

FOOTBALL

HISTORY

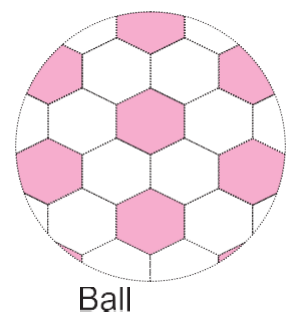
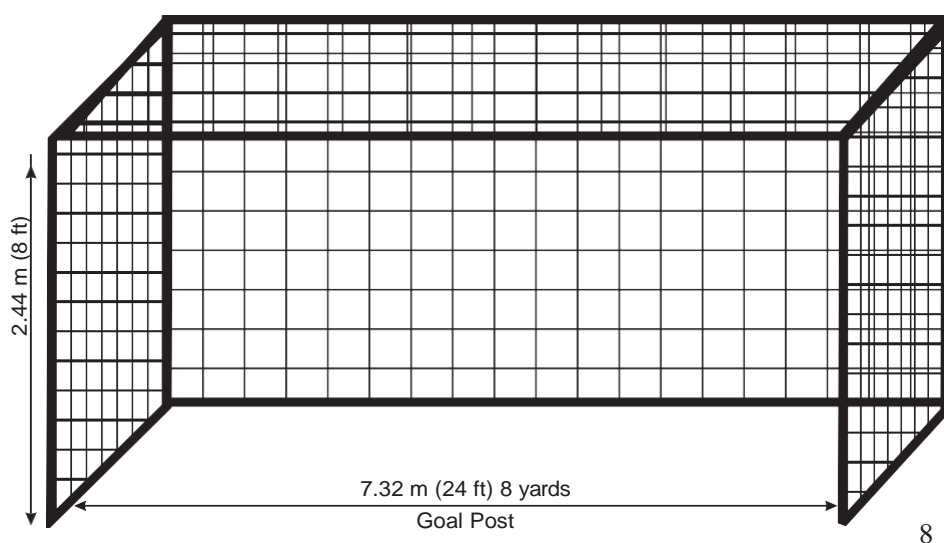
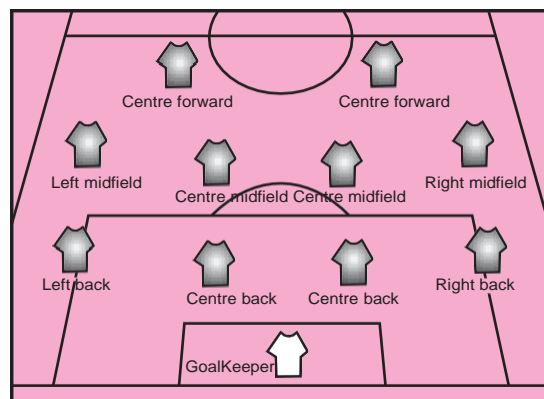
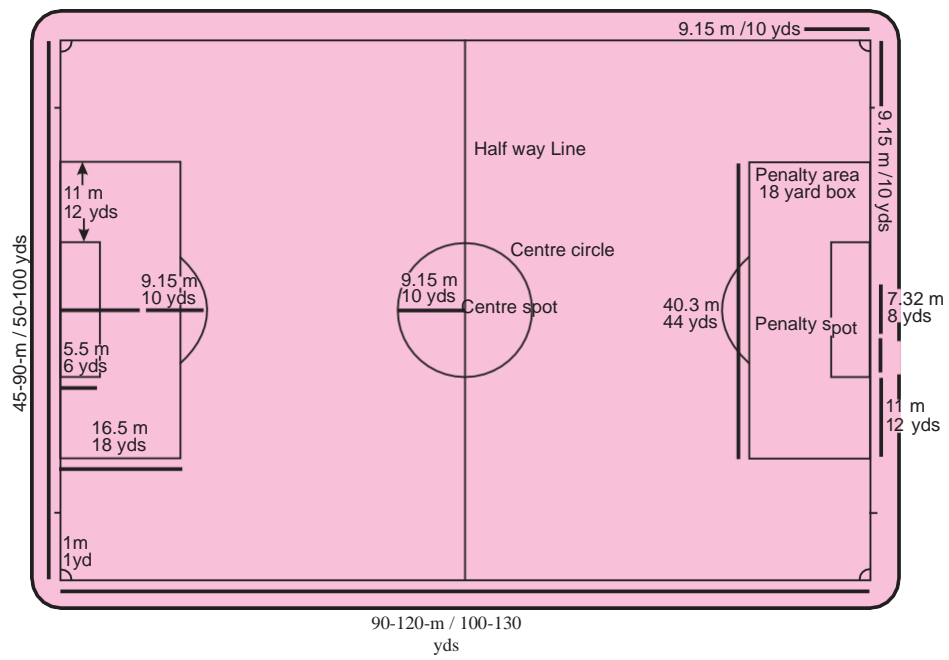
Football is the most popular game in the world since the beginning. There are various assumptions regarding the origin of football. Football is also known as soccer. Egypt is considered the father of football. In 400 BC. This game (Cuju) was played in China. According to some experts, football was a famous game in Rome. England is the father of modern football. Federation of International Football Association (FIFA) was established in 1904. In the year Asian Football Confederation was formed. The first FIFA world cup was organized in Uruguay in 1930 wherein final match Uruguay defeated Argentina and became champion. The First Women's World Cup was held in 1991.

In India, the All India Football Federation was formed in 1937. Durand Football Tournament started in 1888 is considered to be the oldest football tournament in India.

In 1951, India took part in the Asian Games and won the Gold medal for football. India also took part in Olympics in 1948 and 1956 and reached up to semi-finals in 1956. It is the highest achievement of India in football.

Important Information Regarding Football

1. Number of players in a football team	= 11+7
2. How many players may be substituted in one match	= 3
3. Shape of the Football ground	= Rectangular
4. The length of the Football ground	= 100 yards to 130 yards or Or 90 m to 120 m.
5. The breadth of the Football ground	= 50 yards to 100 yards or 45 m to 90 m
6. Duration of match	= 45-45 min (2 halves)
7. The dimensions of the international Football ground	= Maximum 110 m × 75 m Minimum 100 m × 64 m
8. Circumference of football	= 27" to 28"
9. Weight of football	= 14 ounce to 16 ounces or 410 gm to 450 gm
10. Interval of match	= Maximum 15 min
11. Officials for match	= 1 referee, 2 linesmen, 1 table official, 1 injury time keeper.
12. Distance of goal post	= 8 yards
13. Height of goalpost	= 2.44 m
14. Height of corner flag	= 5 feet.
15. Distance between penalty area and poles	= 18 yards
16. Radius of the center circle in the ground	= 10 yards
17. Length × breadth of goals	= 20 yards × 6 yards
18. Distance of penalty spot from the goal post	= 12 yards



Latest General Rules

1. The rule of 'sudden death' has been implemented in the football game.
2. Now the new rule of the golden goal has been implemented according to this, any goal made in extra time (15 minutes) will be called the golden goal.
3. Now, 3 players can be changed as a substituted players from extra players.
4. As per new rules, the goalkeeper can move on the goal line at the time of penalty kick. Earlier, the goalkeeper could not move from his place until the execution of the penalty kick.
5. Now, the goalkeeper can run while holding the ball without bouncing it but he has to leave it without any delay.
6. Now, there can be 18 players instead of 16 players. (11 + 7)

Main Rules of the Game

- 1 **Start of the Game** – Toss is done before starting the game. The captain who wins the toss can choose any either ball or side in the ground.
- 2 **Off Side** – if a player moves ahead of the ball in the opponent's half and there are less than two defensive players then it is offside.
- 3 **Out of Play Ball** – when the ball goes out of the end line or sideline or after colliding with the corner flag.
- 4 **Goal** – when the ball crosses the goal line between the two goalposts and under the crossbar it is called a goal.
- 5 **Free Kick** – free kicks are of two types i.e. direct free kick and free-kick. From a direct free kick, the goal can be scored while a goal can not be scored through an indirect free kick here another player must touch the ball before a goal can be scored.
- 6 **Throw in** – if the ball goes over the touchline then the opponent player will throw the ball in the playfield from outside the touchline. While throw-in, the player will throw the ball in the same direction in which his shoulder and face lie. If the throw-in is not proper then the ball will be handed over to the opponent team.
- 7 **Penalty Kick** – if a player of a defensive team deliberately commits foul inside the penalty area then the opponent team will be awarded a penalty. During a penalty kick, only the penalty kicker and goalkeeper will remain in the penalty area and the rest of the players will be out of the penalty area.
- 8 **Goal Kick** – When the offensive team causes the ball to go over the goal line then the defensive team kicks the ball from the penalty area.
- 9 **Corner Kick** – When the ball goes over the touchline after touching any player on the defensive team then the player of the offensive team will kick the ball from the nearest corner area.
- 10 **Foul and Penalty**
 - (i) if a player intentionally commits a foul then the opponent team gets a direct free kick.
 - (ii) An indirect free kick is awarded for breach of following rules –
 - (a) If the goalkeeper moves more than four steps holding the ball.
 - (b) If the goalkeeper keeps the ball in his hands for more than 5 seconds.
 - (iii) The referee can give a warning by showing Yellow Card to a player for violating the rules or misbehaving.
 - (iv) if a player abuses, quarrel, or trouble a player then that player can be sent out by showing Red Card.

Fundamental Skills of Football

Kicking

- (a) Toe kick
- (b) In step kick
- (c) Out step kick
- (d) Low kick
- (e) High kick
- (f) Lofted kick

Passing

- (i) Short pass
- (ii) Long pass
- (iii) Through passes

Trapping

- (i) Sole trap
- (ii) Inside foot trap
- (iii) Outside foot trap
- (iv) Shin trap
- (v) Thigh trap
- (vi) Chest trap
- (vii) Hollow trunk chest trap
- (viii) Head trap

Dribbling

- (i) Shift position dribbling
- (ii) Juggle dribbling
- (iii) Fake dribbling

Tackling

- (i) Front block tackling
- (ii) Sideway tackling
- (iii) Back Block tackling
- (iv) Interception tackling

Ball Control

A brief description of some of the fundamental skills of football is given below :

1. **Short pass** – Short passes are usually given to the very close teammate. In these passes, an instep or out step kick is given to the ball gently so that the teammate may collect the ball easily. To learn this skill, regular practice is required.

2. **Dribbling** – For dribbling, a player should use light strokes of his feet to direct the ball in the desired direction. For dribbling, he may use the inside or outside of his feet to control the ball. This can be done with one foot or change from one foot to another.
3. **Heading** – For heading the ball is hit my head. A player should judge the flight of the ball and wait for the proper time to take the jump. When the ball comes near to the player he should take the proper jump into the air and by bending his body backward from the waist, he should strike the ball with a forward swing of his head. At this moment, his neck must remain stiff to prevent the neck injury.

Terminology Related to Football

Free kick, golden boot, direct free kick, indirect free kick, mid-field, back pass dribble, heading, short pass, long pass, goal, throw-in, offside, penalty kick, in step kick, thigh trap, first half, high, sudden death, corner flag, forward, field, second half, extra time, chip, penalty shoot, midfielder, golden goal.

1. **Touchline** – sideline is also called touchline. When the ball cross over the touchline then throw-in is awarded.
2. **Loose ball** – during play if the ball is not under the control of any player is called the loose ball.
3. **Volley** – To kick the ball before it bounces is called a volley.
4. **Loft** – To kick the ball into the air is called loft.
5. **Tackle** – grabbing or trying to take the ball away from opponent players is called tackle.
6. **Golden Goal** – The goal which is made in extra time is called the golden goal.
7. **Golden Boot** – It is given to the player who scores maximum goals in the world cup of football.
8. **Dribble** – To move the ball forward by light strokes by keeping it in his control is called dribble.
9. **Heading** – it means hitting the ball with the head.
10. **Throw-in** – when the ball goes over the touchline then the opponent player throws the ball in the playfield from outside the touchline is called throw-in.
11. **Sudden Death** – if the scores remain to tie even after completion of the match and extra time then a penalty shoot-out is given. If after 5 penalties shoot-out scores remain tie then the Sudden death rule is followed in which both the teams are given one-one penalty shoot whichever team does not score the goal lose the game.

Important Tournament and Venues

Tournaments

1. FIFA cup (world cup)
2. Euro cup
3. Club League
4. Olympic Game
5. Durand Cup
6. Federation Cup
7. National League
8. Santosh Trophy

9. National Games
10. Merdeka Cup
11. Asia Games
12. I.F.A. Shield
13. Robers Cup

Venues

1. Wembley Stadium, (London)
2. Black Heath, (London)
3. Brookland (England)
4. Ambedkar Stadium, (Delhi)
5. Guru Govind Singh Stadium, (Jalandhar)
6. Chidambaram Stadium, (Chennai)
7. Jawaharlal Nehru Stadium, (Delhi)
8. Nehru stadium, (Goa)
9. SAIL Sports Stadium (Ranchi)
10. Salt Lake Stadium, (Kolkata)
11. Lal Bahadur Stadium, (Hyderabad)

Sports Award Winners

Arjun Award Winners

Year	Recipient Name	Year	Recipient Name
1961	P. K. Banerjee	1979-80	Prasun Banerjee
1962	T. Balaram	1980-81	Mohammed Habib
1963	S. Chuni Goswami	1981	Sudhir Karmakar
1964	Jarnail Singh	1983	Shanti Mullick
1965	Arun Lal Ghosh	1989	S. Bhattacharjee
1966	Yusuf Khan	1997	B.S.K. Shankhwalker
1967	Peter Thangaraj	1998	Baichung Bhutia
1969	Inder Singh	2001	Bruno Coutinho
1970	S. Naeemuddin	2002	I. M. Vijayan
1971	C. P. Singh	2009	D.K. Mondal
1974	M.S. Rasvi	2011	Sunil Chhetri
1978-79	Gurdev Singh Gill		

Dronacharya Award Winner

Syed Naeemuddin

Padamshri Award Winner

2008 Baichung Bhutia

International Personalities

1. Diego Maradona
2. Pele
3. Platini
4. Pulaski

- | | |
|--------------------|-----------------------|
| 5. Oliver Kahn | 6. Robert Baggio |
| 7. David Beckham | 8. Shilachi |
| 9. Zinedine Zidane | 10. Rivaldo |
| 11. Lionel Messi | 12. Cristiano Ronaldo |
| 13. Ronaldinho | 14. Owen |

GENERAL QUESTIONS

Q1. Where was the first football club 'Sheffield football club' formed and when?

Ans. 1857 in England.

Q2. When was football included in Olympic Games?

Ans. 1908, London.

Q3. When was the Federation of International Football Association (FIFA) was established?

Ans. In 1904, Paris.

Q4. When was the All India Football Federation formed?

Ans. In the year 1937.

Q5. When was football included in Asian Games?

Ans. In 1951, New Delhi.

Q.6. Who won the Gold medal in football in Asian Games in 1951?

Ans. India.

Q7. From what other name football is known in the modern era?

Ans. Soccer.

Q8. What is the length and breadth of the football playground?

Ans. The length of the football field is from 100 to 120 yards and breadth is from 50 to 100 yards.

Q9. What is the duration of a football match?

Ans. Two halves of 45-5-45 minutes each.

Q10. How many players are there on a football team?

Ans. There are 18 players in a team. Out of them, 11 players play and the remaining 7 players are for substitution.

Q11. How many players can be substituted in a match?

Ans. Only three players can be substituted in a match.

Q12. Can a player be substituted again in the same match?

Ans. No, a substituted player cannot be re-substituted in the same match.

Q13. What is the circumference of football?

Ans. 27 to 28 inches.

Q14. What is the weight of the ball?

Ans. 14 to 16 ounces.

Q15. What is the length and height of goalposts in football?

Ans. 24×8 feet.

Q16. Which formation is considered to be defensive formation?

Ans. 4:4:2

Q17. Which is called “the loose ball” in football?

Ans. The ball, which is not under the control of any player is called the loose ball.

Q18. If a match is not decided in extra time then how is the match decided?

Ans. The decision is taken by penalty shoot.

Q19. Can any player other than the goalkeeper stand in the goal area during a penalty shoot?

Ans. No, except goalkeeper no player can stand there.

Q20. What is the height of corner flags?

Ans. 1.50 m. above the ground.

Q21. The number of officials in a football match?

Ans. Total four. Referee-1, Linemen-2, Table official-1.

Q22. What decision is given by the referee after infringement of the “offside rule”?

Ans. The indirect free kick is awarded to the opposite team.

Q23. From which spot the corner kick is taken?

Ans. The corner kick is taken from the quarter circle adjacent to the corner.

Q24. From which spot the penalty kick is taken?

Ans. The penalty kick is taken from the spot, 12 yards away from the goal line.

Q25. Can the corner flag be removed while taking the corner kick?

Ans. No, the corner flag cannot be removed while taking the corner kick?

Q26. In which formation, the football game is usually played?

Ans. Based on offensive and defensive tactics, football is played in many formations like 2-3-5; 4-2-4; 4-3-3; and 4-4-2.

Q27. Which is called defensive formation?

Ans. 4-4-2 is called defensive formation.

Q28. What is the golden goal?

Ans. The goal which is scored in extra time of 15 minutes is called Golden Goal.

Q29. What is the "golden ball award"?

Ans. The "golden ball award" is given to the best player in the world cup football. This award is given by France.

Q30. What are the fundamental skills of football?

Ans. Kicking, stopping, heading, tackling, passing, dribbling, and goalkeeping.