

Football (Soccer) – Game Instruction

Title: Football (Soccer)

Category: Outdoor

Subcategory: Males

Players: 4–22 players (2 teams)

Time Required: 30–60 minutes

Description

A globally loved team sport where players score by kicking the ball into the opposing team's goal.

Materials Needed

- Football (soccer ball)
 - Two goals (or cones/objects to mark goalposts)
 - Markers for field boundaries
 - Bibs or shirts to distinguish teams (optional)
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How to Play

- Divide players into two equal teams.
 - Set up a rectangular play area with clear goal zones.
 - Players pass and dribble the ball to move it down the field.
 - The objective is to kick the ball into the opponent's goal while defending your own.
 - Only the goalkeeper (if playing with one) may use hands inside the goal area.
 - A goal counts as one point. Play continues for the agreed time or until a team reaches a winning score.
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Tips & Variations

- Use cones or markers if goalposts aren't available.
- Play “mini soccer” (3v3 or 5v5) in smaller areas.
- Rotate positions so all players get turns in defense, midfield, and attack.