

Football



Main rules

1. Don't touch the ball with your hand unless you are the goalkeeper.
2. A senior football match consists of two 45-minute halves and must have a 15-minute break in the middle.
3. A team can start with a maximum of 11 players, of which one is the designated goalkeeper.
4. The whole ball must cross the goal line for it to be a goal.
5. A referee can award a foul if they believe a player has acted unfairly. A player who fowls can receive a yellow card. 2 yellow cards equals a red card and that player is 'sent off' meaning they can no longer play.

Key skills

Kicking/passing – to strike the ball with the foot. Using the laces, inside, outside or back of the heel.

Tackling – to disposes your opponent and win the ball back.

Defending – to prevent your opponent from scoring.

Key Vocabulary

Kick off	The start of the match from the centre of the pitch.
Pitch	The field/area in which the game is played.
Goal	A goal is scored by kicking the ball into the opposing team's net.
Foul	A violation of the rules resulting in a free kick or penalty for the opposing team.
Penalty	A direct free kick taken from the penalty spot as a result of a foul committed inside the penalty area.
Referee	The official who enforces the game's rules and ensures fair play.
Match	A game between two teams.
Net	The mesh structure attached to the goal posts.
Touchline	The boundary line that runs along the field's length, marking the outermost edge of the playing area.