



UNIT 6: FOOTBALL. AN EXAMPLE OF A TEAM SPORT.

1. *Brief history about football.*
2. *Football rules.*

- 2.1. *The football field.*
- 2.2. *Players' positions.*
- 2.3. *Football misconduct.*
- 2.4. *The referee.*

3. *Results and scores.*
4. *Technical and tactical skills.*
5. *Vocabulary.*
6. **Key words:** *field, score, goal, pitch, touch lines, goal lines, goal kick, free kick, corner, keeper, defender, midfielder, attacker, referee, lines man, fourth official, whistle, beat, conceded, draw, nil, pass, tackle, block, head, lose one's marker, mark, feint, save, shoot.*





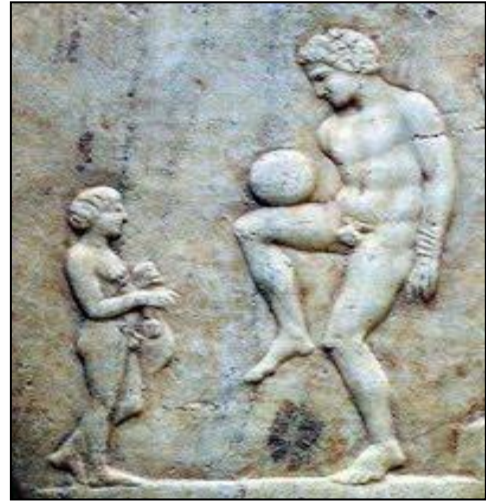
1. BRIEF HISTORY ABOUT FOOTBALL.

Football is a sport played between two teams of eleven players with a spherical ball. It is played by 250 million players in over 200 countries, making it the world's most popular sport. The game is played on a rectangular **field** with a goal at each end. The object of the game is to **score** by kicking the ball into the opposing **goal**.

It's very difficult to say where football originated, because football researchers have found several ball games in Greece, Japan and even indigenous tribes in America. However it would be in Britain during the medieval period when ball games somewhat similar to football rose in popularity.

The early forms of football played in England, would be played between neighboring towns and villages, involving an unlimited number of players on opposing teams struggling to move the ball to particular geographical points, such as their opponents' church. The game was played primarily during significant religious festivals, such as Christmas, or Easter.

In Spain, modern football was introduced in the late 19th century by a combination of mostly British immigrant workers, visiting sailors and Spanish students coming from Britain.



Greek playing with a ball



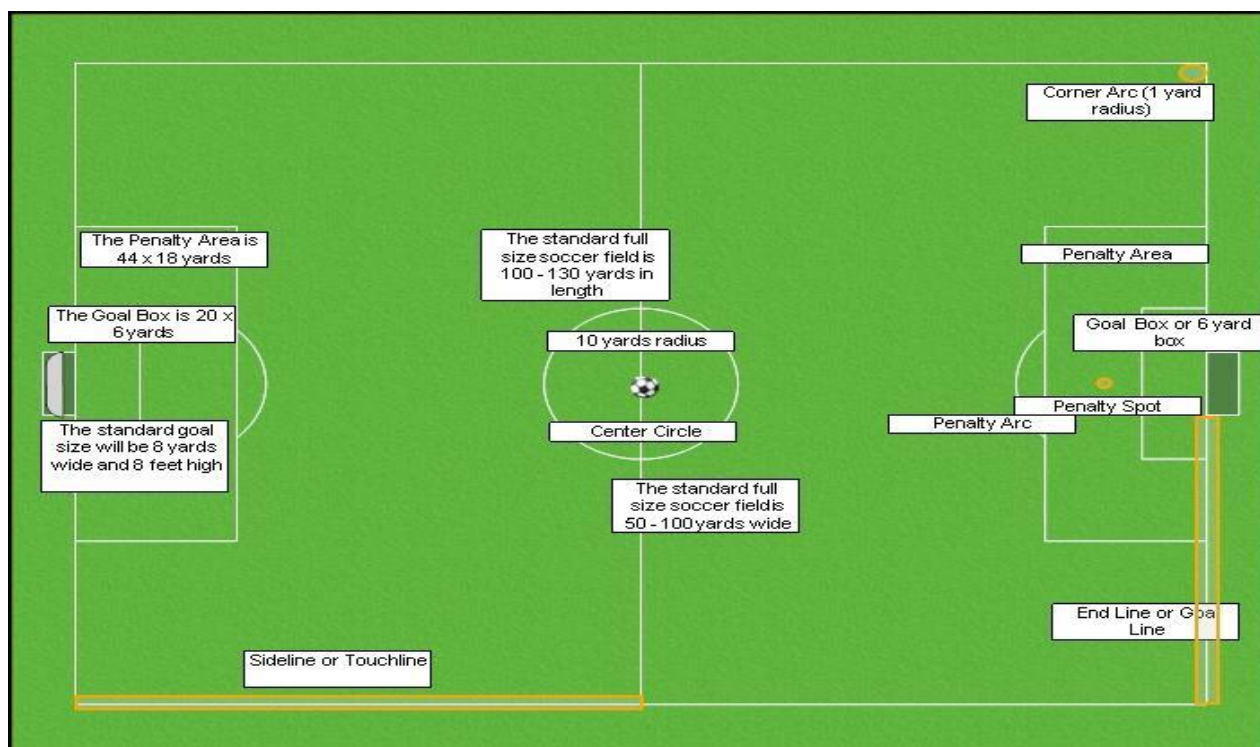
Native American kicking the ball





2. FOOTBALL RULES.

2.1. The football field.



The **pitch** is rectangular in shape. The longer sides are called **touchlines**. The other opposing sides are called the **goal lines**. The two goal lines must be between 45 and 90 m long and be the same length. The two touch lines must also be the same length, and be between 90 and 120 m in length. The corners of the pitch are demarcated by corner flags.

All line markings on the pitch form part of the area which they define. For example, a ball on or above the **touchline** is still in the field of play; a ball on the line of the goal area is in the goal area; and a foul committed over the 16.5-metre line has occurred in the penalty area. Therefore a ball must completely cross the touchline to be out of play, and a ball must wholly cross the goal line (between the goal posts) before a goal is scored; if any part of the ball is still on or



Player taking a corner



above the line, the ball is still in play.

When the ball goes outside the touch line it is a **throw-in** and the player has to throw the ball back in bounds with his/her hands.

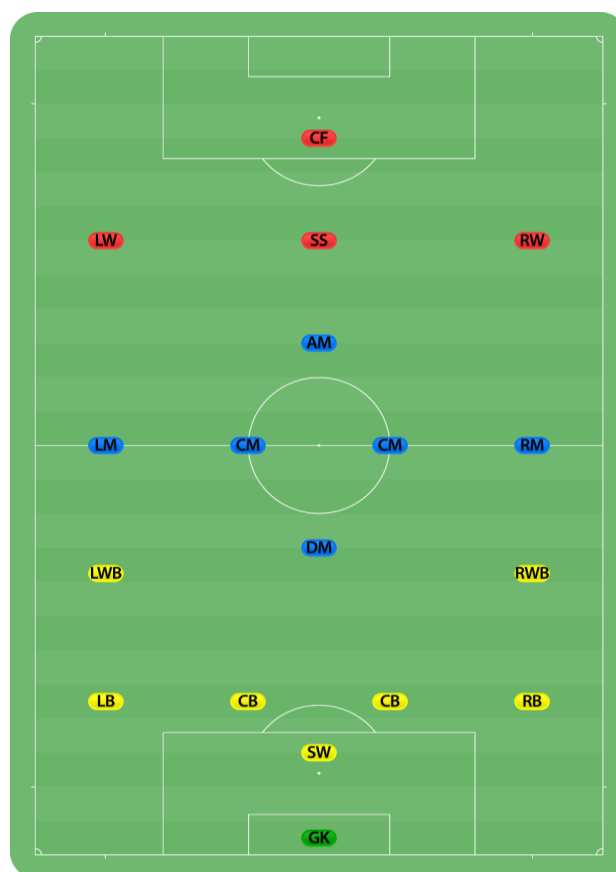
When the ball entirely crosses the goal line, it could be a **goal kick** or **corner**, depending on which player sent the ball out of bounds.

2.2. Players' positions.

There are two ways to describe where somebody plays:

- **Goalkeeper/keeper:** He plays in the goal.
- **Defenders** (2 centre back, right back and left back): They play defense.
- **Midfielders** (2 centre midfielders, right midfielder and left midfielder): They play in midfield.
- **Strikers/Attackers/Forwards:** (1, 2 or 3 attackers): They play offense.

There are kinds of players known as “**wingers**” who play near the touch line on defense or on offense.



2.3. Football misconducts.

During the match, players will be sanctioned with a **free kick** for:

- **Kicking** or trying to kick an opponent.
- **Tripping** an opponent.
- **Grabbing** an opponent from behind.
- **Touching or guiding** the ball with their hands.



Player shooting from the penalty spot

Players have to take this **free kick** from the location of the foul. If one of these misconducts is committed within the penalty area, the referee will punish this team with a penalty, which is taken from the **penalty spot**.

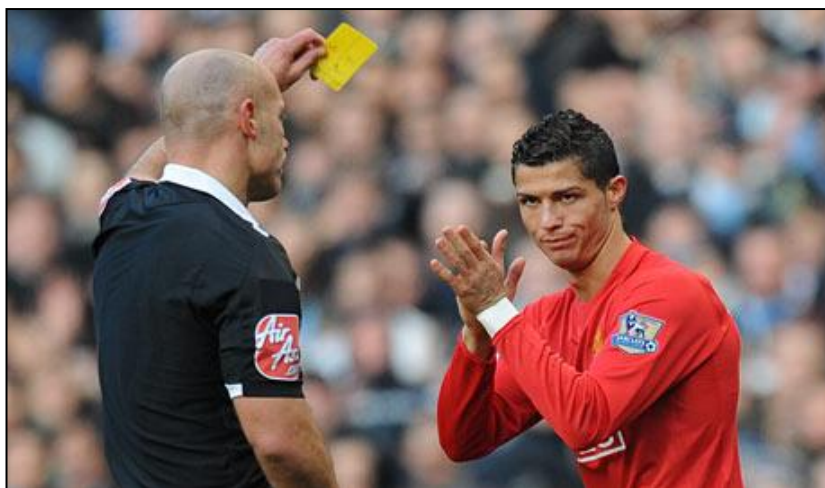
2.4. The referee.

A **referee** supervises a game, having full authority to enforce the Laws of the Game. The referee is assisted by two assistant referees (formerly known as linesmen), and in some matches also by a **fourth official**. Referees use a **whistle** to help in match control. The **whistle** is sometimes needed to stop, start or restart play but should not be used for all stoppages, starts or restarts.

The referee carries a yellow card and a red card to indicate a warning for misconduct or to **send-off** a player respectively.



Fourth official showing added time



Referee showing the red card to Cristiano Ronaldo



3. RESULTS AND SCORES.

A team wins by having the highest number of goals once time runs out. At this point, if you want to talk about scoring you should pay attention to the next vocabulary. Look at these football results:

- **Brazil 2- Italy 1**
- **France 3- Spain 0**
- **Germany 2- Holland 2**
- **Lost to:** Spain **lost to** France.
- **Won:** Brazil **won** 2-1.
- **Beat:** Brazil **beat** Italy 2-1.
- **Drew:** Germany and Holland **drew** 2-2.
- **Scored:** France **scored** three goals.
- **Conceded:** Spain **conceded** three goals.



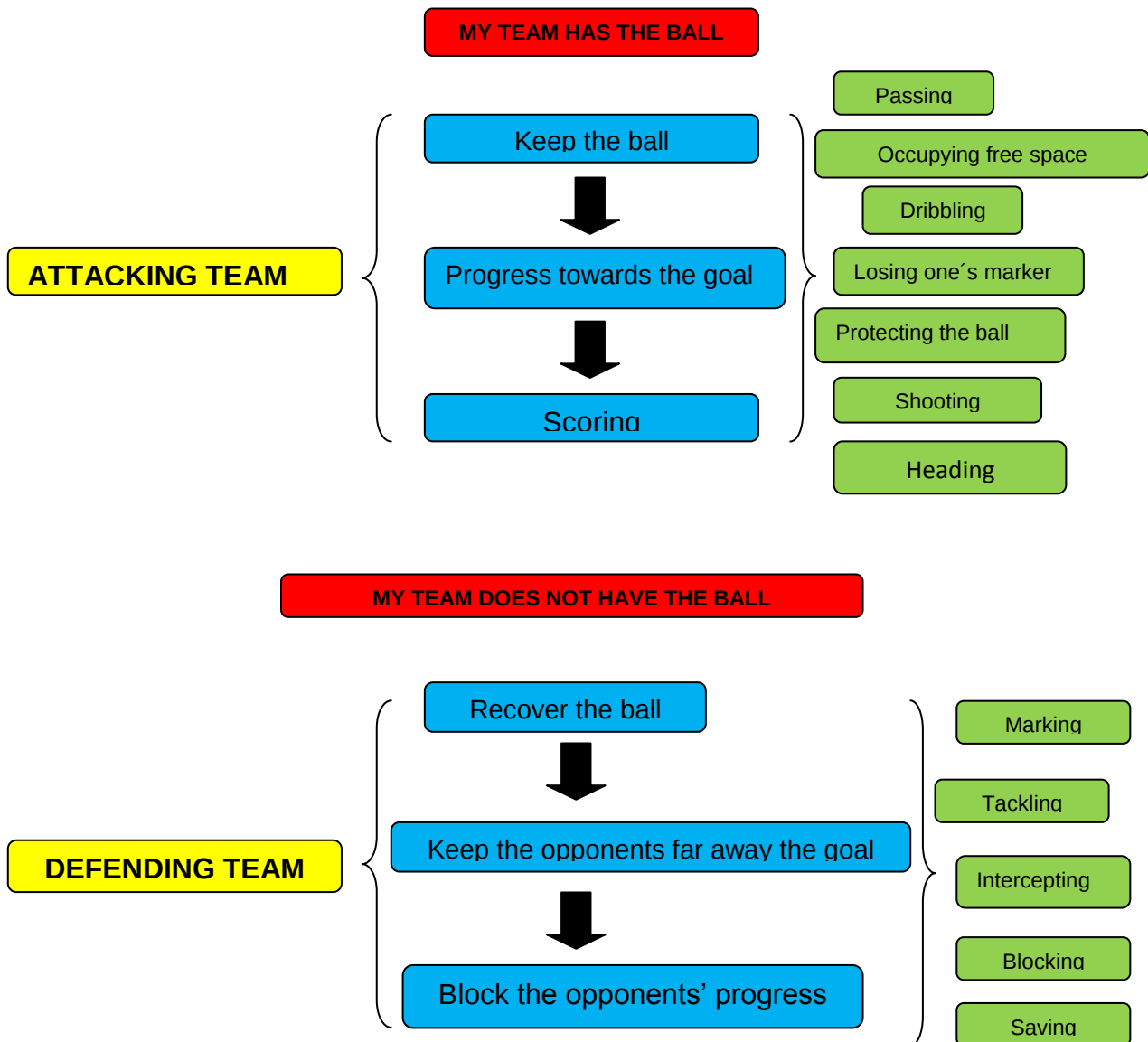
Liverpool beats Chelsea 4-1

You say football scores like this:

- 2-1 They won/lost two-one.
- 2-0 They won/lost two-**nil**.
- 4-4 They drew four-all.
- They drew nil-nil. It was **nil-nil**.

4. TECHNICAL AND TACTICAL SKILLS.

In team sports like football, the action that players have to do will depend on whether or not they have possession of the ball. **LOOK AT THIS GRAPHIC!**



4.1. Attacking technique.

- **Passing:** Action that allows the ball to be passed between players.



Player making a pass



- **Dribbling:** It allows players to sprint into open space (taking the ball with them) and get past defenders.
- **Losing one's marker:** It's a movement players do, when they want to receive the ball alone, gaining the defenders 'back.
- **Shooting:** Kicking the ball to try to score. Depending on where the player is and his or her angle to the goal, shooting can be:
 - Along the ground.
 - A chip.
 - With a spin.
 - A volley.
 - A heel-kick.
 - A toe-kick.



Player makes a shot



Cristiano Ronaldo making a feint

4.2. Defensive technique.

- **Marking:** Defensive action used against an offensive player, preventing him/her from getting the ball easily.
- **Intercepting:** when a player moves him/herself to interrupt a pass.
- **Tackling:** is the act of a defender coming to meet an opponent who is in possession of



Players tackling an opponent



the ball, engaging him, and then legally using a foot to take the ball away.



Keeper making a feint



Players heading up

- **Blocking:** when a player uses his/her legs or upper body apart from the arms to intercept an opponent's shot.
- **Saving:** When a goalkeeper prevents the ball from going into the goal. Goalkeepers most commonly use their hands to save goal-bound efforts but are free to use any part of their body.

5. VOCABULARY.

- **Beat:** [bi:t], vencer, ganar.
- **Concede:** [kən'si:d], conceder, ceder.
- **Draw:** [drɔ:], empatar.
- **Feint:** [feɪnt], finta, amago.
- **Grab:** [græb], coger, agarrar.
- **Misconduct:** [mɪs'kɒndʌkt] *n frmI* mala conducta
- **Nil:** [nɪl], cero, nada.
- **Penalty spot:** punto de penalty.
- **Send off:** Dpte: expulsar.
- **Whistle:** ['wɪsl] silbato o silvar.

