

# Friends of Football

Football is the world's most popular sports both in numbers of players and spectators.  
Football can be played anywhere and by anyone despite age, gender or type of ability!

[Know More About Football](#)

## About Football

Football is a team sport played by all genders with a spherical ball between two teams of 11 players. The game is played on a rectangular field called a pitch with a goal at each end. The object of the game is to outscore the opposition by moving the ball beyond the goal line into the opposing goal.

### History of Football

Football has a long history. Football in its current form arose in England in the middle of the 19th century. But alternative versions of the game existed much earlier and are a part of the football history.

[Know About History](#)

### Rules of Football

Rules are important to ensure a fair play of the game. The International Football Association Board mention the number of players a team should have, the game length, the size of the field and ball, etc.

[Know About Rules](#)

### Premier League Teams

The Premier League, is the top tier of English football. 20 teams compete in the Premier League each season, which is usually played between August and May. Each season, 38 games are played.

[Know About Teams](#)

## Football World Cup

The FIFA World Cup is the most watched tournament in football. The Fédération Internationale de Football Association (FIFA) organises the World Cup every four years.



FIFA 2018 - France

The 2018 FIFA World Cup took place between 14 June and 15 July 2018 in Russia. France National Team won the World Cup Finals.



FIFA 2014 - Germany

The 2014 FIFA World Cup took place between 12 June and 13 July 2014 in Brazil. Germany National Team won the World Cup Finals.



FIFA 2010 - Spain

The 2010 FIFA World Cup took place between 11 June and 11 July 2010 in South Africa. Spain National Team won the World Cup Finals.

## Popular Football Players

These are few of the best Football players in the world!





# History Of Football



## History of Football

### Ancient China

The Chinese competitive game cuju resembles modern association football (soccer), descriptions appear in a military manual dated to the second and third centuries BC. It existed during the Han dynasty and possibly the Qin dynasty, in the second and third centuries BC. The Japanese version of cuju is kemari and was developed during the Asuka period. This is known to have been played within the Japanese imperial court in Kyoto from about 600 AD. In kemari several people stand in a circle and kick a ball to each other, trying not to let the ball drop to the ground

### Ancient Greece and Roman

The Ancient Greeks and Romans are known to have played many ball games, some of which involved the use of the feet. The Roman game harpastum is believed to have been adapted from a Greek team game known as Episkyros which is mentioned by a Greek playwright, Antiphanes (388–311 BC) and later referred to by the Christian theologian Clement of Alexandria (c. 150 – c. 215 AD). These games appear to have resembled rugby football.

### Native Americans

There are a number of references to traditional, ancient, or prehistoric ball games, played by indigenous peoples in many different parts of the world. For example, in 1586, men from a ship commanded by an English explorer named John Davis, went ashore to play a form of football with Inuit (Eskimo) people in Greenland. There are later accounts of an Inuit game played on ice, called Aqsaqtuk. Each match began with two teams facing each other in parallel lines, before attempting to kick the ball through each other team's line and then at a goal.

### History of Association Football

Association football, more commonly known as football or soccer, is rooted in medieval ball games and English public school games. The modern game of association football originated with mid-nineteenth century efforts between local football clubs to standardize the varying sets of rules, culminating in formation of The Football Association in London, England in 1863. The rules drafted by the association allowed clubs to play each other without dispute, and specifically banned both handling of the ball (except by goalkeepers) and hacking during open field play. After the fifth meeting of the association a schism emerged between association football and the rules played by the Rugby school, later to be called rugby football. Football has been an Olympic sport ever since the second modern Summer Olympic Games in 1900.

### Categories

- Ancient China 01
- Ancient Greece and Roman 02
- Native Americans 03
- Association Football 04



A Song dynasty painting by Su Hanchen (c. 1130-1160), depicting Chinese children playing cuju.



An illustration of so-called "mob football".



A group of indigenous people playing a ball game in French Guiana.



A revived version of kemari being played at the Tanzan Shrine, Japan, 2006.

### Leave a comment



# How to Play & Rules of Football

## Objective of the Game

The aim of football is to score more goals than your opponent in a 90 minute playing time frame. The match is split up into two halves of 45 minutes. After the first 45 minutes players will take a 15 minute rest period called half time. The second 45 minutes will resume and any time deemed fit to be added on by the referee (injury time) will be accordingly.



Understand the object of the game

## Player and Equipment

Each team consists of 11 players. These are made up of one goalkeeper and ten outfield players. The pitch dimensions vary from each ground but are roughly 120 yards long and 75 yards wide. On each pitch you will have a 6 yard box next to the goal mouth, an 18 yard box surrounding the 6 yard box and a centre circle. Each half of the pitch must be a mirror image of the other in terms of dimensions. Essentially the equipment that is needed for a soccer match is pitch and a football. Additionally players can be found wearing studded football boots, shin pads and matching strips. The goalkeepers will additionally wear padded gloves as they are the only players allowed to handle the ball. Each team will have a designated captain.



Recognize the positions in soccer

## Scoring

To score the ball must go into your opponent's goal. The whole ball needs to be over the line for it to be a legitimate goal. A goal can be scored with any part of the body apart from the hand or arm up to the shoulder. The goal itself consists of a frame measuring 8 feet high and 8 yards wide.



Learn when and how to do throw-ins

## Winning the Game

To win you have to score more goals than that of your opponents. If the scores are level after 90 minutes then the game will end as a draw apart from in cup games where the game can go to extra time and even a penalty shootout to decide the winner. Players must use their feet to kick the ball and are prohibited to use their hands apart from goalkeepers who can use any part of their body within the 18 yard box.



Recognize the difference between a corner kick and a goal kick

## Rules of Football

- A match consists of two 45 minutes halves with a 15 minute rest period in between.
- Each team can have a minimum of 11 players (including 1 goalkeeper who is the only player allowed to handle the ball within the 18 yard box) and a minimum of 7 players are needed to constitute a match.
- The field must be made of either artificial or natural grass. The size of pitches is allowed to vary but must be within 100-130 yards long and 50-100 yards wide. The pitch must also be marked with a rectangular shape around the outside showing out of bounds, two six yard boxes, two 18 yard boxes and a centre circle. A spot for a penalty placed 12 yards out of both goals and centre circle must also be visible.
- The ball must have a circumference of 58-61cm and be of a circular shape.
- Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side. In the event of all three substitutes being made and a player having to leave the field for injury the team will be forced to play without a replacement for that player.
- Each game must include one referee and two assistant referee's (linesmen). It's the job of the referee to act as time keeper and make any decisions which may need to be made such as fouls, free kicks, throw ins, penalties and added on time at the end of each half. The referee may consult the assistant referees at any time in the match regarding a decision. It's the assistant referee's job to spot offside's in the match (see below), throw ins for either team and also assist the referee in all decision making processes where appropriate.
- If the game needs to head to extra time as a result of both teams being level in a match then 30 minutes will be added in the form of two 15 minute halves after the allotted 90 minutes.
- If teams are still level after extra time then a penalty shootout must take place.
- The whole ball must cross the goal line for it to constitute as a goal.
- For fouls committed a player could receive either a yellow or red card depending on the severity of the foul; this comes down to the referee's discretion. The yellow is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced.
- If a ball goes out of play off an opponent in either of the side lines then it is given as a throw in. If it goes out of play off an attacking player on the base line then it is a goal kick. If it comes off a defending player it is a corner kick.



Recognize when a player is offside

## Offside Rule in Football

Offside can be called when an attacking player is in front of the last defender when the pass is played through to them. The offside area is designed to discourage players from simply hanging around the opponent's goal waiting for a pass. To be onside they must be placed behind the last defender when the ball is played to them. If the player is in front of that last defender then he is deemed to be offside and free kick to the defending team will be called. A player cannot be caught offside in their own half. The goalkeeper does not count as a defender. If the ball is played backwards and the player is in front of the last defender then he is deemed to be not offside.



Know the grounds for which a yellow card or red card is shown



# Football Leagues and Clubs

## Leagues of Football

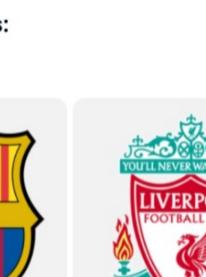
The football league system, also known as the football pyramid, is a series of interconnected leagues for men's association football clubs in England, with five teams from Wales, one from Guernsey, one from Jersey and one from the Isle of Man also competing. The system has a hierarchical format with promotion and relegation between leagues at different levels, allowing even the smallest club the theoretical possibility of ultimately rising to the very top of the system. There are more than 140 individual leagues, containing more than 480 divisions. Following even the smallest club the theoretical possibility of ultimately rising to the very top of the system. There are more than 140 individual leagues, containing more than 480 divisions.

### English Premier League

The English Premier League (EPL) is the top tier league in England boasting widely known teams such as Manchester United, Manchester City, Chelsea, Arsenal, Liverpool, and many other popular teams. Some of the world's best players are playing in the English Premier League. A few of my favorite players to watch here include Robin Van Persie, Wayne Rooney, David Silva, Sergio Aguero and, of course, Americans Clint Dempsey and Tim Howard. The EPL runs from August through May, providing nearly year-round entertainment. And what great entertainment it is! The matches are usually filled with skill, action, drama, and surprises. By the end of the season, you'll be sitting on the edge of your seat cheering your team on and hoping for victory. The English Premier League is broadcast all over the world. In America, it is aired through NBC Sports.

### Categories

English Premier League	01
Serie A	02
La Liga	03
Bundesliga	04
Major League Soccer	05
Football Clubs	06



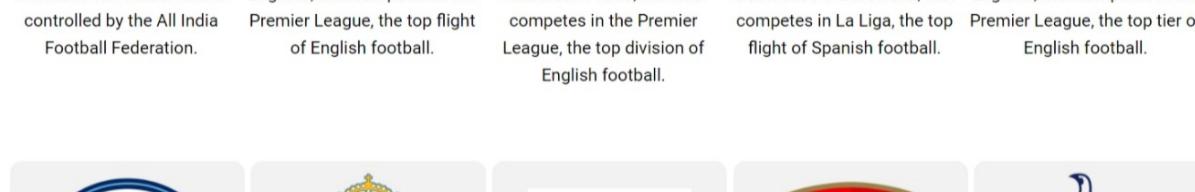
### Bundesliga

The Bundesliga is Germany's primary soccer league. Although formed relatively recently in 1963, it boasts incredible fan support. It saw a record level of fan attendance with an average of over 45,000 fans in each game during the 2011–2012 season. The Bundesliga has traditionally been dominated by FC Bayern Munich. They have recently won the championship six years in a row. While Bayern Munich is made up of at least 7 German national team players, the Bundesliga includes other world-class players such as Robben, Ribery, Huntelaar, and several American team members. The season runs from August through May, following a similar schedule as many other European leagues. I enjoy the Bundesliga because of strong players, passionate fans, and packed stadiums. The games tend to be very competitive and exciting, making it one of the best leagues every soccer fan should follow.

### Major League Soccer

Major League Soccer provides soccer action close at hand. MLS is the top soccer league in America. It was formed about 20 years ago to provide both players and fans professional soccer in the US. While the league does not contain the same number of superstars as European leagues, it has included stars like David Beckham, Robbie Keane, Thierry Henry, and many Central American players as well as US National Team members. Opposite most European leagues, the MLS season runs during the summer months, stretching from March through November. Some have wondered why the MLS would not follow the example of other leagues, but I believe it provides great summer entertainment while most other soccer leagues are on break. In recent years, MLS has seen a rapidly increasing fan base in combination with new, soccer-specific stadiums throughout the country.

Here are few popular Clubs of Football in various Leagues:



#### Indian National Football Team

The Indian national football team represents India in international football and is controlled by the All India Football Federation.

#### Manchester United Football Club

Manchester United Football Club is in Greater Manchester, England, that competes in the Premier League, the top flight of English football.

#### Chelsea Football Club

Chelsea Football Club is based in Fulham, London. Founded in 1905, the club competes in the Premier League, the top division of English football.

#### Futbol Club Barcelona

Futbol Club Barcelona is a Spanish professional football club based in Barcelona, that competes in La Liga, the top flight of Spanish football.

#### Liverpool Football Club

Liverpool Football Club is a football club in Liverpool, England, that competes in the Premier League, the top tier of English football.



#### Manchester City Football Club

Manchester City F.C. is an English football club based in Manchester that competes in the Premier League, the top flight of English football.

#### Real Madrid Club de Fútbol

Real Madrid Club de Fútbol, commonly referred to as Real Madrid, is a Spanish professional football club based in Madrid.

#### England National Football Team

The England men's national football team represents England in men's international football since the first international match in 1872.

#### Arsenal Football Club

Arsenal Football Club is based in Islington, London, England that plays in the Premier League, the top flight of English football.

#### Tottenham Hotspur Football Club

Tottenham Hotspur Football Club is an English professional football club in Tottenham, London, that competes in the Premier League.



# India & Football

## Football in India

Association football is the second most popular sport in India after cricket in terms of players participation. India's current top domestic football league is Indian Super League, formed as an unrecognised professional league with eight teams (now 11) to promote Indian football to the country and world. The league began on 2014 and after third season, it was recognised as the second national football league, running parallel with the I-League, thus leaving India as one of the few countries with two fully recognised football leagues. After fifth season, it has been recognised as the joint top domestic football league in India.

## India National Football Team

The India National Football Team represents India in international football and is controlled by the All India Football Federation (AIFF). The squad is under the global jurisdiction of FIFA and governed in Asia by the AFC. The AIFF is one of the founding members of the South Asian Football Federation (SAFF) and the squad is also a part of the regional federation. The team, which was once considered one of the best teams in Asia, had its golden era during the 1950s and early 1960s. During this period, India won gold at the 1951 and 1962 Asian Games, while finishing fourth at the 1956 Summer Olympics. Thus India became the first Asian nation to reach the semi-final of a FIFA organized major tournament.

## Indian Super League

The Indian Super League (ISL) is a professional football league, which is one of two co-existing highest level in Indian football system along with the I-League. It is organized by the All India Football Federation and their commercial partners Football Sports Development. Due to sponsorship reason with Hero MotoCorp, it is officially called Hero Indian Super League. The league currently comprises 11 clubs. Each season of the tournament generally runs from November to March. During the league stage of the competition, each club plays against all the other clubs in a round-robin style. At the end of the league stage the team with the most points gets declared the Premiers and presented with a trophy named League Winners' Shield, and the top four clubs qualifies for the play-offs. The season then culminates with the ISL Final to determine the Champions who are presented with the ISL Trophy.

## Categories

- |                              |    |
|------------------------------|----|
| Football in India            | 01 |
| India National Football Team | 02 |
| Indian Super League          | 03 |
| Indian Super League Clubs    | 04 |



Players of Indian National Football Team



Official Logo of Indian Super League

The clubs included in Indian Super Leagues and their stadiums are:



ATK Mohun Bagan



Bengaluru FC



Chennaiyin FC



FC Goa



Hyderabad FC



Jamshedpur FC



Kerala Blasters FC



Mumbai City FC



NorthEast United FC



Odisha FC

• JRD Tata Sports Complex,  
Jamshedpur

• Jawaharlal Nehru Stadium,  
Kochi

• Mumbai Football Arena,  
Mumbai

• Indira Gandhi Athletic  
Stadium, Guwahati

• Kalinga Stadium,  
Bhubaneswar