

LESSON - 16

FOOTBALL

The following components will be learnt in this lesson:

- History of the game. ➤ Rules of the game
- Dimensions of the Football ground.

INTRODUCTION:

Football is one of the most popular games in the world. This is also called 'Soccer'. More than 200 countries play football in the world. This game is a kicking game. Many people like to play football. Passing the ball to teammates, dribbling, controlling the ball and attempting to kick the ball into opponents goal are the purposes of this game. The team which scores maximum number of goals in the specified time is declared winner.

HISTORY:

It is believed that the sport of football was in existence before 500 B.C. Modern football started in 1863. The guardians of football established "London Football Federation" and called the sport "Kicking Game."

Federation International de football Association (FIFA) was established in 1904 at Paris. This Association organized its first world cup at Uruguay. All India Football Federation was established at Simla in 1937. FIFA governs the football sport all over the India.

In 1900 the sport of football was included in Olympics

Measurements of Football field :

The football field is rectangular depending upon the size of the play field available, the football field may be accommodated.



The length of field 90 mtr or 120 mtr (100 yard or 130 yards)

The width of the field 45 mtr or 90mtr (50 yard or 100 yards)

Equipments required to Organise the game Football :-

- Ball ➤ Goal Posts ➤ Flags ➤ Whistle ➤ Nets
- Stop watch

1. Ball :-

The circumference of the ball is 68 c.m. to 70 c.m. The weight of the ball is 410 gram to 450 gram. Football is made of synthetic leather. The ball is sperical in shape.

2. Goal posts :-

The goal shall be 7.32 mtr (8 yards) wide the height shall be 2.44 mtr (2.67 yards). There shall be a net across the goal to stop the ball within the goal.

3. Flag :-

Total 6 (six) flags used in the football field. The flags shall be 5 feet above the ground. Four flags are fixed in the four corner of the field and the remaining two are fixed 1 yard (3 feet) away from the side line.

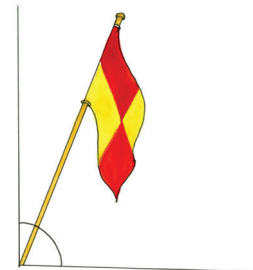


fig. 16.1 Flag

GENERAL RULES OF THE GAME :-

For the healthy and fair play every sportsman should know the general rules. It helps in development of the game.

1. There should be 16 players in a team, but only 11 players can actively play the game.
2. The toss winning team gets to choose either to start the game or the side (goal) they defend.
3. Duration of the game should be two halves of 45 minutes and 15 minutes rest in between.

4. The game should start with the kick off at the center line.
5. It is a foul, if the ball touches the hand during game.
6. It is 'Goal' when the entire ball passes through the mouth of the Goal post.
7. When the ball goes out through the side line 'Throw in' will be given.
8. When a defensive player kicks the ball out of field over the end line the offensive team gets a 'Corner Kick'.
9. For an intentional 'foul' within the goal area by the defensive team, 'A Penalty Kick' is awarded to the offensive team.
10. During the game only three substitution may be allowed.
11. If no goal is scored in the stipulated time or if the goals scored by both teams are equal, an extra time of 30 minutes (2 half of 15 minutes each) is played. After extra time if the goals scored are still equal, 5-5 penalty kicks 'Tie breaker' rule is used. If the tie is still not resolved, 'Sudden death' rules (1-1 penalty kicks) is enforces.

EXERCISE

I. Fill in the blanks :-

1. _____ is the another name of football.
2. In the _____ year modern football was started.
3. The Width is _____mts and length is _____mts of football court.

II Tick the appropriate answer

1. Weight of the football is _____
 a. 410- 450 gms b. 260- 280 gms
 c. 400- 410 gms d. 450-480 gms
2. Football is also known in China by the name of _____
 a. Isu chu b. Chu shu yu c. Mi Suchu d. Kick chu
3. The All India Football federation was started at Simla in the year _____
 a. 1947 b. 1938 c. 1937 d. 1949

III Match the following

- | A | B |
|-------------------------------------|--------------------|
| 1. Playing time of football | Uruguay |
| 2. Number of football players | 90 minuts |
| 3. First Football world cup held at | 15 - 15 extra time |
| 4. If goal equalise | 11+5 |

IV Answer in one sentence :-

1. In early days in Chaina what was football known as?
2. When did Football Association founded?
3. In which year the football game was introduced in Olympics?