

THE BASICS OF POWER SOCCER

1. A game consists of two Twenty minute halves. There is a 10 minute halftime. If the score is tied at the end of regulation time, there will be an overtime in which the first goal scored wins. If it is still tied, then both sides take penalty kicks.
2. First, know which direction your team is facing as it goes against the goal you want to score on.
3. You should almost always be facing the ball and always know where the ball is.
4. Think of the court as having three long corridors – one central and two on the sides. Normally you are operating in and defending one of these corridors and staying in it, except when a teammate brings the ball into your corridor, at which point you switch to the undefended corridor.
5. We set up with one goalie, who largely stays inside the goal area; a center back who is the main line of defense and who can go into our goalie box to help our goalie without creating a two on one, as well as coming forward some on offense; and two wings who stay on the sides and ahead of the center back.
6. Most of the time the three players on the court (i.e. not counting the goalie) want to form a triangle for the purposes of passing.
7. The two wings can help out on defense in their corridors, but cannot come into the goal area or the ref will call three in the box and give an indirect free kick to the other team. There is no point getting trapped in the corners – better that the two wings be forward a bit and ready to chase balls coming out of the penalty area.
8. One of the key rules to this game is the so-called two-on-one rule: if one of your teammates has the ball and is being challenged by a player from the other team, you cannot go within 10 feet of the ball or the ref will call a foul and award a free kick to the other team. This rule is counterintuitive – you will almost certainly want to go and get the ball – but you just can't do it! If two players from different teams are scuffling for the ball, you should go where you think it may come out or to a place where your teammate can pass to you (but beware of the dreaded two-on-one!).
9. The game begins with one side kicking off. And when a goal has been scored, the other side kicks off. The center back will usually kick, and the two wing players should be right on the centerline ready to head forward and pick up the ball. There are a number of kickoff plays that we can work on. Also plays for defending against the other team's kickoff,
10. When the ball goes out of bounds on the sideline, the other team gets to kick it in. In principle the kicker can also take a direct free shot at the goal, though this rarely

happens. We can work on a few plays for bringing the ball out on a sidelines kick, and also on defensive schemes.

11. When the team on defense puts it over their end line, the other team gets a free kick from the corner. Again, there are a number of plays that we will work on. Be careful, because you can have a two-on-one called on offensive players in the penalty box.

12. When defending against the corner kick, the goalie must be behind the end line or at least 10 feet from the corner. Normally the center back will set up in front of the goalie and help defend.

13. When the offensive team hits it over the end line, the defense gets a goal kick. Either the center back or the goalie takes the kick. Here too there are a couple of offensive and defensive plays we can work on.

14. If the ball bounces up in the air, the ref blows the whistle to stop play. One player from each team sets up 3 feet from the ball, and when the ref blows the whistle, the players go after the ball.

15. If you bang into somebody's chair, the ref will call a foul and award the other team a free kick. If in the goal area, the other team gets a penalty kick.