or parents) blame the goalkeeper. In fact, after the game you should have the rest of the team thank the goalkeeper, even if he or she did make mistakes. You should encourage everyone who wants to to take a try at playing goalkeeper. You will be surprised who is good & you really can't tell until they actually play the position. At the very least, it will give all the players respect for how tough the position is & they will be less likely to blame the goalkeeper when goals are scored. However, do not make a child play goalkeeper if he or she doesn't want to. (See "[Second Sweeper](#)", "[Breakaway](#)", "[Goal Kick](#)", "[Fouls, Indirect Kick](#)", "[Dangerous Play](#)", "[Distribute](#)", "[Penalty Box](#)", "[Punting](#)", "[Overarm Throw](#)" & "[Worrying The Goalkeeper](#)").

For How To Teach Goalkeeping, go to [SoccerHelp Premium](#)

**(NOTE:** If the Goalkeeper "possesses" the ball and "releases" it, then he can only handle it again after an opponent touches it, or if it is accidentally kicked back or headed or chested back by a teammate. He can't pick it up if a teammate has intentionally kicked or thrown it to him. Notice that this rule only applies if he actually has "possession" of the ball, and not, for example, if he blocks touches a shot with his hands and then picks up the ball to "control" it. So, the important words here are "possession" and "released" -- under this rule just touching the ball isn't the same thing as having "possession" of the ball. However, in terms of protecting the Goalkeeper's safety, some referees will consider the Goalkeeper to have the ball under his control if he even has one finger on it -- this is to discourage attackers from trying to kick the ball out of the Keeper's hands. Se. 2.b. at [Fouls](#) for clarification of this.)



**Goalside**

Refers to getting between an attacker & the goal he is

**Soccer \***  
**(Key Concept)**

trying to score in (e.g., "John, get goalside").

**Good Ball**  
**Soccer**

A great pass, often a "leading pass", or a "through ball", a pass that "Switches The Play" or an accurate pass through defenders.

**Ground Ball**  
**Soccer \***

In my research I haven't found a commonly used term for balls kicked on the ground, but "ground ball" seems as good as any & is a term American kid's should understand. (See "[Air Ball](#)").

**Halfback**  
**Soccer**

Another term for "Midfielder". Midfielder is more commonly used today.

**Half-Volley**  
**Soccer**

Kicking the ball the instant it starts to bounce up after it hits the ground. (See "[Drop Kick](#)").

**Halfway Line**  
**Soccer**

The line across the middle of the length of the field that splits it into two halves. (See "[Field Diagram](#)").

**Hand Ball**  
**Soccer \***

Strangely, the term "Hand Ball" is commonly used, but is not defined in the official FIFA rules. It is a "direct kick foul" if a player (other than the goalkeeper inside his own penalty area) **deliberately** handles the ball (meaning to **deliberately** touch the ball with any part of the arm from the finger tips to the top of the shoulder). If the player handles it for the purpose of preventing an opponent from gaining possession, it is a "cautionable offense" and a yellow card should be given. If a player deliberately handles the ball to deny an obvious goal scoring opportunity (e.g., to prevent a breakaway or to deliberately stop a shot), a red card should be given and the player "sent off". However, a hand ball foul should not be called if: (1) a player is instinctively trying to protect himself from injury or (2) the player did not deliberately touch the ball but the ball hit his arm & he did not move the arm toward the ball (however, if the player's arms were in an unnatural position such as above his shoulders or sticking out to the sides, then he should be called for a

handball). (See "[Fouls](#)").



## Header Soccer

**NOTE: Medical studies have found that extensive headers can cause brain damage; some parents oppose practicing them.**

As players get older, they use their head more often to pass, receive, shoot or "redirect" the ball. There are two types of headers: a) a directional header where the player wants to control the ball (i.e., a pass, shoot or receive) & which is struck with the forehead (just below or at the hairline, where the player can see the ball; teach this by having them hold the ball on the forehead & asking them if they can see it) or with the side of the head; and, b) a clearing header (where the objective is just to send it as far as possible) which is struck with the forehead at the hairline or with the top of the head & where the defender often leaps to get more power. **Don't even try to teach headers until U-10 & don't stress them until U-11.** If you play a lot of small sided, by U-10 or U-11 they will be learning on their own. **Don't use a heavy or hard ball to teach headers;** use a soft or underinflated ball. A header that is aimed at the ground near the goal line (so it will bounce) is particularly difficult for the goalie to save. (See "[Flick Header](#)").

## High Line Soccer

(aka "Pushed Up"). A "high line" is when the Fullbacks push up toward the halfway line. They may do this to support their team's attack, in which case they are vulnerable to a fast "counterattack" by their opponent. Fullbacks may also push up and play a "high line" when they are on defense in order to create an "offside trap", but they are vulnerable to "through balls" played into the open space between them and their Goalkeeper that the opposing fast forwards can run onto. In the 2006 World Cup, Ghana played a "high line" and lost to Brazil 3:0 by giving up 2 goals on "breakaways" to Ronaldo and Ze Roberto. Brazil left their great forwards pushed up so they were even with the high line and passed balls through the Fullbacks that the forwards ran onto. (See "[Push Up](#)")

## Home Team Soccer

Usually listed first on the schedule & should provide the ball unless the League provides it.

## Hook Turn

(aka "Cut" or "Cutback"). A technique for reversing

## Soccer

direction by using the inside or outside of the foot to "cut", "chop" or "hook" the ball. This is done by turning the foot and pulling the toes up so the laces can hook or chop the ball & cause it reverse direction. Keep in mind that people in different parts of the world use different terms. This can be confusing, and sometimes people use terms for similar but slightly different things. For example, some people use the term "hook" to mean using the inside or outside of the foot to reverse the direction of the ball (a 180 degree turn), and might use the term "cut" to mean using the inside or outside of the foot to chop the ball so it goes to the left or right (a 90 degree turn). (See "[Outside-of-Foot Reverse](#)" game and "[Outside-of-Foot](#)").

## Hooking Run Soccer

(aka Pull-Series). When a receiver runs toward the ballhandler & then quickly reverses & runs away from the ballhandler. The reverse of "checking off". (See "[Checking Off](#)", "[Dummy Run](#)" & "[Show](#)").

## Hooking The Ball Soccer

(aka "Hook Turn"). Using the outside-of-foot to reverse the direction of the ball, an alternative to a pullback. (See "[Outside-Of-Foot](#)").

## Hook Run Soccer

A potential receiver moves toward the ball in order to pull a back line defender with him (which causes the defender to move forward away from the goal he is defending and creates more space behind that defender) and the potential receiver then quickly reverses and spins around the defender as the ball is played into the space behind the defender.

## Hopped Pass Soccer

A short "chip" or "flick pass" that is kicked into the air high enough to go over outstretched legs. This can be effective near the goal or when "passing to yourself" to beat a defender. (See "[Pass To Yourself](#)", "[Flick Pass](#)", "[Chip](#)" & "[Air Ball](#)").

## Hydration Soccer

[Hydration and energy replacement are 2 different issues, but both can affect how soccer players perform, and hydration is a health issue.](#)

## **Impeding Soccer**

**"Impeding the Progress of an Opponent" is an "Indirect Kick Foul"** (see "[Fouls](#), [Indirect Kick](#), [Impeding The Progress Of An Opponent](#)"). This used to be called "obstruction". Generally, a player cannot use his body to impede another player's movements, even if it is not deliberate. This can be called if a player is not within "playing distance" of the ball (i.e., 3 feet) and block's an opponent's movement or screens an opponent from the ball. However, if a player is within playing distance & able to play the ball (meaning not laying on the ground), the player can legally screen an opponent from the ball. (You usually see this when a ball is going out of bounds & the player whose team will get the throw-in screens the opponent so the opponent can't save the ball). The rule also applies to "innocently" impeding the goalkeeper by standing in front of him when he has the ball.

## **Indirect Attack Soccer**

See "[Attacking](#)" & "[Direct Attack](#)".

## **Indirect Free Kick Soccer**

(aka "Indirect Kick"). A type of "free kick" given after minor fouls such as obstruction. On an indirect kick, another player (on either team) must touch the ball before a goal can be scored. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked". On an indirect kick you should have one player gently tap the ball so another player standing behind the ball can kick it; or pass it to someone who shoots it. If on an Indirect Free Kick the ball is kicked into the goal without anyone else touching it (other than the kicker) the goal does not count and the other team is awarded a goal kick. However, if the ball is touched by a player on either team, including the goalkeeper, before it goes into the goal, the goal counts.(See "[Free Kick](#)" & "[Fouls](#)").

## **Indirect Kick Foul Soccer**

See "[Fouls](#)".

## **Injuries Soccer**

If a player is injured, play will continue until the whistle is blown. The referee will stop the game if a child appears to be seriously hurt or if there is blood. If the game is stopped for injury, you should have your players immediately stop and sit or kneel down where they are. It is recommended that each coach become familiar with the proper procedures in the event of an injury. An injured player should sit out and receive appropriate treatment.

## Injury Time Soccer

See "[Stoppage Time](#)".



## Inside-of-Foot Hook Soccer

(aka "Cutback"). See "[Cutback](#)".

## Inside-of-Foot Pass Soccer

This pass is most often struck with the rear of the arch (under the anklebone) and is called a "push pass" if there is a follow through, as opposed to a jabbing motion. It is the most accurate and most frequently used pass. A pass can also be made with the front of the inside-of-foot, but that pass is more difficult, because it is struck with a smaller area of the foot and it is more difficult to keep the foot rigid while striking the ball. By comparison, the area under the anklebone is a larger, firmer surface. (See "[Push Pass](#)").

## Instep Soccer

(aka "Laces"). See "[Laces](#)".

## Inswinger Soccer

(aka "Banana Kick"). See "[Banana Kick](#)".

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## Jockeying Soccer

(aka "Shepherding", "Steering", "Channeling" and "Defensive Containment"). A type of one vs. one defense used by the "First Defender" to contain and "steer" the "First Attacker". See [SoccerHelp Premium](#) for a detailed description of how to teach jockeying and defensive footwork.

## John Wooden Quotes Soccer

[Motivational quotes for soccer coaching](#)

## Juggle Soccer

Or Juggling. A training technique to teach touch & ball control, where any part of the body except the arms is used to strike the ball upward & the player sees how many times he can "juggle" it before it hits the ground.

## Keeper Soccer

Short for Goalkeeper. See [Goalkeeper](#) .

## Kick & Run Soccer

A derogatory term applying to youth soccer where a player kicks the ball & then everyone runs toward the ball & there is little passing or ball control. "Kick & Run" has a different meaning from "Boom Ball". Kick & Run is obviously a style of play that you do not want to teach and that is not used by good teams, whereas "Boom Ball" is used by some excellent teams as a tactic. (See "[Boom Ball](#)").

## Kick-Off Soccer

Just before the start of the game, the referee will call for the Captains of each team to come onto the field. The referee will then toss a coin to decide which team kicks off first and which goal each team will attack during the first half of the game. The winner of the toss gets to choose which goal it will attack and the other team takes the kick-off. The teams will then take the field and referee will ask if they're ready to start the match, and will signal for play to start, at which time the kick-off will occur. To start the second half, the team that won the toss takes the kick-off and the teams attack the opposite goal (so they switch sides of the field). Each time a goal is scored, the team that didn't score gets to kick off. At each kick off, the ball is placed in the center of the "Center Mark" (on the half-way line) & both teams must be on their own half of the field & the receiving team must stay outside the Center Circle until the ball is "kicked". Moving the ball any constitutes a "kick off", even if it only goes an inch. However, the ball must move forward on the "kick off". The "kicker" may not touch the ball again until someone else (on either team) has touched it. However, the "kicker" may put his foot on top of the ball & barely move it forward so a teammate standing nearby can dribble it or pass it backward or forward. Even though a goal may be scored on a direct kick off (i.e., another player is not required to touch it first), it is better to teach your players to control the ball on a kick off instead of just kicking it away. However, kicking it deep to the corner & rapidly "pushing up" to try to steal the ball back is a viable strategy that pro teams even use occasionally. Some coaches teach passing the ball backward on kick off (after it has been touched by the kicker). Before you try this, see Tip No. 7, "Steal Their Kick-Off", in Premium "41 Tips, Tactics & Strategies." Don't spend a lot of time teaching fancy kick-offs; there are so few in a game that it's not worth it. For all Rec teams we recommend just lining up and kicking it deep to the corner so your Forwards and

Midfielder's can push up and try to win the ball back. If you want, you can "overload" to the side you're kicking to, but you must be careful because that will pull your players out of position. But you can safely move the players on the "weak" side (which is the side you aren't kicking to) toward the center, which will prevent your opponent from easily driving through the center to your goal, put your players in a good position to win cleared balls and put your players in a good supporting position in case your team gets the ball on a turn over. Rec teams are more likely to score on a turn over (i.e., a mistake by the opponent) than on an attack starting with a kick-off. This kick-off has the advantages of being easy to teach and of moving the ball away from your goal so you avoid the possibility of turning over the ball in the midfield and giving your opponent the chance to score an easy goal on a quick "counterattack". Our experience is that it isn't worth Recreational teams spending much time practicing kick-offs (there aren't many kick-offs and there are many more important things to practice). Kicking the ball to the corner is a good strategy and you avoid the risk of turning over the ball and giving up an easy goal. In fact, many high school teams are now using this kick-off and most of the teams in the 2003 Women's World Cup used it. According to an article in the July 2004 issue of Soccer Journal, in the 2003 Women's World Cup almost all the teams had a kick-off designed to gain territory. Teams generally overloaded one side and drove the ball towards that side. [Soccer Positions Basics & Kick-Offs](#)

### [Kick-Offs Navigation Page](#)

#### **Kill The Ball Soccer**

Using the foot to stop the ball "dead".

#### **Killer Ball Soccer**

A pass that is so good that it sets up a goal. Usually a "through ball", a "long ball", a "give & go" or a soft "pass to space".

#### **Knute Rockne Quotes Soccer**

[Motivating quotes for soccer coaches](#)

#### **Laces Soccer \***

(aka "Instep"). Refers to the top of the foot where the shoelaces are. A front volley would be struck "with the

laces". Long shots, long passes & power kicks are also struck with the laces. (See "[Lofted Drive](#)").

## **Last Defender Soccer**

The defender (not counting the goalkeeper) who is closest to the goal you are attacking. (The goalkeeper is usually the actual last defender, but it is easier to teach this concept by referring to the last field player as the "Last Defender"). This is an important concept to teach because you may want your center forward to play within 2 steps of the Last Defender. The "Last Defender" is usually as far as a forward can "push up" without the ball & still be "onside". You want your forwards to stay 2 steps behind the last Defender so they won't be as likely to be called offside. It is hard to dribble past the Last Defenders. The best way to break through them is by "through balls", "give & go's" or "passing to yourself". (See "[Offside Rule](#)", "[Push Up](#)", "[Through Ball](#)", "[Pass To Yourself](#)" & "[Pass To Space](#)").

## **Late Tackle Soccer**

A tackle (usually a slide tackle) that makes contact with the ballhandler just after he has played the ball. (See "[Played](#)").

## **Laws Of The Game Soccer**

The official soccer rules are called the "Laws of the Game" and are published annually by FIFA. (Go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com) for more information and a complete list of the latest rules. Rules may be modified for women, players with disabilities and for players under 16 and over 35 years of age. See "[Rules](#)" herein and "[Field Size](#)").

## **LDMF Soccer**

Left Defensive Midfielder. (See "[Formations](#)"). Left is as you face the other team's goal.

## **Leading Pass Soccer \***

A pass into open space that "leads" the receiver (i.e., is played to space in front of the receiver). (See "[Through Ball](#)", which is a similar concepts and "[Pass to Space](#)").



## **LF Soccer**

Left Forward. Left is as you face the other team's goal. (See "[Positions](#)" and "[Forwards](#)").

## LFB Soccer

Left Fullback. (See "[Positions](#)" and "[Fullbacks](#)").

## Libero Soccer

The Italian term for "free player". Usually refers to the "Sweeper", but also can refer to a star player who is allowed to roam and play in the rear or front as he sees fit. (See "[Sweeper](#)").

## Lifted Ball Soccer

An "[Air Ball](#)".

## Line Of The Ball Soccer

Path of the ball.

## Lines Soccer

a. The general rule is that the lines on the field are part of the area they define & as long as any part of the ball is on the line it is considered to be **within** the area.

b. The ball must **totally** cross the side line or end line to be out-of-bounds.

c. The ball must **totally** cross the imaginary plane of the goal line (inside the goal of course) in order for a goal to be scored.

d. The thrower on a throw-in **may** step on the side line & is only considered to have crossed the line if one or both feet **entirely** cross the line. (This seems to contradict the other rule, but it is true).

e. On a goal kick, corner kick or kick off, the ball may be placed on the line. (It is considered to be on the line if any part of it is touching the line).

f. On the kick off, a player may be standing on the line.

## Linesman Soccer

What the Assistant Referees used to be called.



## Linkmen Soccer

(aka Midfielders). See "[Midfielders](#)".

## **LMF Soccer**

Left Midfielder. Left is as you face the other team's goal. (See "[Positions](#)" and "[Midfielder](#)").

## **Lofted Drive Soccer**

A pass or shot that is made by striking the lower part of the ball with the inside or outside of the foot near the laces, or with the top of the foot, so the ball rises into the air (i.e., so it is "lofted"). It is a "drive" because there is a full follow-thru. A good analogy is a drive in golf; here you are going for distance. This is different from a "chip" which is struck with a downward, jabbing motion & little follow-through. A drive is more powerful than a chip & at older ages is more likely to score from long distance. In youth leagues, however, where there is a short goalkeeper in a tall goal, a chip can be very effective. (See "[Drive](#)", "[Chip](#)", "[Hopped Pass](#)" & "[Air Ball](#)").

## **Lofted Pass Soccer**

See [Lofted Drive](#).

## **LOMF Soccer**

Left Offensive Midfielder. Left is as you face the other team's goal. (See "[Formations](#)").

## **Long Ball Soccer**

A ball that is kicked "long". This usually refers to a long ball from the FB's to open space or to an air ball that is sent between the FB's & the goalkeeper. (e.g., "send a long ball"). (See "[Through Ball](#)", "[Sweeper](#)", "[Over The Top](#)", & "[Push Up](#)").

## **Long-Ball Style of Play Soccer**

(aka Long Game or Direct Attack). A style of offensive play where the objective of the attacking team is to send "long balls" thru or over the defense which they hope their forwards will beat the defenders to. This style keeps pressure on the defense but it is much more effective if the attackers can also use short passes when near the other teams goal as a way to finish the attack. (See "[Short Game](#)", "[Over The Top](#)", & "[Direct Attack](#)").

## **Long Corner Soccer**

A corner kick that is kicked to the front of the goal in hopes an attacker will kick or head it in, as opposed to a "short corner" which is passed in. A Long Corner is a type of "Cross" to "Center The Ball". (See "[Short Corner](#)").

**[Motivational quotes for soccer coaching](#)**

## Lou Holtz Quotes Soccer

### Man On Soccer

A warning that a player yells to a teammate with the ball when a defender is coming up from behind (so the ballhandler will know to protect the ball).

### Mark Soccer \* (Key Concept)

(Mark Up or Mark A Man). Means to guard a man one-on-one ("man-to-man"). A pure man-to-man defense is being abandoned today in favor of one that uses a "spatial" or "zone" defense to defend the area between the ball & the goal and uses man-to-man near the goal & in cases such as corner kicks. A pure man-to-man defense doesn't work well in youth recreational soccer because many players don't have the speed or endurance it requires. (See "[Mark The Ball](#)" & "[Zone Defense](#)").

### Mark The Ball Soccer

(aka Spatial Defense or "Zone Defense"). To play the ball & defend space (i.e., Zone Defense) as opposed to marking a man. This is done by creating "multiple layers of defenders" between the ball & the goal ("depth") and the closest defender to the ball becomes the "First Defender", the next closest are "Second Defenders" & other defenders "shift & sag" as the ball moves. This is a more accurate term for "defending space" than the term "Zone Defense" because what you are really doing is defending the space between the ball & your goal. (See "[Pressure](#)", "[Zone Defense](#)", "[Flat Defense](#)" & "[First Defender](#)").

### MF Soccer

Abbreviation for Midfielder. (See "[Midfielders](#)").



### Middle Soccer

When describing defensive positions & terms such as "Support" it is necessary to refer to the "middle of the field". The middle of the field is the area that includes the Halfway Line & is where the midfielders generally stay the most. It is between the "Attacking Third" & the "Defending Third". The term "middle" is sometimes incorrectly used to refer to the "center", which is the area between the 2 goals. (See "[Middle Third](#)" & "[Center Of The Field](#)").

## Middle of the Field Soccer

See "Middle Third".

## Middle Third Soccer

The 1/3 of the field containing the Halfway Line & Center Circle. (See "Attacking Third" & "Defending Third").

## Midfielders Soccer \* (Key Concept)

(abb. "MF"; aka Halfbacks) Play between Forwards & Fullbacks. Must support the Forwards & also support the Fullbacks. Used to be called "linkmen" because they link the Fullbacks & Forwards. Must run more than any position & must have good stamina or be subbed a lot. On my U-16 recreational team we have 2 "Offensive MF's" ("OMF's") & 2 "Defensive MF's" ("DMF's"). (We play a 3-2-2-3, see "Formations"). My "MF's" move up on the attack & can move into scoring position & score if the opportunity is created. However, they must get back & cover their position & remember they are a mid-fielder. I encourage them to take long chip shots at the top of the goal, but not long grounders that the goalkeeper will easily pick up. On defense, I bring the DMF's back just outside the Penalty Box. We play a zone defense & the Defensive MF's will shift from side to side & move into the Penalty Box if necessary, depending on where the ball is, but the LMF (Left MF) & RMF (Right MF) will not go past the "center"; that way we always have someone covering the center even if the ball is far to one side. (The right and left sides are as you face the other team's goal). (See "[Formations](#)" and "[Positions](#)").



## Motivational Quotes Soccer

### Motivational quotes for soccer coaching

## Movement Off-The-Ball Soccer \* (Key Concept)

This is a key concept & one of the most important things you can teach. Movement Off-The-Ball is important on both offense AND defense and is critical to support and good teamwork. It is the key to "off-the-ball attacking". On offense, "movement off-the-ball" refers to the movement by the ballhandler's teammates (the ballhandler is "onball"). The 2 types of movement off-the-ball which all coaches can teach players U-10 & older are: having attackers stay a pass apart, and having receivers move away from the ballhandler as he approaches them in order to create space (i.e., so they are a pass apart). (See "[Creating Space](#)", "[Off-The-Ball](#)", "[Third Man Running](#)", "[Support](#)" & "Diagonal Run"). **I strongly**

**recommend you teach "Passing to Space" and "Aggressive Receiving" -- Passing to Space is easier for beginning players and will result in much better ball movement, better ball possession, use of Open Space and "field vision". Aggressive Receiving is a better way to teach receiving and will result in a big improvement in your players and their ability to retain the ball.**

## **Multiple Layers of Defenders Soccer**

As attackers move the ball around the field, defenders should be constantly shifting to maintain good defensive coverage and the players farthest from the ball should "sag" back so they are in position to stop an attack on goal (this **shifting & sagging** compacts the defense provides additional "depth" & concentration of defenders between the ball & the goal). This creates **"multiple layers" of defenders** in a position to stop an attack on goal. **Depth** on defense means having several defenders (ideally, multiple layers of defenders) spaced between the ball and the goal who are in a position to "recover" in time to stop an attack on their goal. This and **First Defender/Second Defender** are the most important defensive concepts. Depth is the opposite of a "flat" defense. See **Support**.

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## **Near Forward Soccer**

The Forward closest to the ball.

## **Near Fullback Soccer**

The Fullback closest to the ball.

## **Near Midfielder Soccer**

The Midfielder closest to the ball.

## **Near Post Soccer \***

(aka "First Post"). The part of the goal that is closest to the ball (e.g., "make a run to the near post" or "cover the near post" or "set up off the near post").

## **Near Stopper**

The Stopper nearest from the ball (if you play 2

## Soccer

Stoppers).

## Number of Players Soccer

The rules, which are called the "Laws of the Game," call for 11 players per side, although a team can play with as few as 7. However, most youth leagues play with fewer than 11 until age 12 or 14. Contact your soccer association to discuss their rules or go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com). (See "[Formations](#)", "[Positions](#)" and "[Small Sided](#)").

## Numbers Soccer

Refers to one team having a concentration of players in a specific area or a numerical advantage. For example, "The Defense has numbers in the Box". Or, if the offense had a numerical advantage & scored, you might say, "They had numbers".

## Nutmeg Soccer

When a ballhandler intentionally passes the ball through a defenders legs, then the defender has been "nutmegged".

## Obstruction Soccer

See "Fouls, Indirect Kick, Impeding the Progress of an Opponent".

## Off His Line Soccer

When the goalkeeper comes out of the goal (i.e., "off" the goal line between the goal posts) he is "off his line".

## Off-The-Ball Soccer

Refers to players on the attacking team who do not have the ball (e.g., "movement off-the-ball"). In contrast, the player with the ball (the "ballhandler") is "onball". (See "[Onball Attacker](#)", "[Movement Off-The-Ball](#)" & "[Creating Space](#)").

## Off-The-Ball Attacking Soccer

A style of play emphasizing "off-the-ball" movement as a way to "create space" & scoring opportunities. (See "[Movement Off-The-Ball](#)" & "[Creating Space](#)").

## Off-The-Play

Refers to a player who is not directly involved in the

## Soccer

play. For example, if one player passes to another, they are in the play, but their teammates are "off the play". This term can refer to players who are on offense & defense. (For example, see "[Third Man Running](#)").

## Offense Soccer

(aka "Attacking"). See "[Attacking](#)", "[Attacking Plan](#)" & "[Creating Space](#)".

## Offensive Midfielders Soccer

(Abbreviation is "OMF"). See "[Formations](#)".



## Offside Rule Soccer (Simplified)

If "offside" is called in your age bracket, you can teach this simple version: You are not offside if you are doing any of the following:

1. Are in your own half of the field (your half is the half your goalkeeper is on). Or,
2. Are even with or behind the ball. Or,
3. Don't go past the "Second Last Defender" (The goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of goal). Or,
4. Receive the ball direct from a goal kick, corner kick or throw-in. **(But you can be offside if you receive it direct on a "free kick"). Or,**
5. Are the ballhandler (the ballhandler can be closer to the goal than the ball if he has his back to the goal).

The penalty for Offside is that an **Indirect Free Kick** is awarded to the opposing team to be taken from the place where the offside occurred.

When my forwards "push up" without the ball, I tell them to stay 2 steps behind the Last Defender (not counting the goalkeeper) so they are less likely to be caught offside or to be accidentally called offside. (See "[Played](#)" & "[Offside Rule, Detailed](#)").

## Offside Rule

What makes the offside rule especially complicated is that a player can be in an "offside position" without

## Soccer (Detailed)

being offside. Two things are necessary to be "offside":

1st - The player must be in an "offside position" at the **moment** the ball is "played" by a teammate. To be in an "offside position", a player must be on the opponent's half of the field & closer to the opponent's goal line than both the ball & the second-last defender. A player is **not** in an offside position if he is on his own half of the field (i.e. the half his goalkeeper is on), or even with the second-to-last defender or the last 2 defenders. (The goalkeeper is usually the last defender, or one of the last two, but he might not be; the rules just refer to the last 2 defenders & don't mention the goalkeeper). This is often difficult to call. (For example, if a player is even with the Second Last Defender & thereby in an "onside position" but runs past the Second Last Defender a split second after his teammate makes a through pass. In this example, the player is not offside because he was in an onside position at the moment the ball was played.)

2nd - The player must be involved in "active play" by either:

- gaining an advantage by being in an offside position, or
- interfering with play, or
- interfering with an opponent



For example, if a player is in an "offside position" but not involved in the play, he would not be "offside". This can be a tough call & can be very judgmental. For example, what if the "onball attacker" is to the right of the goal but a teammate is in an "offside position" to the left of the goal? You can argue that the teammate wasn't involved in the play, but you can also argue that he distracted the goalkeeper because the goalkeeper had to worry about the possibility of a crossing pass & therefore the attacking team "gained an advantage by being in an offside position", in which case the teammate was "offside". In this case, the Referee's decision might depend on whether he felt the Goalkeeper was influenced by the player in the offside position. Obviously, it is a very subjective decision.

The penalty for Offside is that an **Indirect Free Kick** is awarded to the opposing team to be taken from the

place where the offside occurred.

I suggest this: don't argue with the referee over these calls. It's a very tough call and it's easy to miss these calls. (Even the best Linesmen in the world miss these calls). **I suggest teaching your attackers to stay 2 steps behind the "Last Defender" and, if they don't have the ball but are running with a teammate who has the ball, to stay 3 steps behind the ball so they are less likely to be called offside.** (The linesman's sight angle can sometimes make an attacker look like he's in an offside position when he's actually even with the Last Defender or with the ball).

**Special Cases Where Offside Is Not Called:** A player is **not offside** if he receives the ball directly from a goal kick, throw-in or corner kick, even if he is in an offside position; however, once touched, the offside rule starts and if it is then played to a player in an "offside position", offside may be called. **(Note that the offside rule does apply on "free kicks")**. A player is also **not offside** if he passes the ball backward, even if doing so leaves him in an "offside position". However, if he is in an offside position and the ball is played returned to him by a teammate (e.g., a wall pass), then he can be called offside.

## Offside Trap Soccer

When defenders (often a "flat defense") intentionally move forward to try to "trap" an attacker who doesn't have the ball in an offside position. Don't try to teach this to youth teams; it is too complex. However, you can teach your team to stay 12-18 steps away from your goal when the other team has a Free Kick, which is a similar concept and will keep the attackers from scoring on headers or rebounds off the Free Kick. (Defenders must stay 10 yards from the ball on free kicks, so this will only work if the kick is from 20-30 yards out). Remember, the Offside Rule is in effect on Free Kicks. (See "[Flat Defense](#)" and "[Offside Rule, Detailed](#)").



## OMF Soccer

Abbreviation for Offensive Midfielder. (See "[Midfielders](#)" & "[Formations](#)").

## On His Line Soccer

Refers to the goalkeeper staying between the goal posts, as opposed to being "off his line". (See "[Off His Line](#)").

## Onball Soccer

(aka "Onball Attacker" & "First Attacker"). Refers to the player with the ball, such as the "onball attacker". (See "[First Attacker](#)", "[Second Attacker](#)", "[Third Attacker](#)", "[Off-The-Ball](#)" & "[Creating Space](#)").

## Onball Attacking Soccer

A style of play which relies on the ballhandler to create opportunities by dribbling to get open or dribbling to pull defenders away from receivers who the ballhandler then tries to pass the ball to. (See "[Creating Space](#)" & "[Movement Off-The-Ball](#)").

## One Touch Soccer \* (Key Concept)

(aka "First-Time Ball"). When the ball is passed back without stopping it so it is touched only once it is called a one touch pass. If it is shot on the first touch, it is called a one touch shot. (See "[Two Touch](#)").

Every "**one touch**" shot or pass occurs on the "[first touch](#)", so if a player wants to be good at one-touch, he or she should try to develop a good "first touch". However, a good first touch doesn't mean everything has to be one touch - it just means that the player has good control on the first touch (a player, might, for example, block a pass into open space away from an opponent and then pass or shoot on the second touch, or might retain possession and dribble or pass the ball).

The [Dribble Around Cone & Pass Relay Race Practice Game](#) can teach "first touch" and "one touch" because the players who can "first touch" and "one touch" will win that game and those who don't will usually lose. The coach can easily teach first touch and one touch by using that game - just demonstrate and give the players "tips" after each game about how they can win, and explain why the winners won the game. The [Dribble Around Cone & Pass Relay Race Practice Game](#) is played at Game Speed and under pressure, so players will learn to play fast and under pressure.

## Open Space Soccer

(aka Space). Any part of the field where there isn't a defender, but especially in the area you are attacking (i.e., the area between the ball & the goal). Receivers should be watching for passes to "open space" & passes to open space should be made so the attacker has a better chance of winning the ball than the defender. (See "[Pass To Space](#)", "[Creating Space](#)", "[Through Ball](#)", "[Leading Pass](#)" & "[Spread The Field](#)").

## Outside-Of-Foot Soccer \*

The outside-of-the-foot can be used to pass, shoot, turn, reverse, dribble & control the ball. It is very important to encourage its use. (See "[Flick Pass](#)", "[Hook Turn](#)", & Outside- & Top-of-Foot Practice Games).

## Outswinger Soccer

See "[Banana Kick](#)".



## Overarm Throw Soccer

One of the ways a goalkeeper distributes the ball. The arm stays straight & power is from the shoulder. The throw is overarm (aka a "bowling" throw, as it is called in the game of Cricket) and not sidearm, to avoid sidespin. Not for very young players because their hand is too small to hold the ball & they often don't have shoulder strength. Even a "baseball throw" (aka "javelin throw") is difficult for young children. (See "[Distribute](#)", and "[Goalkeeper](#)").

## Over Coaching Soccer

Over Coaching means controlling or trying to "program" a team to the point that they have no creativity & can't think for themselves. (Soccer is different from American Football in that the game is more continuous & players must make many decisions. It is more like basketball, except you can't call time outs).

Over Coaching has been criticized, and rightly so. Some of these critics argue that "The Game Is The Best Teacher". There is some truth to this, but my experience is that the best approach is for the coach to teach technique and basic terms & concepts but also to incorporate small sided play, practice games that teach technique or tactics, or "situational scrimmages" (like the "Corner Kick Simulation" Practice Game on SoccerHelp Premium). One role for a soccer coach is to show the right way, to teach basic terms & concepts, and to teach players the "rules" to guide their decision-making (see "Coaching Rules") & then let them play. I can't imagine a child who wouldn't benefit from being taught proper technique and basic soccer terms, concepts & rules. "Over Coaching" is bad, but that doesn't mean you shouldn't teach kids how to play. Thinking of yourself as a teacher & not as a coach may help you avoid the tendency to over coach. (See "[The Game Is The Best Teacher](#)" & "[Small Sided](#)").

## Over The Top Soccer

"Over The Top" has 2 meanings:

1. It is most commonly used to mean a long lofted ball

that is kicked deep by defenders toward the other team's goal. This is a "direct" attacking style of play (sometimes called a "long ball" style) where the objective is to get the ball away from your goal onto the other team's half of the field in hopes of gaining "territory" by winning the ball and creating a scoring opportunity. It is the opposite of a controlled, indirect, possession type of play that relies on many short passes. (See "[Long-Ball Game](#)", "[Direct Attack](#)", "[Attacking](#)" & "[Counterattack](#)").

2. (aka Over The Ball). This phrase also refers to a dangerous tackle where a tackler's foot goes over the top of the ball & often cleats the ballhandler in the shin. A variation is when the defender raises his foot above the ball so that if the attacker kicks the ball he will be cleated. This is called "going over the ball".

### **Overcommitting Soccer**

Is when a defender rushes the ball or jumps into the air so that the ballhandler is able to get past him. It is better to stay on the ground, slow down the attack, wait for an opportunity & try to force the ballhandler to go toward the side line instead of to the center.

### **Overlap & Overlapping Run Soccer**

When one player moves out of position & past a teammate he "overlaps". Overlapping can be good or bad. For example, it could be good if a MF makes an "overlapping run" past a forward who has the ball (i.e., who is "onball") because the MF could either become a receiver or distract a defender. But it is usually bad if your defenders "overlap" very much because it means someone is out of position & you don't have coverage, depth or support.

### **Overload Soccer**

Refers to having more players in a portion of the field than are normal. For example, you might overload the left side of the Penalty Box when you attack by shifting right side players over to the left side. This might yield a numerical advantage or if defenders are man-marking it might pull them out of position.

### **Own Goal Soccer**

The term used for a goal accidentally scored by a team in its "own goal". Except in a few very unlikely cases, it counts as a goal for the other team, just as if they had scored it.

## Pace Soccer

The speed on the ball, speed of a player or speed of the game. You want to have proper "pace" on a pass. (See "Weight"). The British also use this to refer to a player's closing speed (e.g., "he has great pace").

## Pass Soccer

A pass is a kick, or a ball played with the head, chest or thigh, that is intended to be received by a teammate. Like in basketball, passing is preferable to dribbling because the ball can be moved more quickly & can better be kept away from the other team. By U-12, it is critical for a team to be able to attack by passing. (See "[Pass To Feet](#)", "[Push Pass](#)", "[Hopped Pass](#)", "[Toe-Kick](#)", "[Flick Pass](#)", "[Pass To Space](#)", and "[When To Dribble](#)"). I strongly recommend you teach "[Passing to Space](#)" and "[Aggressive Receiving](#)" -- Passing to Space is easier for beginning players and will result in much better ball movement, better ball possession, use of Open Space and "field vision". Aggressive Receiving is a better way to teach receiving and will result in a big improvement in your players and their ability to retain the ball.

## Pass To Feet Soccer \*

Passing to a teammate's feet is good if he is surrounded by defenders, but otherwise it is better to "pass to space". It is important to teach this to your players. An example of when you should "pass to feet" is if a forward is in scoring range but defenders are around him. Players U-12 & older should be taught to control a hard pass to their feet. (See Practice Game called "Hard Passing/Glue Foot Receiving", "[Pass To Space](#)", and "[Creating Space](#)").

## Pass To Space Soccer \* (Key Concept)

Teach players to "pass to space" (i.e., to "open space") & teach receivers to anticipate passes to space, as opposed to "passing to feet". These passes are sometimes called "leading passes" (if they are made to space in front of a receiver) or "through passes" (if they are through the defense into the open space behind the defense). This is a very important concept to teach & one that I think should be introduced by U-8 & definitely by U-10. It becomes increasingly important, as players become older, & is very important by U-12. An advantage of this style of play (as opposed to "passing to feet") is that players learn they must be alert and must go to the ball and not wait for the ball to come to them. Passing to space also encourages "movement off the ball". (See "[Creating Space](#)", "[Leading Pass](#)", "[Through Ball](#)", "[Wall Pass](#)", "[Formations](#)", "[Attacking Plan](#)", "[Styles of Play](#)", "[Pass To Yourself](#)", "[Open Space](#)", "[Pass To Feet](#)". Also see the Section titled "Scoring More Goals"). **I strongly recommend you**

teach "Passing to Space" and "Aggressive Receiving" -- Passing to Space is easier for beginning players and will result in much better ball movement, better ball possession, use of Open Space and "field vision". [Aggressive Receiving](#) is a better way to teach receiving and will result in a big improvement in your players and their ability to retain the ball.



## Pass To Yourself Soccer \*

(aka "Pop It"). As players get older & better, it becomes very difficult for an attacker to dribble past a defender & passing becomes very important. By U-12, your attack won't work very well unless your team can "pass", "pass to space" & "pass to yourself". One way to beat a defender is to "pass the ball to yourself" by passing the ball to open space behind the defender & then beating him to it. The passer has the advantages of knowing where he is passing it & of forward momentum, while the defender must turn around and gain momentum. This is one way to get through the last line of defenders if they have "pushed up" & in that case is like passing a "through ball" to yourself. This works best if the attacker is faster than the defender. I tell attackers to "pop the ball" past the defender & ideally to chip it or kick an "airball" if they can, since an airball is hardest for a defender to block with his foot. Since they can run faster without dribbling than they can if they are dribbling, I tell them to pop it as far as they can while still beating the defender to it. For example, if they are on the right or left side, they can pop it farther than if they are in the center, because if they kick it too far down the center the goalkeeper will get it. If the defender is faster than the attacker, the attacker won't be able to pop it very far or the defender will beat him to the ball. Second Attackers and Third Attackers must move up with the ball to support the First Attacker. If a defender gets the ball, the attackers must pressure the defender to try to win back the ball. If they can cause a turnover, they may have a scoring opportunity. (See ["Through Ball"](#), ["Hopped Pass"](#), ["Creating Space"](#), ["Verbal Signals"](#), ["First Attacker"](#) & ["Pass"](#)). **How to teach "Passing to Space" and "Aggressive Receiving" are explained in SoccerHelp Premium.**

## Passing On Soccer

When a defender turns over responsibility for marking an attacker to a teammate, usually because the attacker leaves one defender's zone & enters a different defender's zone.

## Pat Riley Quotes Soccer

## Motivating quotes for soccer coaches

### Penalty Soccer

See "[Fouls](#)" and "[Penalty Box](#)".

### Penalty Area Soccer

(aka "Penalty Box", "Box" or "Eighteen"). See "[Penalty Box](#)".

### Penalty Box Soccer

(aka Penalty Area, "Box" or "Eighteen"). The large box in front of the goal in which the goalkeeper can touch the ball with hands. The half circle at the top of this box is the Penalty Box Arc. Size will vary by age group & your club rules. On adult sized fields, the Penalty Box extends 18 yards from the Goal Line into the field. For dimensions go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com). (See "[Field Diagram](#)", "[Eighteen](#)", "[Box](#)" & "[Penalty Box Arc](#)").

### Penalty Box Arc Soccer

(aka The "D"). See "[Penalty Box](#)", "[Field Diagram](#)" & "[D](#)".



### Penalty Kick Soccer

(aka "Spot Kick"). A "penalty kick" or "PK", is a special type of direct free kick. When a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box, the other team is given a Penalty Kick. On a PK, a player from the fouled team (the coach can choose who, but it is nice to choose the player who was fouled) gets a free shot at goal from the "Penalty Mark" (which is 12 yards out for U-12 & older; less for U-8 & U-10) with only the goalkeeper to stop the shot. All other players must stay outside the Penalty Box & the Penalty Box Arc until it is kicked. The kick must go forward & once "in play" (i.e., once the ball moves) any player other than the kicker may then touch the ball. The goalkeeper must stay on the goal line until the ball is kicked, but he can move laterally along the line. The goalkeeper cannot take actions (such as waving his arms or yelling) to try to intentionally distract the kicker because that would be "unsporting", nor can the kicker start his run & then stop for the purpose of faking the Goalkeeper, for the same reason.

The player taking the penalty kick may not play the ball a second time until it has touched another player. (Interpretation: he MAY play the ball and attempt to score

if the goalkeeper or another player has touched it, but not if just bounces back off the post or crossbar; the kicker must not touch it unless another player has touched it).

If, after the penalty kick has been taken the kicker touches the ball a second time (except with his hands, which is a direct free kick penalty) before it has touched another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. However, if the kicker deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. (Go to [www.fifa.com](http://www.fifa.com), "Regulations", for more details).

## **Penalty Mark Soccer**

The "Penalty Mark" is a mark on the field from which a Penalty Kick is taken. It is 12 yards out from the Goal for U-12 & older and less for U-8 & U-10.

## **Performance Soccer**

**[Hydration and energy replacement can both affect the performance of soccer players.](#)**

## **Pinnie Soccer**

(aka Training Vests or Bibs) A mesh or nylon practice vest used to identify teams during practice.

## **Pitch Soccer**

English term for any type of sports field.

## **Played Soccer**

(e.g., "at the instant the ball is played" or "after the ball has been played"). Refers to a pass or kick & not to dribbling & not to a player without the ball. The term "played" is critical to the definition of "offside". (See "[Late Tackle](#)" & "[Offside](#)").

## **Players Soccer**

The rules, which are called the "Laws of the Game," call for 11 players per side, although a team can play with as few as 7. However, most youth leagues play with fewer than 11 until age 12 or 14. Contact your soccer association to discuss their rules or go to "Laws of the Game" at [www.fifa.com](http://www.fifa.com). (See "[Formations](#)", "[Positions](#)" and "[Small Sided](#)").

## Playing Distance Soccer

Within 3 feet of the ball. (Several rules make reference to "Playing Distance" without defining it; ["Obstruction"](#) & ["Shoulder Charge"](#), for example).



## Pop It Soccer

A verbal signal for "Pass To Yourself". See ["Pass To Yourself"](#) & ["Verbal Signals"](#).

## Positions Soccer

See ["Forwards"](#) (F), ["Fullbacks"](#) (FB), ["Midfielders"](#) (MF), ["Goalkeeper"](#) (GK), and ["Stopper"](#) (S) & ["Sweeper"](#) (SW). LF is Left F, CF is Center F, RF is Right F, etc. In designating positions, as you face the other team's goal, Right (e.g., RMF) is to your right. (See ["Formations"](#), ["Small Sided"](#), ["Number of Players"](#) & ["Zone Defense"](#)).

## Possession Style Soccer

An "indirect" style of play that emphasizes ball control and many short passes, as opposed to long airballs. The argument in favor of this style is that it teaches players to control the ball. The argument against overemphasis on this style is that players can lose sight of the real objective, which is to score, and not to just see how many consecutive passes can be made (i.e, a team should possess the ball in order to score, but the objective is to score and not to just possess the ball). Most Recreational teams cannot be successful trying to play a possession style because they aren't capable of making 7-10 consecutive passes under pressure. Some people think "Possession Soccer" cannot be combined with "Attacking Soccer" (meaning a more direct style that uses long passes and long "over-the-top" airballs), but that is not true. In fact, the two styles can be effectively combined. For example, the Amsterdam professional team Ajax (pronounced "eye' ax") does so, often playing a series of short passes in the "middle third" (in order to lull the opponent and to give their Forwards time to go forward) and then suddenly sending a long airball into the Penalty Box. See ["Styles of Play"](#), ["Formations"](#) and ["Attacking Plan"](#) for more information and attacking styles more suitable for recreational teams.

## Post Line Soccer

An imaginary line extending perpendicular from a goal post. This is a useful term when describing positioning.

## Post-Up Run Soccer

An attacker backs into a defender, receives a pass, spins and quickly passes to a teammate who is breaking

through the Flat back Line.

## **Power Shot Soccer**

(aka "Drive"). See "[Drive](#)".

## **Practicing Soccer**

See "[The Game Is The Best Teacher](#)".

## **Press Soccer**

When a team "Pushes Up", it is similar to a "press" in basketball & there are special tactics for "beating the press". (See "[Push Up](#)").

## **Pressure Soccer**

There must be pressure on the ball any time it is in scoring range or close enough to your goal that it could be centered (or crossed) to the front of the goal. Over 50% of goals scored occur when there is a lack of pressure on the ball. Pressure slows down the attack & makes it much more difficult to get a clear shot on goal or to deliver a good pass into the center. You should also teach your forwards & MF's to pressure the ball to try to win it back any time it is near the other team's goal. For example, they should aggressively double-team the ballhandler to try to win the ball back after a turnover near the other team's goal. This can be a great scoring opportunity if you can win the ball &, if you accidentally foul, a free kick is too far away from your goal to score. (See "[Zone Defense](#)", "[Mark The Ball](#)" & "[First Defender](#)").



## **Professional Foul Soccer**

(aka "Tactical Foul"). An intentional foul for the purpose of stopping the attacker from breaking away to goal or to prevent a scoring opportunity. Punishable by a yellow card or red card. Also called a tactical foul.

## **Promotion Soccer**

See "[Relegation](#)".

## **Pull Soccer**

See "[Checking Off](#)", "[Hooking Run](#)" and "[Show](#)".

(aka "Drag Back"). A pullback is executed by placing the

## **Pullback Soccer \***

bottom of the foot on the ball, rolling it (or flicking it) backward, and turning with it. It is a way to quickly reverse direction. Every player U-8 & older should know how to do a pullback. A "Stop/Turn" also uses the bottom of the foot to stop the ball but doesn't pull the ball back. (See "Stop/Turn"). Other primary methods of turning include the Outside-of-foot Hook and the Inside-of-foot Hook, which is also called a "Cutback". (See Practice Games, "Dribble Across a Square").

## **Punting Soccer**

The key to consistent punting is to face the target "square" & a consistent drop. Children's hands are small. Teach your young goalkeepers to hold the ball with 2 hands, fully extend the arms & drop the ball from waist height. This will result in a consistent drop. If punts are too low (not enough height) it means the ball is being contacted too low. If too much height & not enough distance, it is being contacted too high. The goalkeeper has **six seconds** after picking up the ball to punt it or release it. He is allowed to pick it up, run with it and then punt, throw it, or drop it and dribble or kick it. However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it. (See "[Fouls](#)", "[Indirect](#)", "[Distribute](#)", "[Goalkeeper](#)" & "[Penalty Box](#)").

## **Push Pass Soccer \* (Key Concept)**

The most important and most frequently used pass. Made with the inside-of-foot & called a push pass because of the long follow-through which sometimes looks like pushing the ball. The ball is struck with the part of the foot under the anklebone. This is the most accurate pass but best for short passes that stay on the ground. This pass is accurate because it is easy for the passer to lock his ankle. Key teaching points are to have the player face the target and square up so he, the ball & the target are in a straight line, keep both knees slightly bent, pull up the toes so the kicking foot is parallel to the ground, lock the ankle on contact and follow through toward the target. An advantage of this pass is that when receiving the ball the leg will stop the ball if it takes an unexpected bounce. (See "[Toe Kick](#)", and "[Inside-of-Foot Pass](#)").



## **Push Up Soccer \* (Key Concept) (U-10 & up)**

**Read "Should You Push Up When You Attack? Or Should You Defend Deep?"** The term "push up" refers to fullbacks or midfielders moving forward toward the halfway line. In certain formations and if your team has speed and stamina, you should "push up" when you attack

or any time the ball is near the other team's Penalty Box, even if the other team has the ball, so you can support your attack or put pressure on the ball. To build an attack (especially on a large field) it is an advantage to have everyone, including the defenders, shift with the ball. This allows your team to keep "shape" so there is "support". Moving the fullbacks up also has the advantage of keeping the other team away from your goal because they will be "offside" if they go past the last defender before the ball passes him. This keeps the attackers out of scoring range, but defenders must be quick to fall back if the ball gets past them. This is why some teams use a "Sweeper". A Sweeper is a very fast player with good endurance who is not afraid to make contact to stop the ball & clear it. The Sweeper will play slightly behind the fullbacks or as a Center Fullback with a "Stopper" in front of him. (The Stopper doesn't have to be as fast, but must be tough and able to stop the ball). The Sweeper will run down any through balls or breakaways and kick the ball out of bounds over the side line to slow down the other team's attack so your team will have time to recover. If your fullbacks are slow and you want to push them up when you attack, consider using a Sweeper. Another alternative is a 3-2-2-3 formation, as described in "Formations" and "Attacking Plan".

Once a team is "pushed up", the FB's won't automatically fall back when they lose the ball but may stay pushed up to apply pressure & try to steal the ball back. This is kind of like a defensive "press" in basketball & it is hard to dribble thru these FB's when they are pushed up. The way to break thru & beat the "press" is by playing "[through balls](#)", "[give & go's](#)" & "[passing to yourself](#)". If your opponent's FB's are pushed up, it creates the opportunity for a fastbreak [counterattack](#). **In recreational soccer it is best to not push up if you play on a long field and the other teams Forwards are faster than your Fullbacks. An alternative is to use a formation that creates more depth, such as a 3-2-3-2 and to defend deep.** This is described in detail in "Formations" and "Attacking Plan". (See "[Attacking Plan](#)", "[High Line](#)", "[Last Defender](#)", "[Through Ball](#)" "[Pass To Yourself](#)", "[Give & Go](#)", "[Formations](#)", "[Defending Deep](#)", "[Styles of Play](#)", "[Sweeper](#)", "[Stopper](#)" & "[Defending to Win](#)").

### **Note for U6 and U8 Coaches about Whether to Push Up or Defend Deep:**

If you are a U6 coach, don't worry about tactics, just have fun.

If you are a U8 Rec coach, you are probably better off to

Push Up your Fullbacks to the Halfway Line when you attack instead of Defending Deep and having your Fullbacks stop on the Penalty Box Line. There are 2 reasons: The **first reason** is because your opponents probably can't attack as a team so the threat of giving up a lot of goals on breakaways isn't great. The **second reason** is that many U8 Rec coaches probably can't train their Midfielders and Forwards to drop back to a position to win cleared balls when their goal is under attack. **Defending Deep only works if the Coach can train his Midfielders and Forwards that when their goal is under attack they MUST come back to a position where they can win cleared balls. If the MFs and Fs don't drop back to win the cleared balls, it is a disaster because the team Defending Deep can never clear the ball out of its Defensive Third and the opposing team will win all the balls your Fullbacks try to clear.**

Remember, every situation is different and your decision should be based on your players and opponents, but if I coached a typical U8 Rec team, I would start by Pushing Up my Fullbacks when I attacked. IF I faced a great team that was scoring on breakaways, then I might consider Defending Deep, BUT I would only Defend Deep if I was able to train my MFs and Fs to drop back to a position to win cleared balls when our goal was under attack, because otherwise we would never clear the ball out of our Defensive Third. As I mention below, I might consider splitting the difference and Pushing Up halfway to the Halfway Line because that would stop most of the breakaways and your Fullbacks wouldn't be as far from your MFs and Forwards, so it would be easier for the MFs and Forwards to win cleared balls.

Of course, keep in mind that **there are lots of variations of Defending Deep and Pushing Up** and being "Pushed Up half way" and "Defending Deep half way" are the same thing □ your Fullbacks would be halfway to the Halfway Line in either case. Pushing Up halfway to the Halfway Line would stop most of the breakaways and your Fullbacks wouldn't be as far from your MFs and Forwards, so it would be easier for the MFs and Forwards to win cleared balls. If you coached a U8 Rec team you would probably tell your Fullbacks that their job is to kick the ball forward or to slow down the attack until your midfielders can recover to help.

**You can probably get away with Pushing Up slow Fullbacks to the Halfway Line until about U9 or U10 most of the time.** The reason is that most soccer teams simply don't have the skill to counterattack until U9 or U10. But by U9 or U10, if you Push Up slow Fullbacks

against a well-coached team, you will give up lots of goals on breakaways. So, you will be able to beat poorly coached teams, but not well-coached teams.

**If you have the speed to do so, Pushing Up your Fullbacks is definitely preferable.** If you Defend Deep, Push Up your Fullbacks to at least to the Penalty Box Line  don't leave them on the Goal Box Line, that won't help you much and they will be in your Goalie's way.

## **RDMF Soccer**

Right Defensive Midfielder. (See "[Formations](#)"). Right is as you face the other team's goal.

## **Ready Position Soccer**

The goalkeeper's basic stance (knees bent & hands up) when the ball is within shooting distance of the goal.

## **Rebound Soccer \***

When your team shoots, it is important for the F's & MF's to "go to goal" & get in position near the goal for a "rebound". A rebound will occur when a shot hits the goal or when the goalkeeper blocks a shot. However, your players should not go too close or the rebound will bounce behind them. When this happens, they not only don't have a shot, but they actually are in the way of their teammates who are trying to take a shot. (i.e., They are between the ball & the goal & blocking their teammate's ability to take a shot. It's almost like giving the other team a defender). Tell your players to not run into the Goal Box until they see where the rebound is going (remind them that they can run forward a lot faster than they can run backward). Also, teach them to aggressively try to win the ball back if an opponent other than the goalkeeper gets the ball near the other team's goal (e.g., from a rebound or a turnover). This can be a great scoring opportunity if you can steal the ball back &, if you accidentally foul, the free kick is too far away from your goal to score. (See "[Finish](#)", & "[Attacking](#)").

## **Receive Soccer**

(aka "Trap"). Receiving the ball used to be called "trapping" the ball, but today most people use the term "receiving". Receiving is a very important skill that every coach should teach. A player can "receive" the ball on a pass or a loose ball. The ball is usually received with the

foot (inside, outside, top or bottom), but it can also be received with the chest, head, thigh, or any part of the body except the arms (the definition of "arm" is the movable part of the arm up to where the arm joins the shoulder). See "[Trap](#)" and "[Hand Ball](#)". I strongly recommend you teach "[Passing to Space](#)" and "[Aggressive Receiving](#)" -- Passing to Space is easier for beginning players and will result in much better ball movement, better ball possession, use of Open Space and "field vision". Aggressive Receiving is a better way to teach receiving and will result in a big improvement in your players and their ability to retain the ball.

## Receive and Move Soccer

The receiver should know if a defender is close by and, if so, he should move toward the ball on a pass & receive the ball so it is shielded from the defender or block it into open space away from the defender. Receiving is a very important skill that every coach should teach. A player can "receive" the ball on a pass or a loose ball. The ball is usually received with the foot (inside, outside, top or bottom), but it can also be received with the chest, head, thigh, or any part of the body except the arms (the definition of "arm" is the movable part of the arm up to where the arm joins the shoulder). See "[Trap](#)" and "[Hand Ball](#)".

## Recommended References Soccer

See SoccerHelp Premium.



## Recover Soccer

(aka "Recovering Run"). Refers to players running to get "goalside" when their team loses the ball so they can take up defensive positions. In recreational soccer, if the other team has a fast break, defenders will often kick the ball out of bounds so the defense has time to "recover". (See "[Shift & Sag](#)" and "[Cover](#)").

## Recreational Soccer

(aka "Rec" soccer). There are 2 types of youth soccer, recreational and select (which is also called travel soccer). "Recreational" soccer is what most youth participate in. There are usually fall and spring seasons, the sponsoring organization lines up the coaches & recruits the players, during the season there is usually one game per week, fun & good sportsmanship are stressed & each player plays at least 50% of each game. Coaches are usually parent volunteers. Rec teams often practice only once per week. (See "[Select Soccer](#)").

## **Red Card Soccer**

Means a player is ejected from the game & may not be replaced (i.e., his team must "play short"). A red card does not have to be preceded by a "Yellow Card". (See "[Cards](#)" and "[Rules](#)").

## **Redirect Soccer**

To change the path of a moving ball by deflecting it (e.g., at the high school level, many goals are scored by a player using his head to redirect a chip pass).

## **Referee Soccer**

Most youth games have one referee on the field, called a "Center Referee", who is the referee-in-charge and 2 Assistant Referees. (See "[Assistant Referee](#)").

## **Relative Positions Soccer**

Positions The difficulty of teaching Soccer Positions is that, except for Fullbacks at young ages, players often move around the field and don't stay in one spot. So, the positions are "relative" to each other, and generally when on Defense, the "left" side players should stay on the left side of the field, the "right" side players on the right side of the field (left and right are as you face the opposing Goalie), Fullbacks should be closer to their Goalie than their Midfielders are, and Midfielders should be closer to their Goalie than their Forwards are. These guidelines also apply when a team is on offense, but not as strictly. (Offense is more creative than defense and players may "overlap" in order to advance the attack; this is particularly true with Midfielders and Forwards, because most coaches may want their Fullbacks to be conservative and stay in a defensive position in case there is a counterattack by the opponent). See [Positions Basics and Kick-Offs](#).

## **Release Soccer**

Refers to allowing a FB or the Sweeper to come into the attack if they have the ball and can penetrate. This can be very effective and creates scoring opportunities by overloading the opponent's defense. For example, "They allow the Sweeper to release into the attack". (See "[Attacking](#)").



## **Relegation Soccer**

Many professional leagues such as the English Premier League and the Italian Serie A use a system of "relegation & promotion" where the teams finishing lowest in the standings are relegated to a lower, less prestigious division and the top teams in the lower

division (e.g., Division I in England) are "promoted" and move up to play in the better league. Relegation is bad; promotion is good.

## **Re-Start Soccer**

Any time play is stopped and restarted, or where the ball can't be pressured, such as on a [Corner Kick](#), [Goal Kick](#), [Throw-In](#), [Kick-Off](#), [Free Kick](#) or [Penalty Kick](#). When the Goalkeeper picks up the ball it's similar to a re-start, since the ball can't be pressured and there is an opportunity for a [Set Play](#). See [Short Corner Set-Play & Corner Kick Attacking Strategies](#) on Premium.

## **Re-Start Play Soccer**

(aka "Set Play"). See "[Set Play](#)" & "[Re-Start](#)".

## **Restraining Line Soccer**

The farthest an attacking player can legally "Push Up" without being "Offside". See "[Offside Rule \(Simplified\)](#)" for the definition. For example, Anson Dorrance plays an aggressive style of attack and has said that when his opponent has the ball, he likes to have his Forwards play on the edge of the restraining line.

## **Reverse Pass Soccer**

A lateral (sideways) pass to a player who is trailing to one side. This is not a backward or back heel pass. It is often played to space in front of the teammate who is coming up from behind & may go slightly backward. (See "[Back Pass](#)").

## **RF Soccer**

Right Forward. Right is as you face the other team's goal. (See "[Positions](#)" and "[Forwards](#)").

## **RFB Soccer**

Right Fullback. (See "[Positions](#)" and "[Fullbacks](#)").

## **RMF Soccer**

Right Midfielder. (See "[Positions](#)" and "[Midfielders](#)").

## **ROMF Soccer**

Right Offensive Midfielder. (See "[Formations](#)").

## **Rules Soccer**

The basic soccer rules are described in these Definitions. See "[Advantage Clause](#)", "[Cards](#)", "[Fouls](#)", "[Hand Ball](#)",

["Offside Rule"](#), ["Shoulder Charge"](#), ["Assistant Referee"](#), ["FIFA"](#), ["Corner Kick"](#), ["Free Kick"](#), ["Goal Kick"](#), ["Kick Off"](#), ["Lines"](#), ["Penalty Kick"](#), ["Substitutions"](#) & ["Throw-Ins"](#). Also, see ["Rules"](#) and ["Safety Rules"](#), Basic Information & Tips for Beginning Coaches. Soccer rules are revised annually by FIFA. You can visit [www.fifa.com](http://www.fifa.com) for the latest official rules, which are called the "Laws of The Game".

## **Run Of Play Soccer**

(aka "Flow of Play") Refers to goals scored during normal play, as opposed to PK's or shootouts. (e.g., "He scored 4 goals, all in the run of play".)

## **Running With The Ball Soccer**

(aka "Speed Dribbling"). See ["Speed Dribbling"](#)

## **Sag**

See ["Shift & Sag"](#).

## **Sandwiching**

A foul occurring when 2 or more teammates "hold" an opponent by boxing him in. Penalized by a direct kick. (See ["Fouls"](#)).

## **Save**

When the goalkeeper catches or blocks a shot and thereby prevents the other team from scoring a goal.

## **Scissors**

The term has 2 meanings. It is a type of Feint (See ["How To Teach Feints & Fancy Footwork"](#)), & Scissors Kick is also another name for ["Bicycle Kick"](#). (See ["Bicycle Kick"](#)).

## **Scrimmaging**

See ["The Game Is The Best Teacher"](#).

## **Scorebox**

(aka "Danger Zone"). See ["Danger Zone"](#).

**Second Attacker \***  
**(Key Concept)**

An attacker who is within a short to medium passing distance from the First Attacker. (See "[First Attacker](#)" & "[Third Attacker](#)").

**Second Defender \***  
**(Key Concept)**

There should always be a Second Defender. (See "[Support](#)" & "[Shift & Sag](#)").

**Second Sweeper**

The concept of having the goalkeeper push up to the edge of the Penalty Box (or even farther) when your team is "pushed up" on the attack so he can kick away long through balls (or long cleared balls) that the other team might kick into the open space behind the FB's. This can work very well in youth soccer on a larger field (e.g., U-10 or U-12) because the kids can only kick the ball 25-35 yards in the air; thus, the goalkeeper doesn't have to worry as much about getting kicked over as a high school goalkeeper would. (See "[Goalkeeper](#)").



**Select Soccer**

(aka "Travel" soccer). There are 2 types of youth soccer, recreational and select (which is also called travel soccer). "Select" soccer is more competitive & teams often practice several times per week & play year-round. There are usually try-outs for these teams, players can be "cut" and playing time is not guaranteed. The focus of these teams is often on winning tournaments & that is how their success is judged. They are sometimes called "travel" teams because they travel to tournaments in other cities. These teams often have paid coaches or a paid trainer. They have been criticized for having too much focus on tournament play and not enough emphasis on training. (See "[Recreational Soccer](#)").

**Send It**

A verbal signal to send a "through ball". (See "[Verbal Signals](#)" & "[Through Ball](#)").

**Send It Through**

See "[Pass To Space](#)", "[Pass To Yourself](#)" & "[Through Ball](#)".

**Send Off**

A player must be "sent off" if he receives a "red card". This means he is made to leave the field and cannot return. In some leagues he may not be

replaced & his team must play "one player short". (See "[Cards](#)").

## Serious Foul Play

A player must be given a "red card" & "sent off" for serious foul play. (See "[Cards](#)").

## Service

A pass.

## Set Play

A planned play that usually occurs after a "[re-start](#)" where the ball can't be pressured (i.e., any time play is stopped & restarted, or where the ball can't be pressured, such as on a [Corner Kick](#), [Goal Kick](#), [Throw-In](#), [Kick-Off](#), [Free Kick](#), [Penalty Kick](#) or even a [punt](#)) where players are assigned a specific task. If a Set Play occurs on a re-start it may be called a "[Re-start Play](#)". See [Short Corner Set-Play & Corner Kick Attacking Strategies](#) on Premium.



## Settle

To control the ball, for example when receiving a hard pass. ("He couldn't settle the ball".)

## Shadow Marking

Assigning a defender to mark a dangerous attacker closely.

## Shadow Play

A training technique in which players try to follow the movements of a coach or of a leader.

## Shape

Refers to whether the players on your team are generally maintaining correct distances between each other so there is "support" & coverage when you are on offense or defense. If they are bunched up or players are too far apart ("stretched") or your FB's are overlapping MF's, etc., then you don't have good "shape". (See "[Stretched Defense](#)" and "[Sag](#)" & "[Support](#)").

## Shepherding

(aka "Jockeying"). See "[Jockeying](#)".

## Shield \*

(aka Screen). When a player legally positions his body so the defender can't touch the ball without fouling. (e.g., The ballhandler shifts the ball to his foot that is farthest from the defender, stays low with his knees bent & feet apart so he can't get easily pushed off the ball & stiffens the arm nearest the defender; the arm can't be used to push the defender but it can point down & slightly out so he's ready to withstand a "Shoulder Charge"). See "[Strength On the Ball](#)" & "[Shoulder Charge](#)".

## Shift \*

Attackers & defenders should constantly be shifting (as the ball moves) so they are in a position to provide "support" or "cover". (See "[Support](#)", "[Cover](#)", "[Shift & Sag](#)" & "[Support Distance](#)").

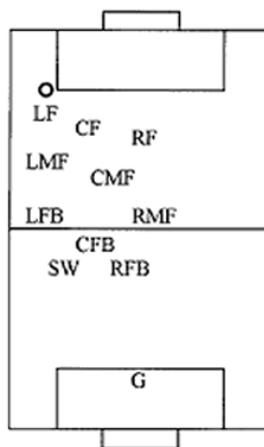


## Shift & Sag \* (Key Concept)

A convenient term for describing what you want your players to do on defense. It has 2 meanings:

**First**, as attackers move the ball around the field, defenders should be constantly shifting to maintain good defensive coverage and the players farthest from the ball should "sag" back so they are in position to stop an attack on goal (this provides additional "depth" & concentration of defenders between the ball & the goal). This creates "**multiple layers of defenders**" in a position to stop an attack on goal. For example, if the ball is on the left side & the LF is the First Defender, then the LMF should be a Second Defender, the CF should also be a Second Defender, & the LFB should be the Third Defender. The CF should shift so he is within 5 - 7 steps of the ball & "sag" back a little so if the onball attacker tries to go to the left of the LF the CF is there to stop the penetration. The CMF should also "shift & sag" so he is between the CF & the goal (i.e., 10 - 15 steps behind the CF), & the CFB should do the same behind the CMF. On the right side, the RF should sag behind the CF, but not go past the center of the field (i.e., the imaginary line between the goals), etc. **These relationships are shown in the diagram below.** If the ball were on the right side, it would be reversed. Note that all defenders don't try to stay precisely between the ball & the goal (if they did you would have no "width" & your field "coverage" would be poor); however, they are in position to "recover" in time to stop an attack on goal.

**Second**, when a team loses the ball, the players nearest the ball should stay & try to be "**First or Second Defenders**" & slow down the attack. But all others should quickly "sag" back toward their goal (i.e., "Recover") to create multiple layers of defenders. This doesn't mean that everyone runs back in front of the goal; if they do it just makes it easy for the attackers to reach your Danger Zone. A rule of thumb is that the Fullbacks should drop back far enough that a long chip pass won't go over their heads. Also, keep in mind that even when the FB's have sagged back near their goal, you must leave some MF's & F's outside the Penalty Box in a position to win cleared balls & to receive passes so you can counterattack. If all your players are in the Penalty Box you won't be able to get the ball off your end of the field. (See "[Defense](#)", "[Depth](#)", "[Support](#)", "[Support Distance & Relative Position](#)", "[Formations](#)", "[Zone Defense](#)", "[First Defender](#)", "[Recover](#)", "[Funnel](#)" "[Mark](#)", "[Formations](#)" & "[Pressure](#)").



O = Ball

This drawing assumes the other team has the ball & it shows relative defensive positions. It shows a pushed up defense which is sometimes not best for a rec team. (See "Formations"). Notice that there are **multiple layers of defenders** between the ball & the goal (i.e., "depth") as described above & that there is good coverage. Also notice that players move closer together when on defense. (They spread back out again to get "width" when they go back on offense). Defenders must always "shift & sag" with the ball, constantly moving up, back, left or right so they are in a position to "recover" in time to stop an attack on goal & are supporting each other.

## Shoot

See "[Drive](#)", "[Pass](#)", "[Chip](#)", "[Flick Pass](#)" & "[Toe Kick](#)".

## Shoot-Out

When a game is tied and time has run out, a "shoot-out" is one way to break the tie (another is to play overtime periods). A shoot-out is similar to a penalty kick, except the players must all stay in the

middle of the field. Each team will receive a certain number of chances to score.

## Short

To play "short" means to play with fewer than the allowed number of players.

## Short Corner

A corner kick where the ball is put into play with a short pass instead of a long kick. Once put into play, the "Offside Rule" applies. (See "[Corner Kick](#)" and "[Long Corner](#)"). See "[Short Corner Set-Play & Corner Kick Attacking Strategies](#)" on Premium.

## Short Game

(aka Short-Ball Game, Controlled Game or Indirect Attack). Style of offensive play based on short passes (See "[Long-Ball Game](#)").

## Shoulder Charge

(aka "Fair Charging"). A type of "tackle" which can be legally used to try to "win" (i.e., gain possession of) the ball. To be legal, it: (a) cannot take place from behind (b) is only permitted within playing distance (i.e., 3 feet) of the ball (c) cannot be violent or dangerous (d) must be intended to win the ball & not just to knock down the opponent (e) must be shoulder to shoulder (not to the opponents chest or back) with the arms (especially elbows) close to the body (f) the player must have at least one foot on the ground (i.e., he can't leap). (See "[Tackle](#)", "[Fouls](#)", "[Shielding](#)", "[Strength On the Ball](#)" & "[Win The Ball](#)").



## Shoulder Tackle

Another term for "Shoulder Charge". See [Shoulder Charge](#).

## Show

When a receiver makes it obvious to the ballhandler that he is open for the pass or when the passer makes it obvious to the receiver that he wants to pass to him. The passer can do this by looking at the receiver or going toward him or by turning toward him. Three ways the receiver can do this are to come back toward the ball, by "checking off", or by turning toward the ballhandler in a "ready" stance. (See "[Checking Off](#)" & "[Target Player](#)").

## **Sidearm Throw**

A sidearm throw by the goalkeeper is to be avoided because the ball will curve. See "[Overarm Throw](#)".

## **Side Line**

(aka "Touch Line"). The long sides of the field. Length will vary by age group & your club rules. (See "[Field Diagram](#)").

## **Similarities To Other Sports**

If you think about it, soccer has similarities to many other sports. It is most similar to basketball, which uses both "zone" and "man-to-man" defenses, set plays, "give & go", movement-off-the-ball to create space, & emphasizes passing. There also similarities to hockey & football and concepts such as "follow through", "staying on your toes" & a "quick first step" are used in most field sports.

## **Six**

(aka "Goal Area" or "Goal Box"). The Goal Box extends 6 yards from the Goal and Goal Line (See "[Goal Box](#)").

## **Slide Tackle**

When a defender slides on the ground and attempts to kick the ball away from the ballhandler. If the tackle is careless, reckless or uses excessive force or the tackler first contacts the ballhandler instead of the ball, a foul should be called. If the tackle is from behind (from an angle that doesn't allow the ballhandler to see it coming) a "Red Card" can be given. Some youth & adult leagues don't allow slide tackling because too many injuries result. I don't teach it & don't allow it. Beside the possibility of getting hurt or hurting someone else, you can't play if you are laying on the ground. (See "[Tackle](#)" and "[Fouls](#)").



## **Slot**

The space between defenders. An attacker might pass the ball through the "slot", in which case it can be called a "slotted ball". (See "[Channel](#)").

## **Small Sided**

Most youth leagues play with less than 11 players per side until U-12 or U-14. This is called playing "Small Sided". At U-6, there may be as few as 3 per side; at U-8 4 or 5 per side; at U-10 6 to 8 per side, etc. At young ages it is much better to play small

sided; the players get many more "touches" on the ball & it is much easier to teach them the important concepts such as "support", "First Defender", to "shift & sag", and to spread out & get open for passes. In small sided games with 5 or less players per side, you shouldn't worry about "formations" or "positions" but should teach basic concepts, teamwork, passing, dribbling & basic tactics such as "shifting & sagging" & to mark up behind a man when the other team has a throw-in or is near our goal. To quote Bobby Howe, Director of Coaching Education for the U.S. Soccer Federation & author with Tony Waiters of 2 excellent books (see "Recommended References" in Chapter 3 for the titles):

*Fewer players on the field*

*Reduces the size of the "swarm;"*

*Creates more touches;*

*Does not allow players to "hide" or be excluded from the activity;*

*Presents realistic but simple soccer challenges;*

*Requires players to make simple but realistic soccer decisions.*

*Realistic Experience + Fun = Improvement In Play.*

Some coaches incorporate small sided play (e.g., 4 vs 4) into practices. However, this can be difficult to administer and is not a substitute for practicing specific skills.

(See "[Number of Players](#)", "[Formations](#)", "[The Game Is The Best Teacher](#)", "Small Sided Games & Formations" which is No. 11 in the Section of Chapter 3 titled **Basic Information & Tips for Beginning Coaches** and the Comments at "Small Sided Scrimmage Without A Goalkeeper" in the Practice Game<sup>TM</sup>).



## **Soft Pass Soccer**

A ground pass with the proper "weight" (i.e., pace & spin) & so the receiver can take a good one-touch shot on it; especially a ball played to space within shooting range of the goal.

## **Space = Time Soccer**

Attackers want to get away from defenders into open space so they have time & room to attack. Defenders don't want to give attackers space, especially if the attackers are in scoring range (i.e., in the "Danger Zone").

## **Spatial Defense Soccer**

(aka "[Zone Defense](#)", "[Mark the Ball](#)" & Space Marking).

## **Speed Dribbling Soccer \*** **(Key Concept)**

Speed Dribbling is a way to move the ball fast when you are open. Instead of keeping it close to your feet, you kick it forward and run to it (being sure to get there before an opponent), then kick it forward again, etc. The techniques are different for Control Dribbling and Speed Dribbling. To Speed Dribble, you kick the ball forward using the outside top of the front of the foot (not the inside of the foot). There is an excellent demonstration of Speed Dribbling on the Anson Dorrance-Tom Stone Soccer Clinic DVD at minute 19:15, [Dribbling for Speed](#). (See [Pass to Yourself](#), [How To Teach Dribbling](#) and [Control Dribbling](#)).

## **Sports Drinks Soccer**

[\*\*Which is better for soccer players, water or sports drinks?\*\*](#)

## **Spot Kick Soccer**

A "[Penalty Kick](#)".

## **Spread The Field Soccer** **(Key Concept)**

(aka "Stretch The Field"). When you are attacking, you want to "spread" or "stretch" the defenders to open up holes in the defense. By spreading the defenders, you force them to cover a larger area so the defenders are farther apart & can't do as good a job of supporting each other. (On the other hand, if you are defending, you want to be careful to not get too spread out or stretched). One way to spread out a defense is by using "width" on the attack. One example of this is if you spread your FB's wide on

your goal kick in order to force the defenders to cover the entire width of the field. Another example of spreading the field is to be sure your forwards stay a pass apart. You can also stretch the length of the defense. An example of this is if the other team is "pushed up" and you put your fastest forward at the halfway line & then send "through balls" or long cleared kicks into the open space between the other team's FB's & their goalkeeper. If you do this a few times the other team won't be able to push up as far and you will have "stretched" their defense. (See "[Width In Attack](#)", "[Width In Defense](#)", "[Stretched Defense](#)", "[Stretch The Field](#)" & "[Goal Kick](#)").



### **Square Defense Soccer**

(aka "Flat Defense"). See "[Flat Defense](#)".

### **Square Pass Soccer**

(aka "Flat Pass"). A pass across the field (parallel to the end line) A "cross" can be a type of square pass. (See "[Cross The Ball](#)").

### **Steps Soccer**

In youth soccer, it is useful to talk about distances in terms of "steps", instead of yards. When used in this book, the term "steps" refers to the size step a player in that age group might take, with U-12 being adult size. This term is useful because it adjusts the distances to fit the size of the player. For example, if it says the CF should be 5 - 7 steps from the LF, the distance is shorter for U-8 than for U-12.

### **ST Soccer**

Abbreviation for Stopper. (See "[Stopper](#)").

### **Steve Spurrier Quotes Soccer**

[Motivational quotes for soccer coaching](#)

### **Stop/Turn Soccer**

A method of turning where the player uses the bottom to his foot to stop the ball while on a fast run, lets his momentum carry him a step or two past the ball, but quickly turns and comes back to the ball. Similar to a "Pullback" except the ball is

not pulled back and the player makes the turn away from the ball, whereas on a Pullback the player turns toward the ball.

## **Stoppage Time Soccer**

Time added to international games to extend the game to make up for "stoppages" such as injuries, substitution, time wasting, lost ball, etc. This is added by the center referee & he is the only one who knows how much "stoppage time" is being added &, therefore, the only one who knows exactly when the game will end. This is also mistakenly called "Injury Time".

## **Stopper Soccer**

(abbreviation is "ST") A center fullback or a player who plays between the FB's & MF's who is good at stopping attacks up the center. Also can refer to a defender who marks the opponents' most dangerous striker. Often a strong, tough, brave player. Similar to defensive midfielders. See "Tips" for more about how & when to play a Stopper. (See "[Formations](#)" and "[Tips](#)").

## **Straight Lines Soccer**

Sideways, Forward or Backward, as opposed to diagonals. Encourage attacking players to play angles as well as straight lines, including diagonal passes onto open space.

## **Strategy Soccer**

See "[Formations](#)", "[Creating Space](#)", "[Attacking](#)" & "[Defense](#)".



## **Strength On The Ball Soccer**

Refers to how hard it is to steal (i.e., "dispossess") the ball from the ballhandler. You will notice that it is easy to steal the ball from some players but difficult to steal the ball from others. The difference depends on footwork, shielding & "strength on the ball". To protect the ball, the ballhandler should shift it to the foot farthest from the opponent and, if the opponent is close by, prepare for a "Shoulder Charge" by bending his knees, bracing himself & stiffening the arm closest to the opponent. Players should always keep their knees bent, even if they don't have the ball. At advanced levels, the ballhandler will stay very low when defenders are

close by & may drop his shoulder to keep from getting pushed off the ball. You want your players to have "strength on the ball" so they are not easily pushed off the ball. (See "[Shielding](#)", "[Shoulder Charge](#)" & "[Drag The Ball](#)").

## **Stretching Soccer**

See "[Warming Up & Stretching](#)".

## **Stretch The Field Soccer**

(aka "Spread The Field"). See "[Spread The Field](#)", "[Stretched Defense](#)", "[Width In Attack](#)" & "[Width In Defense](#)".

## **Stretched Defense Soccer**

When defenders are too far apart. A stretched defense has holes & is vulnerable to attack. (See "[Stretch The Field](#)", "[Width In Attack](#)" & "[Width In Defense](#)").

## **Strike The Ball Soccer**

Kick the ball, head it, knee it, etc. A player can strike the ball with any part of the body except the hand, arm or shoulder.

## **Striker Soccer**

A scoring forward, usually a center forward (as distinguished from a "wing" forward, whose job might be to cross the ball to a striker) who is very skilled at scoring. There could be one or two of these. The term implies a player who is great at shooting & "finishing". This player will sometimes stay "pushed up" when the rest of the team is back on defense. Many great strikers are poor defenders & if so they are called "pure strikers". You can argue that a great striker is born & that the instincts & quickness required can't be taught. (See "[Forward](#)", "[Wing](#)" and the Section titled "Scoring More Goals").

## **Strong Side Soccer**

The side of the field (i.e., the side, not the end) that the ball is on. The other side is called the "weak side" or "back side".



## **Styles of Play Soccer**

On offense, the two primary styles of play are a "direct attack" (which tries to quickly move the ball

into scoring range, often using long passes, "through balls", or long air balls) and an "indirect attack" (also called a "Possession" style, which is slower and uses many short passes, often sideways or backwards, while looking for a weakness in the defense.) On defense, the two primary styles of play are a "zone defense" and a "marking defense" (i.e., a man-to-man defense). There are several different terms that describe other styles of play. For example, "passing to feet" vs. "passing to space" and "onball attacking" vs. "off-the-ball attacking". With most formations you can use different styles of play.

When comparing styles of play, you can look to other sports for analogies. In American football, for example, the dominant style of play used to be the running game, but today more teams emphasize the pass than the run. The best teams recognize that a balanced attack that uses both the run and the pass is best. In American football, if a team only runs, the defense will crowd the offense to stop the run. In soccer, if a team only attacks with short passes, the opposing defenders will push up to the halfway line or farther. The threat of through balls and long balls "stretches the defense" and is what forces defenders to stay honest. Another analogy to American football is that when you have the ball near your goal you definitely do not want to turn the ball over. In American football, even the best teams will protect the ball and punt. For this reason, it is best for most rec soccer teams to clear the ball away from their goal if there is any pressure, and hope they can win the cleared balls at least 50% of the time. (Although if there isn't pressure or you have skilled FB's you can "build play from the back").

If you watch a lot of professional soccer from different countries you will see that most good teams from around the world control the ball and build play in the midfield, but also incorporate through balls and long balls into their attack (i.e., they mix the indirect and direct styles of play). In fact, depending upon the league, between 15% and 30% of the goals scored are a result of through balls or long air balls.

The style of attack you teach your team should depend on the ability of your players, the amount of time you can practice, and your coaching ability. The style of attack that will work best also depends on the type of defense the other team plays (e.g.,

whether they are "pushed up" or "defending deep") and whether your Forwards are faster than the other teams FB's. For example, if the opposing FB's push up and your Forwards are faster, you should try through balls and quick counterattacks. A select team that practices 4 hours per week can play a better short passing game than a typical rec team. In any case, you will want to teach the concepts of "First Attacker", "Second Attacker", and "Third Attacker".

As for a defensive style of play, a "zone defense" and "First Defender/Second Defender" works best for most rec teams. This is because many rec FB's don't have the speed or stamina to play a man-to-man style of defense. How to teach a zone defense is explained at "Zone Defense" and at "Support". (See "[Attacking](#)", "[Attacking Plan](#)", "[Boom Ball](#)", "[Counterattack](#)", "[Creating Space](#)", "[Direct Attack](#)", "[Possession Style](#)", "[Spread the Field](#)", "[Stretched Defense](#)", "[Through Ball](#)", "[Long-Ball Game](#)", "[Over the Top](#)", "[Zone Defense](#)", "[Support](#)", "[First Attacker](#)", "[Formations](#)", and the section titled "Scoring More Goals").

## **Substitutions Soccer**

(aka "Subbing"). [See Substituting \(Substitution, Subbing\) - Rules, When To and How To](#). Youth Leagues usually either allow "unlimited substitutions" (which usually means the coach can "sub" as many times as he wants during the game but only at certain times such as goal kicks) or only allow subbing between quarters. If "unlimited substitution" is allowed, you can usually sub at these times (check with your league to see if they follow these rules): after a goal kick is called for either team, after a goal by either team, after a throw-in is called for your team (not the other team), at halftime, and at an injury time-out if the other team replaces a player (but you can only sub as many players as they do). You usually cannot sub on corners, or free kicks. Substitutions may only occur with the Referees permission (you can get his attention by yelling "sub"). Players entering & leaving the field should only do so at the halfway line. The rules technically say that a player must leave the field first before his sub can enter the field. Many referees don't enforce this in youth games because there is so much substitution. However, if the Ref says "call them off first", this is what he means. Often, midfielders are subbed the most because they run the most. (See "[Unlimited Substitutions](#)").



## Support Soccer \* (Key Concept)

You want to have "support" on both offense & defense. "Support" refers to having teammates who are properly positioned near the ball (i.e., within passing range on offense and within 5 - 10 steps of the First Defender on defense):

A. **On Offense**, there should always be 2 or more teammates within passing range (7-15 steps, depending on age) who are open for a pass. One of these can be following the ballhandler (a "trailer"). The key concepts are "First Attacker", "Second Attacker", and "Third Attacker". (See "First Attacker", "Push Up", "Support Distance & Relative Position", "Attacking", "Attacking Tips" in Chapter 1, & Chapter 2, "How To Teach Offense & Defense").

B. **On Defense** there are 3 key concepts:

1. "First Defender" - The player closest to the ball must challenge the ball & try to slow down the attack or block a shot, and
2. "Second Defenders" - The second closest player must be the Second Defender and back up the First Defender and stay between the ball and the goal. The Second Defender should stay about 5-7 steps behind the First Defender and should become the First Defender if the ballhandler gets by the initial First Defender. (In this case, the initial defender should drop back to help the defender who was backing him up).
3. "Shift & Sag" - As soon as the ball is lost, your team should quickly "transition" from offense to defense; the closest player should become the "First Defender" the next two closest should become the "Second Defenders" & all the rest should "shift & sag". What this means is to shift so they are generally between the ball & the goal & sag back to create multiple layers of defenders (which is called "Depth"). There are 2 rules that you can use to teach your players how to "shift & sag" on defense:
  - o The left & right players (e.g., the LMF & RMF or LFB & RFB) should not go past the center

of the field.

- Don't go past a teammate unless it is an emergency & never go past two teammates. These rules apply to defense but not offense because more creativity is allowed on offense. (See "[Shift & Sag](#)", "[Shape](#)", "[Depth](#)", "[Cover](#)", "[Width In Defense](#)", "[Support Distance & Relative Position](#)", "[Zone Defense](#)", "[Defense](#)" & "[Flat Defense](#)").

**C. All players should shift toward the ball whether on offense or defense. Ideally, there should be multiple layers of support on both offense & defense.**



## **Support Distance & Relative Position Soccer**

**On offense**, you want to "spread the field" & to add "width". This means the distance between players (especially F's & MF's) will be greater than when they are on defense. The players still "support" each other, but on offense, players will be more "square" than when on defense. For example, if your LF has the ball & is attacking, your CF may be even with him or in front of him & a long pass away. Whereas, on defense, if your LF is the First Defender, your CF will probably sag back & move within 5-7 steps so he can provide defensive "support" (meaning he is helping contain the attacker & is a Second Defender because if the ballhandler moves his way he must become the First Defender) & "cover" (meaning that he is covering space so there isn't a hole for the attacker's to easily penetrate; in other words, if he wasn't covering that space the attackers would go through it to penetrate the defense). (See "[Support](#)", "[Cover](#)", "[Depth](#)", "[Zone Defense](#)", "[Sag](#)" & "[Creating Space](#)").

## **SW Soccer**

Abbreviation for Sweeper. (See "[Sweeper](#)").

## **Sweeper Soccer \* (Key Concept)**

**(abb. "SW")**. A fast & tough player who usually plays just behind the fullbacks, although he is allowed to roam. His job is to cover the space between the fullbacks & the goalkeeper & to stop "breakaways" & "sweep up" the ball or kick long

"through balls" out of bounds so the defense has time to recover. Using a sweeper increases your "depth" & field coverage and therefore allows your fullbacks to push up to support your attack. A Sweeper is like a free safety in American football. A good sweeper must be fast & willing to make contact to steal the ball. A Sweeper can be like a coach on the field and can help direct adjustments, since he is usually the deepest field player and in a good position to view the game. The trend with pro teams is to not use a Sweeper but instead to use a "flatback four", which is 4 Fullbacks playing a zone defense and using a lot of "offside traps". A Sweeper was originally used to back up man-to-man defenses. However, using a Sweeper can also be used with a "Zone Defense" (i.e., "Spatial Defense"). A great Sweeper who has speed and great coverage skills can allow your Fullbacks to push up to support your attack, even if they aren't fast, because he will slow down the attack and give your Fullbacks time to recover. **However, if you don't have a great Sweeper, a better alternative for most recreational teams is to use a 3-2-2-3 formation where the FB's stay deep, as described in "Formations".** (See "[Push Up](#)", "[Formations](#)", "[Through Ball](#)", "[Breakaway](#)", "[Second Sweeper](#)", "[Support](#)", "[Cover](#)", "[Defending Deep](#)" & "[Zone Defense](#)").



## Switch Soccer

On offense, when 2 players swap position in an effort to get open. On defense, when 2 defenders are man-marking & swap the men they are marking. In both cases, one of the players might yell "switch" to the other.

## Switch The Play or Switch Fields Soccer

(aka Change Fields, Switch Fields or Reverse The Field ). An attacking concept where the ball is quickly passed from one side to the other (i.e., to the "weak side") where the defense is weaker. This is usually done by a long pass (often a chip pass). This also has the effect of loosening or stretching the defense so it is less compact & easier to penetrate. (See "[Strong Side](#)", "[Back Side](#)", "[Width In Attack](#)" & "[Width In Defense](#)").

## System Of Play Soccer

The concepts of "[Positions](#)", "[Support](#)" and "[Shift & Sag](#)" teach teamwork and, when combined with a

**"Formation"** and **"Style Of Play"**, they provide the organization for your team's play, and collectively are called your "System of Play". Starting at U-8, you should teach your players the concepts of **"Positions"** (i.e., that there are **"Forwards"**, **"Midfielders"**, **"Fullbacks"** and a **"Goalie"**), **"Support"** (i.e., **"First Defender/Second Defender"** and **"First Attacker/Second Attacker/Third Attacker"**) and to **"Shift & Sag"**. These concepts are easily taught and, in essence, teach teamwork. They can make a huge difference in your team's play. How to teach "Positions" is explained in SoccerHelp Premium at "How To Teach Soccer Positions". How to teach "First Defender/Second Defender" is explained at "Quick Team Improvement Program" section no. 3, at "10 Defense Tips & Tactics" section no. 7 and at "Support" in the Dictionary. How to teach "First Attacker/Second Attacker/Third Attacker" is explained at **"First Attacker"** in the Dictionary, and In Premium at "Scoring More Goals" and "Attacking Plan". How to teach "Shift & Sag" is explained in Premium at "Quick Team Improvement Program" section no. 4 and at **"Shift & Sag"** in the Dictionary. On Premium, also see "How To Teach Soccer Formations", "Formations" and see "Styles of Play" in the Dictionary.

## **Tackle Soccer**

To steal the ball. Mostly done while standing (see **"Shoulder Charge"** & **"Block Tackle"**), but also see **"Slide Tackle"**. (Also see **"Fouls"**).

## **Tactical Foul Soccer**

(aka "Professional Foul"). See **"Professional Foul"**.

## **Tactics Soccer**

See **"Formations"**, **"Creating Space"**, **"Attacking"** & **"Defense"**.

## **Takeover Soccer**

When a ballhandler moves in one direction but leaves (i.e., "drops") the ball for a teammate behind him who moves in a different direction. Too complicated for youth teams.

## Target Player Soccer

The player who is "targeted" to receive the ball when attacking. Also, a forward whose job is to get as close as possible to the opponent's goal without being offside. Teammates will try to get this player the ball by passing or "through balls". Also, a potential receiver who gets in scoring position.

## Techniques Soccer

Skills such as dribbling, shooting, passing, receiving, throw-ins, etc.



## The Game Is The Best Teacher Soccer

This is a frequently repeated statement & there is truth to it, but don't think it means that a coach isn't needed. I can't imagine a child who wouldn't benefit from being taught proper technique & basic soccer terms, concepts & rules. These aren't things a child will learn by themselves in the backyard. However, "over coaching" can be as bad as "under coaching", & that is what "The Game Is The Best Teacher" warns against. Thinking of yourself as a "teacher" & not as a "coach" may help you avoid the tendency to "over coach". Some coaches believe that the best way for players to learn to play is by playing or scrimmaging instead of practicing. This idea doesn't make any more sense for soccer than it does for basketball, hockey or any other sport. Scrimmaging is no substitute for practicing specific skills. Also, if you scrimmage a lot your players may be less excited about their real games. (See "[Over Coaching](#)" & "[Small Sided](#)").

## Third Attacker Soccer \* (Key Concept)

An attacker who is in scoring position or running with the attack but a long pass away from the First Attacker. (See "[First Attacker](#)", "[Second Attacker](#)", & "[Third Man Running](#)").

## Third Man Running Soccer

(aka "Third Attacker). The concept that, when attacking, a teammate "off-the-play" (i.e., a third player other than the passer & receiver) should run to support the receiver. The "third man" can then become a receiver or an alternate receiver and the original passer can become the "third man" after he passes the ball. Good examples of this can be seen in professional games on TV where a "3 man line" will run toward goal on the attack; for example, the RF with the ball, the CF who is the likely receiver & running toward the near post and the LF who is running toward the far post. (See "[Movement Off-The-Ball](#)", "[First Attacker](#)", "[Third Attacker](#)", "[Creating Space](#)", & "[Off The-Play](#)").



## Through Ball Soccer \* (Key Concept)

(aka Through Pass). A pass between defenders into the open space between the fullbacks & the goalkeeper with the idea that a forward will beat the defenders to the ball. There are 2 types: a "Straight Through Ball" & a "Diagonal Through Ball". (See "Pass To Space", "Leading Pass" & "Pass To Yourself"). This is a very important concept to teach & one that I think should be introduced by U-8 & definitely by U-10. By U-12 (& sometimes by U-10) defenders will be "pushing up" & it will become very difficult for attackers to dribble past the "Last Defender". "Through Balls", "Passing to Yourself", "Switching The Play" & "Wall Passes" become the keys to a successful offense. If the other team is having success with through balls, it may be because your defense is "flat" & doesn't have "depth". (See ["Depth"](#), ["Zone Defense"](#), ["Push Up"](#), ["Last Defender"](#), ["Leading Pass"](#), ["Give & Go"](#), ["Pass To Space"](#), ["Diagonal Through Ball"](#), ["Styles of Play"](#) & ["Stretch The Field"](#)).

## Throw-In Soccer \*

**This is a type of "Set Play." See the review of "Coaching Set Plays" for Set Play Tactics.** Throw-ins are very important because each team will take 25 or more of them during a game. When the ball goes out of bounds over the side line (i.e. the "touch line"), it is "out" on the team that last touched the ball before it crossed totally over the side line, and the opposing team is allowed to get the ball and one of their players (often the closest, or a player designated by the coach to take the throw-ins) is allowed to inbound the ball by picking it up with his hands and throwing it back onto the field. This is called a "throw-in". This is the only time a player other than the Goalkeeper is legally allowed to pick up the ball with his hands. For a throw-in to be legal: (a) the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line (e) the ball must be throw-in from the place where it went out of bounds (Referee's usually let the throw-in be taken from the approximate point where the ball went out of bounds, and you rarely see arguments about this). If the thrown ball does not enter the field, the throw-in is retaken by the same team. The thrower may not touch the ball again until it has touched another player. The penalty for an illegal throw-in is that your team loses the ball & the other team gets to take a throw-in from the same spot. A goal may **not** be scored on a direct throw-in (i.e., it doesn't count if it is thrown

into the goal without another player touching it first). A player is **not** offside if he receives the ball direct from a throw-in. An opponent must stay at least 2 meters from the thrower and can be given a yellow card for standing closer than 2 meters (note that this rule probably won't be enforced at very young ages). Also, an opponent is guilty of unsporting behavior and should be given a yellow card if he unfairly distracts or impedes the thrower (e.g., by jumping around, shouting or making gestures to intentionally distract the thrower, or by jumping in front of the thrower). When a throw-in is awarded the Assistant Referee will point the flag in the direction in which the attackers will advance (i.e. toward the goal of the team it is out on). (See "[Offside Rule](#)", and "[Assistant Referee](#)"). See the [Throw-Ins Navigation Page](#)



## Tips Soccer

There are many coaching tips in this Dictionary. See "[Coaching Rules](#)", "[Attacking Plan](#)", "[Formations](#)", "[Creating Space](#)", "[Shift & Sag](#)", "[Spread the Field](#)", "[Styles of Play](#)", and "[Support](#)".

## Toe-Kick Soccer

Generally to be avoided because it is easy to mis-kick the ball with the toe (the inside of foot or instep is much larger & more reliable). However, if near the goal or to steal the ball, a "toe-poke" (as opposed to a kick) is perfectly acceptable. (See "[Drive](#)" & "[Pass](#)").

## Toe-Poke Soccer

A type of "tackle" that is usually made by poking the ball with the toes of the front foot. Also refers to a toe-kick that has a short backswing. (See "[Tackle](#)" & "[Toe-Kick](#)").

## Total Soccer

A style of play that allows all players to come into the attack or to play defense. This was used successfully by the Dutch in the 1970's. It requires outstanding speed, stamina, skill and decision making. This style is not suitable for most teams and is rarely used today. It can leave a team without depth, width and field coverage.

## Touch Line Soccer

Side line.

## Tracking

When a defender stays with an attacker (i.e., marking him man-to-man) even though the attacker has run into

## Soccer

another defender's zone. The alternative to this is to "pass on" the attacker to another defender. (See "[Passing On](#)").

## Trailer Soccer

On the attack, the player behind the ballhandler should move up & stay open for a backward pass. Having a trailer is also a big advantage if you lose the ball, because he is in a good position to defend. A "trailer" is also used in basketball. (See "[First Attacker](#)").



## Trap Soccer

(aka "[Receive](#)") There are occasions when a player should literally trap the ball; for example, if an "air ball" is coming at his feet, he can use the bottom of his foot to trap the ball against the ground. However, when someone uses the term "trap" or "trapping", they usually mean "receive" or "receiving". The terms trap & trapping are falling out of use in favor of "receive" & "receiving". Years ago, the objective was to "trap" the ball using the feet, chest, thigh, etc. Today, play is more sophisticated & the objective is usually not to "trap" the ball, but to receive the ball so it goes in the direction & the distance that is advantageous for the receiver (e.g., left, right, or forward and toward open space away from defenders).

## Travel Soccer Soccer

(aka "Select Soccer"). See "[Select Soccer](#)" & "[Recreational Soccer](#)".

## Triangles Soccer

Like basketball, triangles are an important part of attacking soccer. This means that at least 2 teammates should always be supporting the ballhandler & one of these should be a "trailer".

## Turn The Defender Soccer

A misdirection play with the objective of causing a defender to turn by using a decoy run or a pass. Wall passes are a very good way to "turn the defender". (See "[Commit The Defender](#)" & "[Channel](#)" for the definition of turning the attacker).

## Turns Soccer

The primary methods of turning are the "Pullback" (aka "Drag Back"), the "Hook" (aka the outside-of-foot hook), the "Cutback" (aka the inside-of-foot hook) and the "Stop/Turn". These are described herein and in "Techniques and Fancy Footwork", which is part of the Premium site.

**Two Touch Soccer \***  
**(Key Concept)**

When the ball is stopped & then passed so that it has been touched 2 or more times it is called a two touch pass. (See "[One Touch](#)" and "[First Touch](#)").

**U- Soccer**

U-6, U-8, U-10, U-12, etc. The U stands for "Under". At younger ages, leagues are often organized in 2-year increments. (See "[Age](#)").

**Under The Ball Soccer**

The ability of players to pass the ball in the air by playing "under the ball". Passes can be made by feet, head or chest.

**Unlimited Substitution Soccer**

(aka open substitutions). Means you can substitute as many times as you want at allowed times during the game. Pro leagues limit the number of substitutions; most youth leagues do not & many have an "unlimited substitution" rule. Some youth leagues only allow substituting between quarters, which is not really "unlimited substitution". Others allow the coach to "sub" any time a goal kick is called (by the other team) on his own throw-ins & other times. (See "[Substitutions](#)" for more details).

**Unsporting Behavior Soccer**

The Referee can give a [Yellow Card](#) and an [Indirect Free Kick](#) for behavior which in the Referee's judgment is unsporting or causes an unfair advantage. Examples which are mentioned in the rules, "Questions and Answers", the soccer official's guidebook and other sources we've been able to find include: any action designed to deceive the Referee; behavior which in the Referee's judgment is unsporting or causes an unfair advantage; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent); jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; adopting a threatening posture; gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform. See [Cards](#) and [Fouls](#)

## USYSA Soccer

United States Youth Soccer Association, a branch of the USSF.



## Verbal Signals Soccer

You should encourage your players to talk to each other on the field. There are some typical terms that are used in certain circumstances. Some of these are:

- "Man On" (See "Man On")
- "Time" - Means a defender is not nearby & the ballhandler has time to dribble or look for a pass. (i.e., don't rush a play).
- "Keeper" - The goalkeeper might yell this to let teammates know they should move aside & let him have the ball (i.e., so he can pick it up or catch a shot)
- "Back" or "Drop" - Would be yelled by a "trailer" to let a teammate with the ball know that he has support behind him & can play the ball backward if needed.
- "Carry" - Continue to dribble the ball.
- "Pop It" - "Pass To Yourself".
- "Send it" - Send a Through Ball.
- "Switch" - (See "Switch")

The most useful of the above is "Keeper". It's hard to teach these. Perhaps the best thing is to introduce them by U-10 or U-12 & encourage talking in general. Small-sided games encourage talking & are another reason they are so beneficial. (See "Show For The Ball").

## Vince Lombardi Quotes Soccer

### [Motivating quotes for soccer coaches](#)

## Vision Soccer

A player's ability (especially on offense) to see where

other players are & passing opportunities, especially through passes & "passes to space" that create scoring opportunities. (See "[Create](#)").

## **Volley Soccer**

To kick the ball while it is still in the air. If kicked in front with the "laces", it is called a "volley" or "instep volley"; if the ball is to one side it is called a "side volley"; if the inside of the foot is used it is an "inside-of-foot volley" (this might be used close to goal or for a short pass). A player should lock his ankle when volleying so the foot is firm. On a front volley, proper technique is to bring the foot to the height of the ball by raising the knee (so the portion of the leg between the knee & the ankle is vertical); the technique is different from a regular kick. (See "[Half-Volley](#)").

## **Wall Soccer**

At U-8 & older, when the other team has a "free kick", you may want to have your players stand side-by-side between the ball & their goal so they form a "wall" so the kicker doesn't have a straight shot on goal. They will have to stand the required distance back (usually 6 yards for U-8, 8 yards for U-10 & 10 yards for U-12 & older) & they can be given yellow cards if they are too close (although the Referee almost always gives a warning first).

## **Wall Pass Soccer**

A "Wall Pass" is when a player passes the ball to a teammate who one-touches it right back. This can be very effective because the defender will turn with the first pass & can't recover to defend the second. If the initial passer passes & then breaks (makes a run) it is called a "give and go". (See "[Give & Go](#)").

## **Warming Up & Stretching Soccer**

### **The Importance Of Warming Up Before Playing.**

At age 10 and older, children become susceptible to muscle pulls. When you move up to U-11, you should have your team warm up their muscles before playing. You should have them Warm Up their muscles by light activities such as jogging or slowly dribbling a ball around the field. (Warming up with a ball is the ideal way if it is practical to do so).

The light warm up is important because it "warms up" the muscles which makes them stretch easier & less likely to tear. If you think about it, this makes sense.

(Have you ever noticed how all the horses are warmed up before a race?)

Coaches used to believe stretching was good, but an article in the March 2007 issue of Prevention magazine says: "A review of 23 studies found that stretching before an activity damages muscle tissue, which reduces muscle strength and hinders performance. Start each workout by moving your limbs through a full range of motion". Personal trainer Judy Heller is quoted as saying "You want to get the fluid in your joints flowing, so they are well lubricated and move with ease".



## Warning Soccer

Often a referee will give a player an informal warning before he gives a yellow card. Players should take any warning very seriously because the next time the behavior is repeated a card will probably be given (See "[Cards](#)" & "[Fouls](#)").

## Weight Soccer

Similar to "Pace", but also refers to how playable a ball is (i.e., how easily it can be controlled by the receiver). For example, a "through ball" might have "perfect weight", which means that its distance, spin, pace & playability were perfect for the receiver. The ball must have enough pace to get past the defender, but must be controllable by the receiver. For example, on a hard, fast field, a "soft" through ball or a chip pass with back spin would be more playable than a hard pass.

## When To Dribble/ When To Pass Soccer \* (Key Concept)

a. Any time you have a pass, take it. Dribble only when you can't pass **or** if you can dribble & score.

b. Generally, do **not** dribble in the 1/3 of the field nearest your own goal (i.e., in your "defending Third") unless you must in order to get past a defender so you can make a pass or a clearing kick, because if you dribble near your goal the other team might steal the ball & score. Especially if the ball is in the Danger Zone, you should clear it, preferably to the side. If you must dribble, dribble toward the side line, not toward the center. (See "[Attacking](#)", "[Creating Space](#)" & "[Attacking Third](#)").

## When To Shoot

My rule is: "If you have a shot, take it." This means you

## Soccer \*

should shoot any time you are in scoring range & have a clean shot, but if it is a long shot (i.e., from outside the Penalty Box) chip it at the top of the goal. (A grounder from far out doesn't have much chance of scoring). Sometimes players will pass up a clean shot to try to pass. I tell them "If you have a shot, take it."



## Where....From? Soccer\* (Key Concept)

Ask your players "Where will the other team score from?" The answer is, "In front of our goal". Repeat this often until they have it memorized. You must teach them to protect the area in front of your goal & have enough defenders in front of the goal to not let the attackers get clean shots, but you must also leave forwards out (a long pass away) so you have a way to outlet the ball. As players get older, attacks will be less direct & more scores will come from "crossed balls". But, still, most scores will occur "in front of the goal". This is even true for the pros.

## Width In Attack Soccer (Key Concept)

Attackers want to "spread the field" & get width in an effort to find open spaces to move the ball (e.g., down the side lines) & to "stretch" the defense so holes are created that the offense can attack & penetrate. Defenders, obviously, want to prevent this by maintaining cover, depth, support & shape. (See "[Support](#)", "[Shape](#)", "[Depth](#)", "[Support Distance](#)", "[Spread The Field](#)" & "[Stretch The Field](#)").

## Width In Defense Soccer

Too much width in your defense is bad. The wider your defense is, the more spread out & the easier it is to penetrate. Your defenders should stay close enough together to support each other, but not too close (if they are too close, they lose effectiveness & can't cover enough space). Your defense should be just wide enough to slow down the attack (i.e., just wide enough that the attackers can't easily go around you) & should "shift & sag" so there are multiple layers of defenders between the ball & the goal. As your team gets older & plays better teams, the attackers will start to "switch fields" and use a wide attack as a way to get around your defense & to loosen it up. (See "[Support](#)", "[Cover](#)", "[Support Distance & Relative Position](#)", "[Spread The Field](#)", "[Creating Space](#)" & "[Stretched Defense](#)").



## **Win The Ball Soccer \* (Key Concept)**

The term "win the ball" means to gain possession of the ball, often when it is a loose ball or a ball which the other team also has a chance to win. Winning the ball is very important. The team that "wins the ball" the most usually wins the game. Like in basketball, positioning relative to opponents can increase the chance of being able to win the ball. Hustle, speed, a quick start and not being afraid of contact are also important, especially on "fifty-fifty balls" (i.e., loose balls which either team has an equal chance of winning). For example, if you are on defense, a good strategy is to stay behind the opponent. This will allow you to step in front and steal the ball or to defend the opponent even if he gets the ball. (Whereas if you play in front of the opponent and the ball gets past you, the other team might be able to fastbreak toward your goal). When on offense, good positioning on your team's goal kicks might be to stay beside the opponent so you have a chance to win both short and long balls. If your team controls the ball, you should try to get open for a pass so you don't have to fight to win the ball. Whether on offense or defense a player should always be aware of where the nearest opponent is and if an opponent is nearby the attacker will often run to meet a pass so the opponent can't beat him to it. (See "[Attacking](#)", and "[Shoulder Charge](#)").

## **Wingback Soccer**

Right and left fullbacks (i.e., the FB's who play closest to the sideline, as distinguished from the center backs).



## **Wing Player Soccer**

In general, any player whose assigned position is the left or right instead of the center. But more specifically, refers to players whose job is to come into the attack by bringing the ball up the side line (i.e., the "wings") & to send good crossing passes into the center. Pure "wingers" aren't used today as much as they used to be. "Wingers" used to be the wide forwards or midfielders (who were sometimes called "withdrawn wingers"). Wing midfielders are sometimes called "winghalfs" or "wingmids" & wing fullbacks are "wingbacks". Today, it is more common to use wingmids or wingbacks to come up to cross the ball than to have wing forwards. "Wingers" who bring the ball up the side are often very fast & excellent dribblers.

## **Wings Soccer**

The area near the right and left sidelines. Some teams will attack down the "wings" because it is easier to move the ball down the "wings" than down the center of the

field.

### **Work Rate Soccer**

A term pro's use to describe "hustle" & the extent to which a player is always moving. I think "hustle" is a more suitable term for children.

### **Worrying The Goalkeeper Soccer**

It is a foul to harass, interfere with, or obstruct the Goalkeeper by trying to keep him from putting the ball into play (e.g., if an opponent stands directly in front of the Goalkeeper when he is trying to punt the ball). Punishable by a Yellow Card and an indirect kick. (See "[Cards](#)" & "[Fouls](#)").

### **Yellow Card Soccer**

A serious "caution". Two in one game & a player is shown a "Red Card" & ejected. (See "[Cards](#)" and "[Rules](#)").

### **Your End... Soccer**

"Your End" of the field is the end your goal is on (i.e., the goal your goalkeeper defends).

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### **Zone Defense Soccer (Key Concept)**

There are 2 basic types of defense: a zone defense where defenders stay between the ball & the goal they are defending & are assigned a position relative to their teammates (e.g., right, center, or left); and man-to-man defense where players are assigned to guard specific opponents (this is called a "marking" defense). Many college & pro teams today use some type of zone defense, but mark attackers who come into their "zone". I think a zone defense works best for recreational teams because it doesn't require fast players or great stamina like man-to-man defense does (i.e., it is better suited to slower players who don't have great stamina). I use a shifting zone defense with "FB's", "MF's" & "F's" assigned a "relative position"; for example, Right Fullback (RFB), Center FB (CFB), and Left FB (LFB). Two key concepts to teach regardless of which type of defense you use are "First Defender" and "Second Defender". Also, you must teach your players to mark attackers who are in scoring range (i.e., "Dangerous Attackers") regardless of whether you play a zone or man-to-man.

How To Teach A Zone Defense Is Described In [SoccerHelp Premium](#).

**Acest vocabular contine un set de termeni folositi curent in materialele ce prezinta jocul de fotbal.**

**In majoritatea cazurilor, sunt incluse si link-uri spre materiale exemplificative. Toate aceste link-uri**

**sunt temporare si este posibil sa nu fie active in momentul in care consultati acest document.**

**Solutia este sa cautati alte documente asemanatoare, utilizand cuvintele cheie.**

## **Jurnal sentimental**

**Primul meu contact cu jocul de fotbal a fost la vasta de 4 ani, cand am vazut echipa U Cluj la antrenament, iar parintii mi-au explicat foarte mandri, ca este echipa Universitatii, adica echipa lor. In anul urmator, ne-am mutat intr-un cartier de blocuri noi, unde au inceput contactele cu baietii de pe maidan. Nu exista un teren propriu zis, ci doar un maidan pe care baietii jucau mingea. La inceput cam cu frica, dar incet, incet am inceput sa prind gust de joc. Niste baieti mai mari (din clasa a II-a), au format o echipa : "United Scarisoara" ( numele imitat dupa Manchester United). Ne-am cumparat ticouri rosii, cu 7 lei, iar capitanul de echipa a scris numerele, cu crema de ghete. Eu aveam numarul 5 si eram doar rezerva, pentru ca eram prea mic si eram si cam fricos. Am inceput sa provocam la joc restul echipelor de copii din cartier. Aproape fiecare meci se termina cu scandal, pana cand s-a ajuns la bataie si echipa a fost desfiintata (sectoristul a luat legatura cu toti parintii si s-a instaurat interdictie totala). In clasa a III-a primara, la varsta de 9 ani, proaspat pionier, am fost ales "responsabil sportiv", asa ca am inceput sa-mi organizez colegii de clasa. Am infiintat imediat echipa clasei, cu statut si cotizatie de 3 lei pe an. Toti jucatorii au invatat regulamentul pe de rost, iar cei care greseau la antrenament trebuia sa scrie regula respectiva de 10 ori. Evident ca eram capitan de echipa si tineam mingea**

clasei. Dupa aproape un an, am dorit sa cumparam tricouri speciale si am cerut o cotizatie suplimentara de 8 lei. Doi dintre parinti au fost extrem de revoltati si au reclamat la invatatoare "ca suntem copii si facem afaceri cu sume mari". A urmat o sedinta de organizatie si echipa s-a desfiintat, in cadru festiv.

Pasiunea mea pentru fotbal nu a ramas neobservata, asa ca parintii m-au inscris la clubul Universitatea Cluj (cu o vorba buna de sustinere de la academicianul Daicoviciu). Am intrat in echipa de pitici, cu antrenamente de 3 ori pe saptamana. Campionatul Mondial din Mexic 1970, m-a gasit in calitate de pitic al Univeristatii, asa ca am avut dreptul sa vad toate meciurile, transmise in direct, desi era ora 2 dimineata. Evident ca toti copiii au primit nume noi: Raducanu, Dinu, Coe, Dumitrache, Numvailer, Dembrovski etc. In anul urmator insa, pentru a intensifica pregatirea s-a trecut la antrenamente zilnice, dar si la o cotizatie de 15 lei pe luna. Ambii parinti plateau o cotizatie de 1 leu/luna pentru club, iar tatal meu era de parere ca trebuie sa primesc ceva de la club, nicidecum sa platesc. Ca sa lamuresca lucrurile, a mers in vizita la antrenor, pentru o discutie "de principii". Asa s-a terminat cariera mea de "profesionist" (am trecut la atletism la clubul CSM Clubul Sportiv Muncitoresc).

Am continuat sa joc fotbal pe maidan, cu baietii, iar la varsta de 14-15 ani am fost selectat de la scoala, pentru testare la U Cluj. De data asta fara nici o pila. Am fost foarte mandru, si m-am tinut serios de antrenamente. Totusi, dupa cateva luni, a venit in vizita antrenorul de la CFR, sa ceara cativa copii, pentru echipa de juniori doi. Printre cei selectati m-am numarat si eu. Initial am fost extrem de dezamagit, sa fiu abandonat si inlaturat, fara sa fiu macar intrebat. Am urcat in Gruia, unde stadionul era inca neterminat, dar baza materiala era mult mai buna. Club muncitoresc, serios, CFR-ul a avut resurse sa ne ofere tricouri si ghete cu crampoane, chiar daca nu eram decat juniori, asa ca mi-a trecut destul de repede dorul de "echipa de suflet". M-am integrat destul de bine si urma sa fiu legitimat. Am trecut baremurile fizice si testarile medicale, am completat dosarul si poza, am platit cotizatia, dar dosarul a fost respins. Am fost putin traumatizat emotional, dar am trecut la echipa de handbal a scolii sportive, apoi la rugby.

Urmatoarea oferta a fost in clasa a X-a. Un coleg m-a dus la "Dinamo Simeseni". Colectiv foarte inimos, m-au primit foarte frumos, chiar daca baza materiala era foarte subtire. Terenul de joc era mai mult un maidan, iar ghetele cu crampoane se foloseau in sistem "shareware" (erau circa 20 de perechi si trebuia sa prinzi o pereche potrivita ca sa poti sa prinzi echipa). Dupa cateva luni de testare am depus dosarul pentru legitimare, dar a fost din nou respins si am fost "elegant" dat afara. Ultimul contact cu fotbalul organizat a fost in studentie, cand am fost acceptat si legitimat la echipa din cartier "AS Mercur". Aici ma cam cunosteau toti baietii, adica eram "acasa". Nu am jucat prea mult, pentru ca o accidentare mai veche la genunchiul drept a recidivat (aveam pareri personale despre cum trebuie administrate fondurile echipei). Se juca destul de dur (baietii puneau serios piciorul la mingea). In plus, mediul de pe maidan nu se asorta prea bine cu statutul meu de "student la medicina", asa ca am renuntat de buna voie ( nu fara o discutie de "principii" cu antrenorul). Ultima participare la o competitie fotbalistica a fost in stagiatura (la Piatra-Neamt) unde am jucat un sezon la echipa "Sanatatea", in campionatul municipal de minifotbal. Terenul era ceva mai mic, dar ambiitiile si entuziasmul erau cam la fel de mari.

Am ramas cu o nostalgie fata de "sportul rege" si urmaresc cu placere orice competitie sportiva. Chiar daca sunt unul dintre cei invinsi ("looser"), obiectivul principal a fost atins : sunt cu 10 cm mai inalt decat restul familiei. Educatia primita la cluburile de fotbal a mai fost completata si cu tentative, la alte sporturi: gimnastica, inot, atletism, polo, judo, handbal, tenis de camp si rugby (practic am navetat toate echipele de copii din oras).

**Am scris aceste randuri, in primul rand pentru copiii si urmasii mei. In sport nu este esential sa castigi, dar este esential sa incerci. Aceasta carte nu te poate ajuta sa fi campion, sau vedeta, dar te poate ajuta sa faci primii pasi spre viata sportiva.**



**Rusu Mircea Aurel Valer (autorul)**