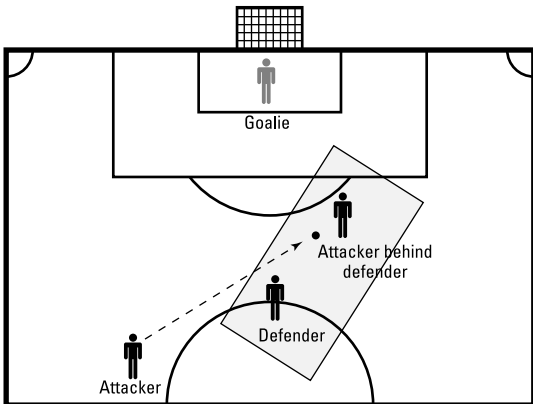


Figure 1-1:
The field.

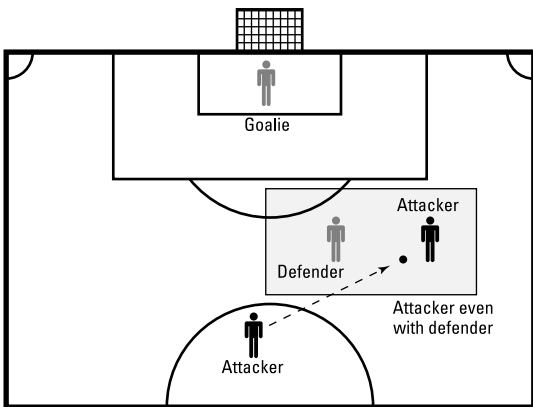
Figure 4-1:
An assistant
referee
signaling an
imminent
substitution.



Substitution



Offside



Onside

Figure 4-2:
Explaining
offside.

Figure 4-3:
Referee
signaling
for a direct
free kick.



Direct free kick

Figure 4-4:
Referee
signaling for
an indirect
free kick.



Indirect free kick



Figure 4-5:
Referee
issuing a
yellow card.

Issuing a yellow card



Figure 4-6:
Referee
waving play
on.

Play on

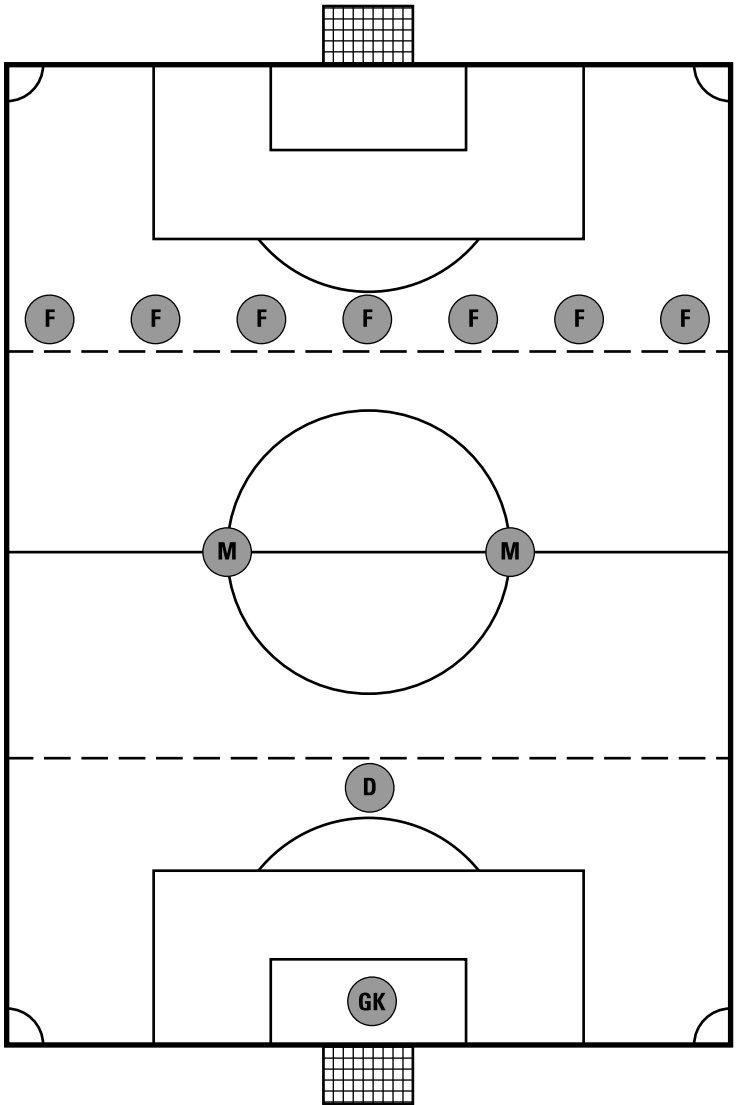


Figure 5-1:
The 1-2-7
formation.



D Defender

F Forward



GK Goalkeeper

M Midfielder

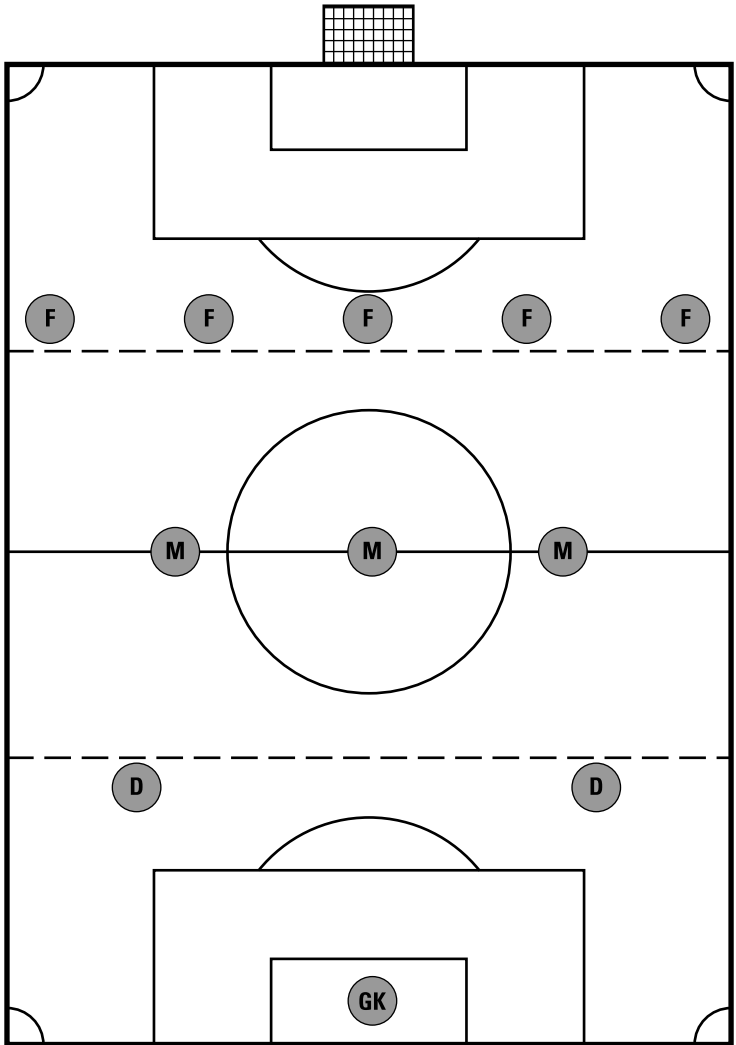


Figure 5-2:
The 2-3-5
formation.



Defender



Goalkeeper



Forward



Midfielder

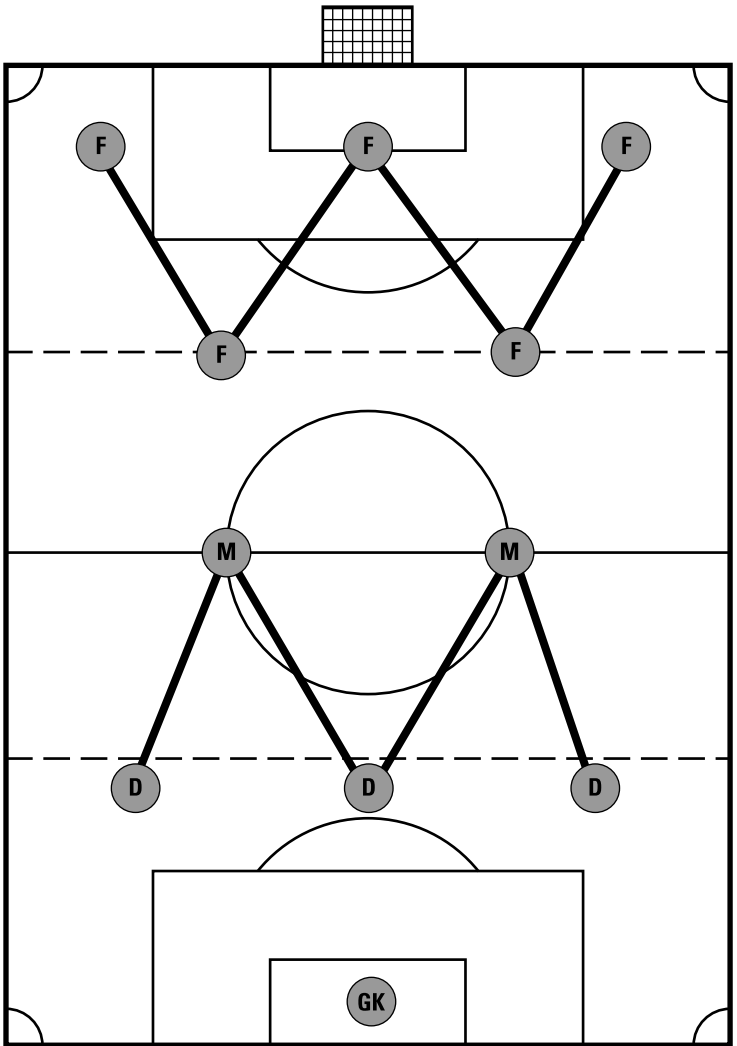


Figure 5-3:
The M-W
formation.

- D** Defender
- F** Forward

- GK** Goalkeeper
- M** Midfielder

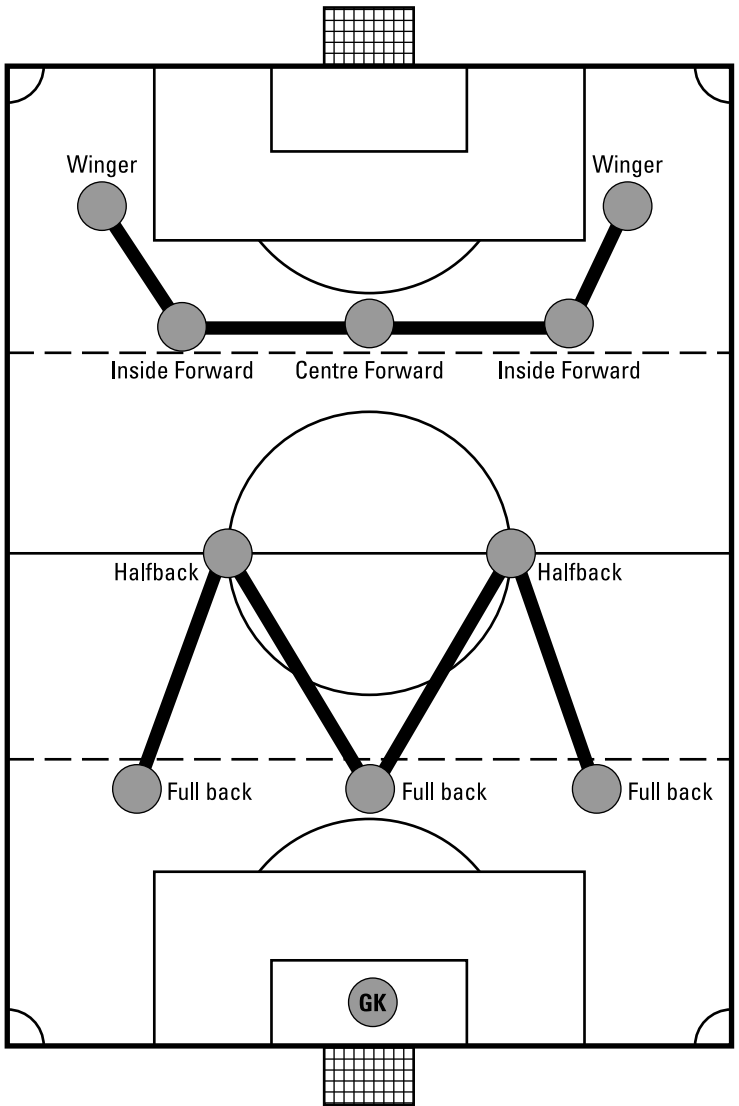


Figure 5-4:
The M-U
formation.

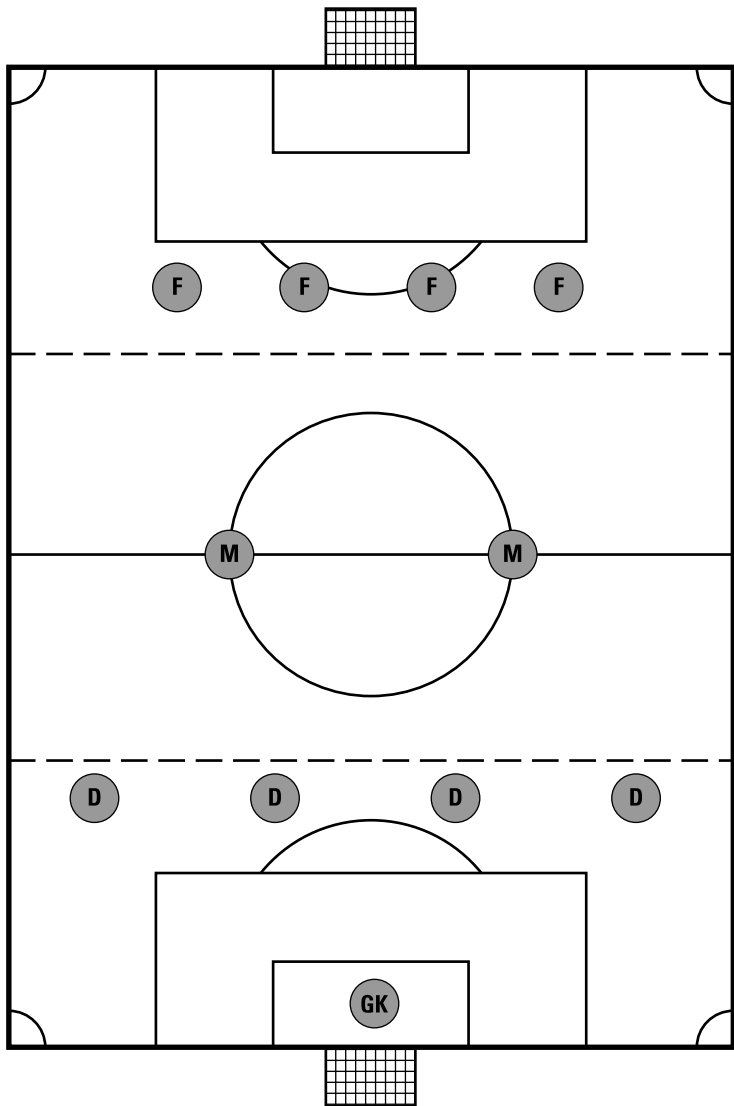


Figure 5-5:
The 4-2-4
formation.

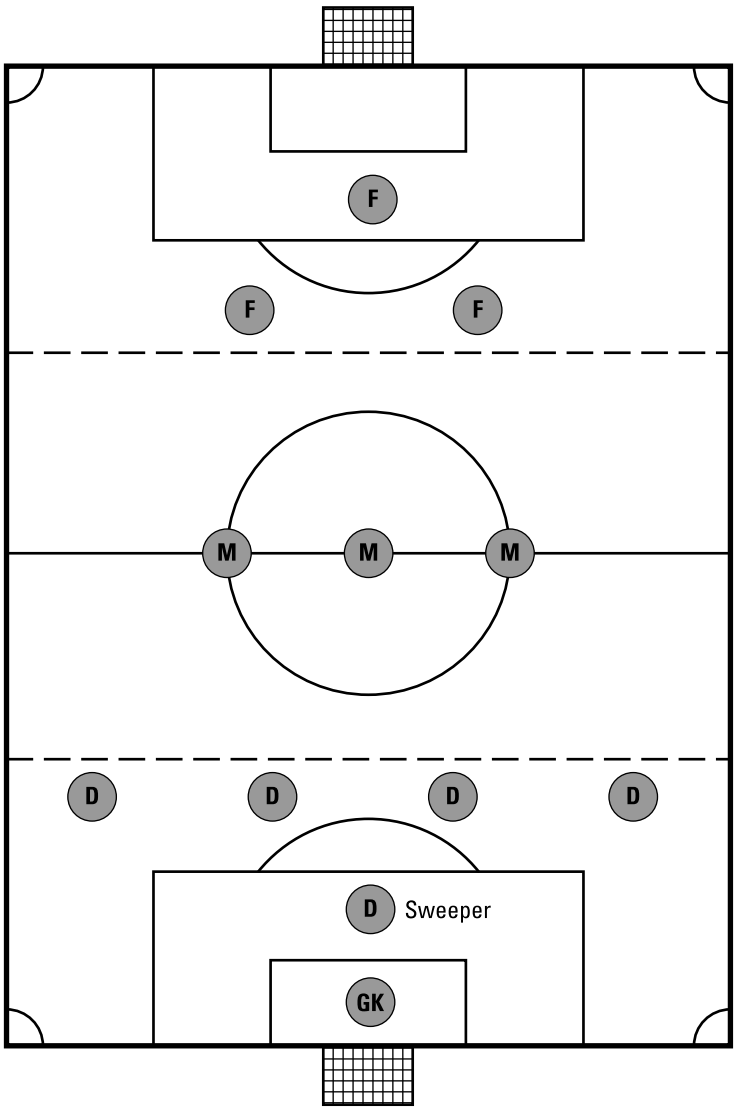


Figure 5-6:
The 4-4-2
formation.

- (D)** Defender
- (F)** Forward

- (GK)** Goalkeeper
- (M)** Midfielder

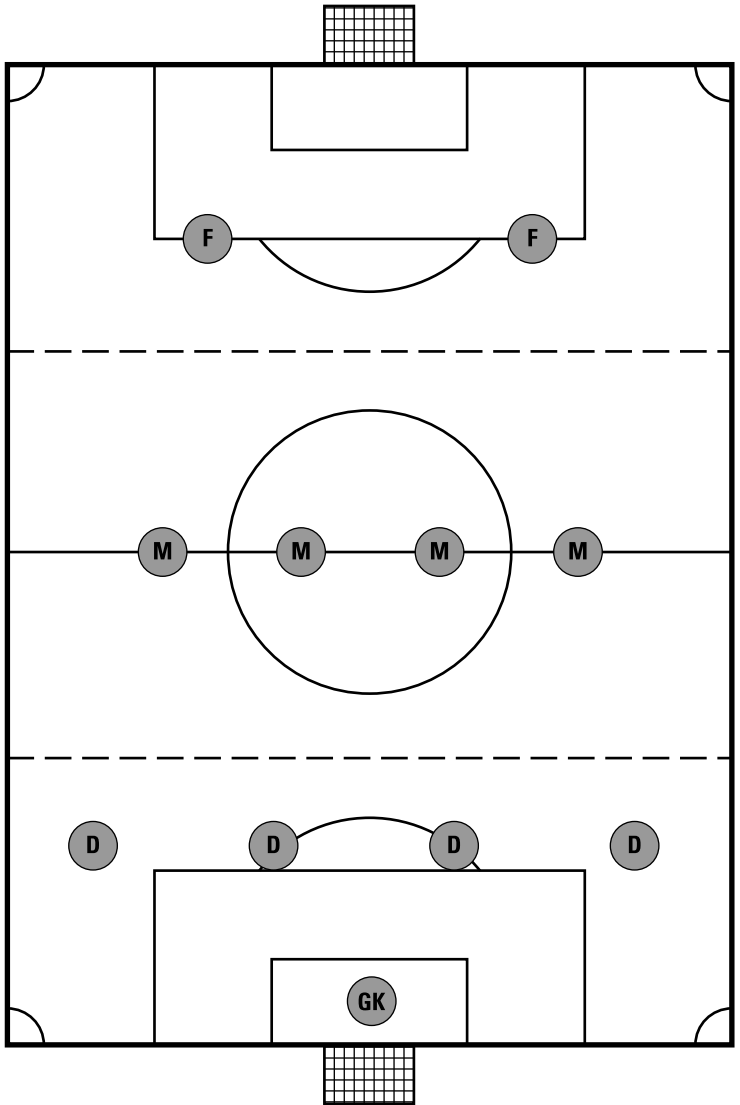


Figure 5-7:
The 3-5-2
formation.

D Defender
F Forward

GK Goalkeeper
M Midfielder

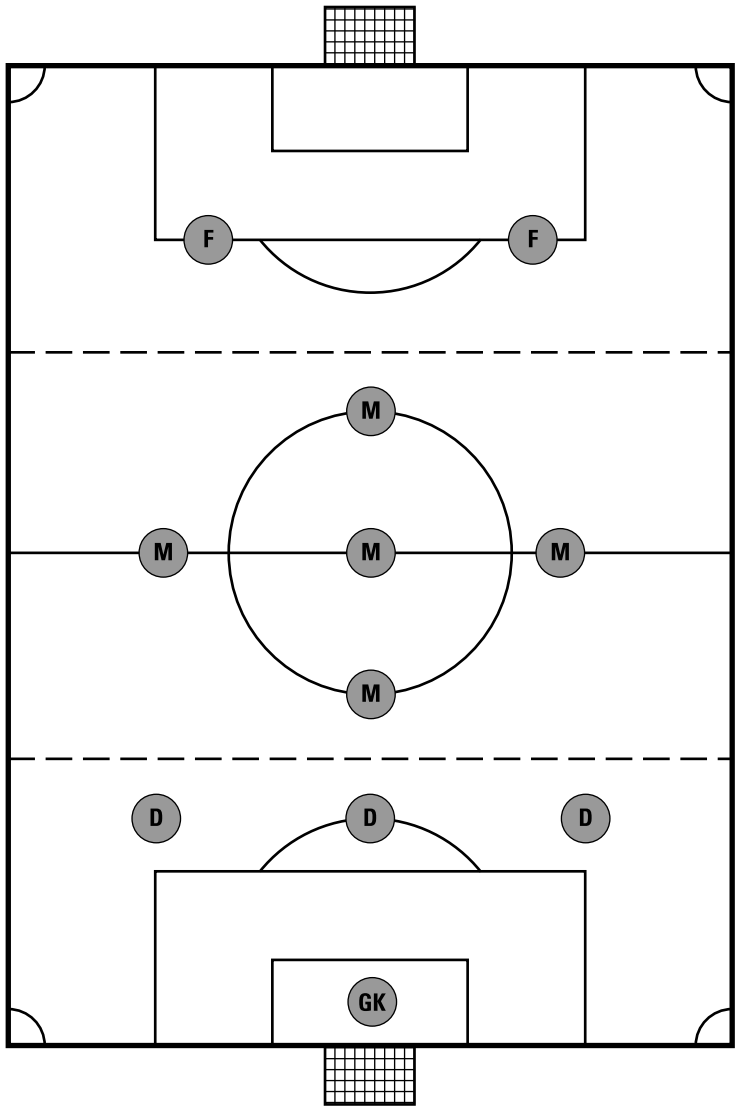


Figure 5-8:
The 4-4-1-1
formation.

D Defender
F Forward

GK Goalkeeper
M Midfielder



Figure 6-1:
A short
inside-of-
the-foot
pass.



Figure 6-2:
For longer passes, kick
the ball with
your instep.



Figure 6-3:
Receiving and stopping a ball with your foot is an important skill.



Figure 6-4:
The right
and wrong
way to
receive the
ball with the
thigh.



Right



Wrong

Figure 6-5:
Receiving
the ball with
the chest is
tricky. Don't
be tempted
to use your
hands.



Right



Wrong

Figure 6-6:
Right and
wrong ways
to head the
ball.



Right



Wrong

Figure 6-7:
The block tackle.



a



b

Figure 6-8:
A well-
executed
shoulder-
to-shoulder
tackle.



a



b

Figure 6-9 shows you how to get a sliding tackle right.



a



b



c



d

Figure 6-9:
The sliding tackle.

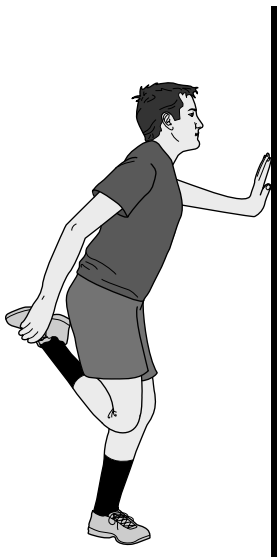


Figure 7-1:
Stretching
your
quadriceps.



Figure 7-2:
Working
on your
hamstrings
and lower
calves.



Figure 7-3:
Stretching
your groin.

- ✔ **Lower back:** Lie down on your back. Pull one or both of your knees towards your chest while keeping your shoulders and head on the ground. Figure 7-4 illustrates this stretch.

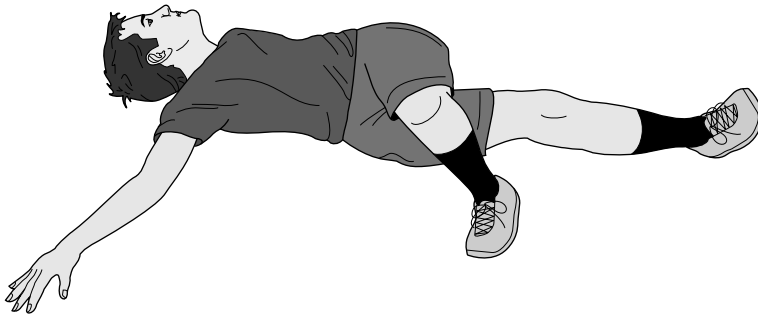


Figure 7-4:
Stretching
your lower
back.

- ✔ **Calf muscle and Achilles tendon:** Stand by a wall. Place one leg forward, bending it at the knee. Push forward against the wall, keeping your back foot flat on the ground. The forward leg stretches your Achilles tendon and the back leg stretches the calf muscle. Switch legs and repeat the stretch. Figure 7-5 illustrates this stretch.

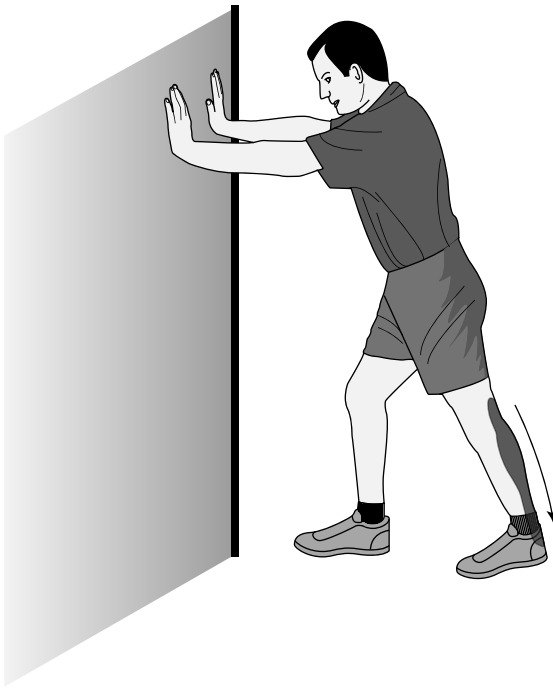


Figure 7-5:
Stretching
your calves.

✔ **Hip flexor:** Get on one knee. Bend your rear leg so the knee is near the ground while extending your front leg and your hands towards your toes, as shown in Figure 7-6.

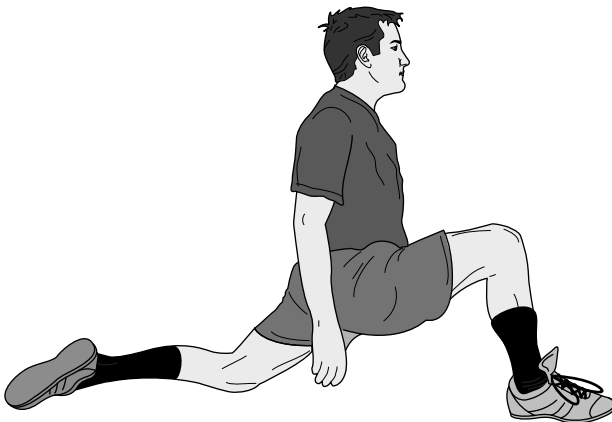


Figure 7-6:
Carrying out
a hip flexor
stretch.

Figure 7-7 shows the RICE procedure in progress.



Figure 7-7:
The RICE
procedure.

Figure 7-8 shows an ACL injury.

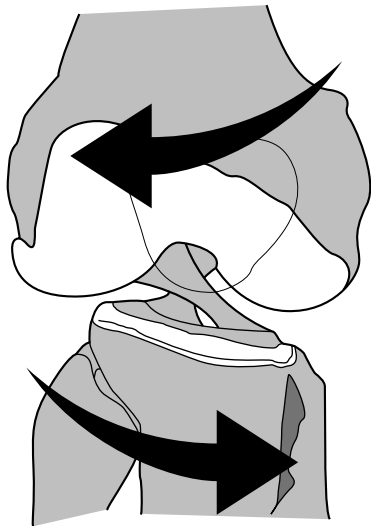


Figure 7-8:
ACL injury.

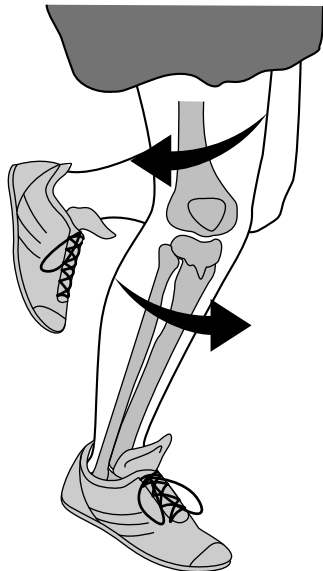


Table 7-1 lists some of the more common ailments and how to treat them.

Table 7-1 Common Ailments		
<i>Ailment</i>	<i>Symptoms</i>	<i>Treatment</i>
Abrasion	Loss of skin	Cleanse with antiseptic and apply antibiotic ointment
Blister	Fluid buildup under skin	Have it drained by a doctor and clean the area with antiseptic
Concussion	Severe blow to the head that can cause dizziness, dull to severe headache, ringing in ears, disorientation, possible loss of consciousness	Substitute player immediately. Do not allow him to continue under any circumstances, even if he insists he's recovered. Seek medical attention.
Contusion	Bruised muscle or tendon	Treat with ice using RICE method.
Cramp	Involuntary and painful muscle contraction	Apply firm pressure on the muscle area, followed by gentle massage. Give the player water to rehydrate him.
Sprain	Injured ligaments	Treat with ice using RICE method.
Strain	Torn muscle or tendon	Treat with ice using RICE method.