

USA Edition

# Soccer

## *Rules & Positions*

FOR  
DUMMIES®

United States Soccer  
Federation, Inc.

Michael Lewis

National Alliance  
For Youth Sports

with Greg Bach





***Soccer Rules &  
Positions In A Day***  
FOR  
**DUMMIES®**

**by United States Soccer Federation, Inc.,  
and Michael Lewis;  
and National Alliance For Youth Sports  
with Greg Bach**



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# Introduction



**S**occer is a universal sport. People all over the world play it (and in some countries they call the game football or *fútbol*). *Soccer Rules & Positions In A Day For Dummies* introduces you to the basic skills and concepts of the game. Here, you can find out all about the different positions, the rules, and the skills it takes to play — or simply watch! — this oh-so-exciting game.

In this book, we explain all of this information without getting too technical and with the aid of photos and illustrations so you can understand the game better. We also provide links to online content that can enrich your understanding of soccer. We want you to be in the know so you can love this game, whether it's being played on your neighborhood soccer fields or in one of the huge professional arenas filled with die-hard fans.

## *What You Can Do In A Day*

The goal (no pun intended) of *Soccer Rules & Positions In A Day For Dummies* is to help you understand the basics of soccer. And you can do so in about a day's time, whether you fill a free afternoon or you dip in and out whenever you find a few spare minutes. We explain the rules of the game; introduce the different player positions; and cover the fundamentals of dribbling, passing, and other essential soccer moves. We wrap it all up with a look at how goalkeepers prevent the other team from scoring.

You can read the chapters straight through and get an overview of the rules and the skills soccer players need, or you can dip in and out, focusing on one aspect of the game — say, working together as a team — and then moving on to the next topic. How you use this book is up to you!

## *Foolish Assumptions*

When creating this book, we assumed that you fall into one of the following categories:

- ✓ You want to understand the ins and outs of soccer so you can be a better spectator, whether you're watching a pro or peewee game.
- ✓ You want to play the game with confidence, whether at the community or school level.
- ✓ You don't have a lot of time to gain the knowledge you need to understand the game or boost your skills.

## *Icons Used in This Book*

To help you navigate through this book more clearly, we placed icons — little pictures that point to a particular tip — in the margins. Here are the icons we've used:



Look for this icon when you want some wise advice, insight, or a shortcut.



When you see this icon, you know you're reading a piece of information that's especially important to remember.



Take a break from the text for a quick exercise designed to help you get a better grasp of soccer — this icon shows you what to do.



When you see this icon, head to this book's companion website at [www.dummies.com/inaday/soccerrulesandpositions](http://www.dummies.com/inaday/soccerrulesandpositions). Online, you'll find more-detailed information about topics that we cover in the book.