

SECTION 1. TÉCNICO DEPORTIVO EN FÚTBOL-NIVEL I.

Unit 1. FOOTBALL BASICS

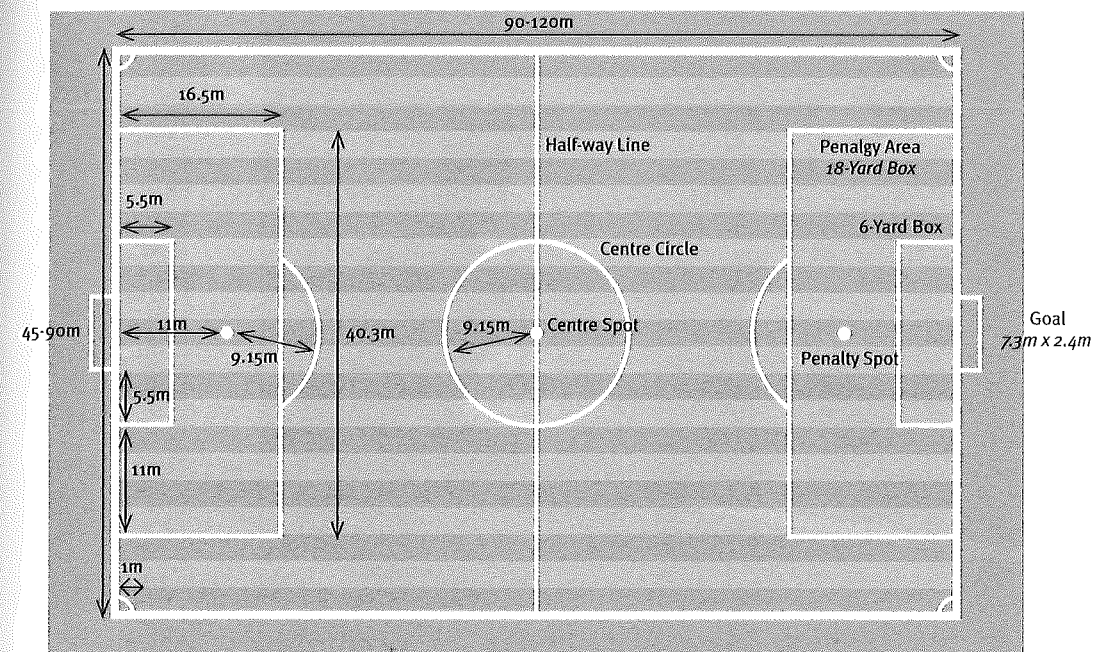
1.1 BASICS

A match

Two teams playing against each other in a 90-minute game of football.

A pitch

The area where footballers play a match.



1.2 PEOPLE ON THE FOOTBALL PITCH

A referee

The person who makes sure that players follow the rules. Normally wears a black shirt and shorts, and has a whistle.

Now answer these questions:

- Name two famous international or national referees
- Is it difficult to be a referee? What are the advantages and disadvantages of being a referee?

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A linesman (assistant referee)

The person whose main duty is to indicate with a flag when the ball has gone out of play or when a player is *offside*.

- How many assistant referees are there in a football match?

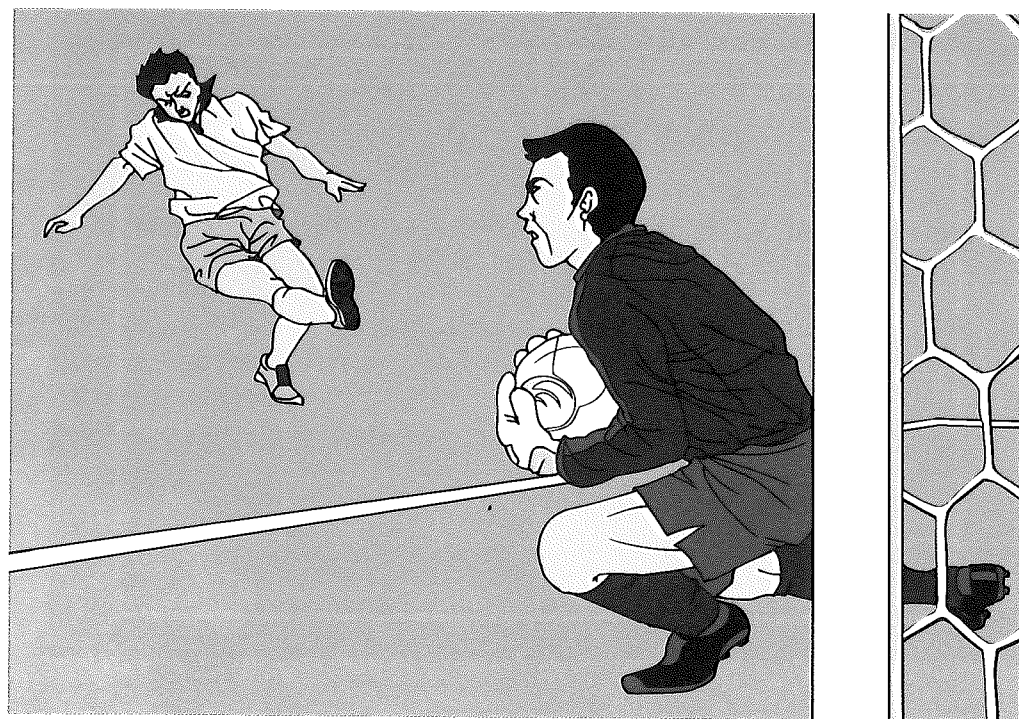
A skipper

The player who leads the team, also called the captain.

- Who is Real Madrid's skipper? What is his function?

A goalkeeper

The player in goal who has to stop the ball from crossing the *goal-line*. The only player who is allowed to *handle the ball* during open play.



A defender

A player who plays in the part of the football team which tries to prevent the other team from scoring goals, e.g. 'Kolo Touré is a defender and plays in defence for Arsenal and Ivory Coast'.

A midfielder

A player who plays mainly in the middle part of the pitch (or *midfield*), e.g. 'Michael Essien is a midfielder and plays in midfield for Chelsea and Ghana'.

An attacker

Also called a *forward*; a player whose duty is to score goals, e.g. *Samuel Eto'o is an attacker and plays in attack for Barcelona and Cameroon*.

A substitute

A player who sits *on the bench* ready to replace another team-mate on the pitch. This word can also be used as a verb, e.g. 'The manager was not happy with his attacker and substituted him after 60 minutes'.

A manager = a coach

The person in charge of a team and responsible for training, new players and *transfers*. For example, 'Alex Ferguson is the manager of Manchester United'.

1.3 THE MATCH

A foul

A violation of the rules. For example, if a player other than the goalkeeper handles the ball in the *penalty box (or penalty area)* it is a foul and a penalty is given to the other team.

Full-time

The point of the game when the referee blows the final whistle and the match is over. Normally after 90 minutes and any added injury or stoppage time.

A booking

A *yellow card* shown to a player by the referee for a serious foul. Two bookings or yellow cards result in a *red card* and *sending-off*.



Injury time

Also called *stoppage time*, added minutes at the end of the regular playing time at half-time or full-time. Entirely at the referee's discretion and normally indicated by an official on the *sideline (or touchline)*.

Extra time

If a match has no winner at full-time, 2x15 minutes of extra time may be played in some competitions.

Offside

It is a position which is not allowed in the rules of the game, i.e. when an attacking player is closer to the opposing team's goal-line at the moment the ball is passed to him or her than the last defender apart from the goalkeeper.

1.4 SCORING**The score**

The record of goals that indicates who is winning. The final score is the result that decides who has won the match. It can also be used as a verb, e.g. *'The attacker scored a beautiful goal'*.

To concede

To allow a goal in, to allow the opposite to score a goal. For example, *'Germany conceded only four goals in the World Cup qualifying group 2'*.

A goal

A successful attempt at scoring achieved by putting the ball over the goal line into the *goal* past the goalkeeper. For example, *'Kaká has scored a beautiful goal for Real Madrid'*

An own goal

A goal scored accidentally by a member of the defending team that counts in favour of the attacking team.

The lead

When a team scores first, it is 'in the lead', i.e. winning the match at the point of scoring. For example, *'Ronaldo's early goal gave Real Madrid the lead after 72 minutes but the final score was 1-1 (one all)*.

An equaliser

A goal that cancels out the opposing team's lead and leaves the match tied or drawn. It can also be used as a verb, e.g. *'Marouan Chamakh equalised for Morocco after 40 minutes'*.

A win

A match in which a team is victorious and *beat* the other team. A win normally gives the winning team three points, the losing team does not get any points. More commonly used as a verb, e.g. *'Brazil won the World Cup in 2002'*.

The score:1-0 one **nil**1-1 one **all**0-0 nil **all**3-2 three **two****A draw**

A match that ends in a *tie*, i.e. has no winner or loser. The teams get one point each for a draw. It can also be used as a verb, e.g. *'Real Sporting drew 0-0 (nil all) with Villarreal in June'*.

A defeat

A match that is lost, the opposite of a win. For example, *'Sudan suffered a home defeat to Zambia in September 2002'*.

To knock out

To eliminate another team from a competition. For example, in the last World cup Brazil Knocked out England in the quarter-finals'.

A goal difference

If team A has scored four goals and team B one, the goal difference is three.

A head-to-head

A way of deciding which team is ranked higher if two teams are level (or equal) on points. For example, if team A and B both have six points, but team A beat team B in the head-to-head game, team A will be ranked above team B.

A play-off

An extra match to decide which of two or more teams go through to the next round. For example, *'Australia beat Uruguay on penalties in a play-off to qualify for the World Cup 2006'*.

The away-goal rule

In some competitions, e.g. the UEFA Champions' league, a rule that rewards teams for scoring away home over two legs (or matches). For example, in 2005 AC Milan beat PSV Eindhoven 2-0 at home (in Milan) but lost 1-3 away in Holland. So both teams had scored three goals and conceded three goals, but because AC Milan had scored a goal away from home it went through to the Champions' League final on the away-goal rule.

1.5 TYPES OF SHOT**To kick**

To hit something, or somebody, with your foot. In football, the players kick the ball.

To shoot

To kick the ball towards *the net* at one end of the pitch (the goal) in an attempt to score a goal.

The kick-off

The first kick of the game when two players from the same team in the centre circle play the ball and start the match. It's also the first kick after *half-time* or after a goal has been scored.

A goal-kick

A kick taken from the 6-yard line by the defending team after the ball has been put over the goal line by the attacking team.

A free-kick

The kick awarded to a team by the referee after a foul has been committed against it.

A penalty

A free shot at goal from 12 yards (11 metres or the *penalty spot*) awarded by the referee to a team after a foul has been committed in the penalty area.

A corner

A kick from the corner flag awarded to the attacking team when the ball has crossed the goal-line (or *byline*) after last being touched by a player of the defending team.

A throw-in

A throw is taken from the *sideline* (or *touchline*) after the ball has gone out of play. The only time a player can handle the ball without committing a foul.

A pass

A kick of the ball from one player to another. It can also be used as a verb, e.g. the defender passed the ball to the midfielder.

A cross

A pass from the side of the pitch into the penalty area in an attempt to find an attacker and score a goal. It can also be used as a verb, e.g. 'the defender crossed the ball into the penalty area'.

A one-two

A passing move in which player 1 passes the football to player 2, who immediately passes it back to player 1.



A header

The 'shot' that occurs when a player touches and guides the ball with his or her head. For example, 'David Villa scored with a fine header'. It can also be used as a verb, e.g. 'the defender headed the ball back to the goalkeeper'.

A backheel

A kick where the ball is hit with the heel (or the back) of the foot. It can also be used as a verb, e.g. *Nwankwo Kanu back-heeled the ball to Thierry Henry*.

To volley

To kick a moving ball from the air before it hits the ground. It can also be used as a noun, e.g. 'Jay Jay Okocha's beautifully-struck volley beat the goalkeeper at near post'.

A clearance

A defensive kick that is intended to put the ball out of danger, e.g. *Pujol's clearance went out of play for a throw-in*.

A penalty shoot-out

In a knock-out competition, a penalty shoot-out takes place if a match is a draw after full-time or extra-time. Five players from each team take a penalty each, and if the score is still level after that, one player for each team takes a penalty in turn, in order to decide who wins the match.

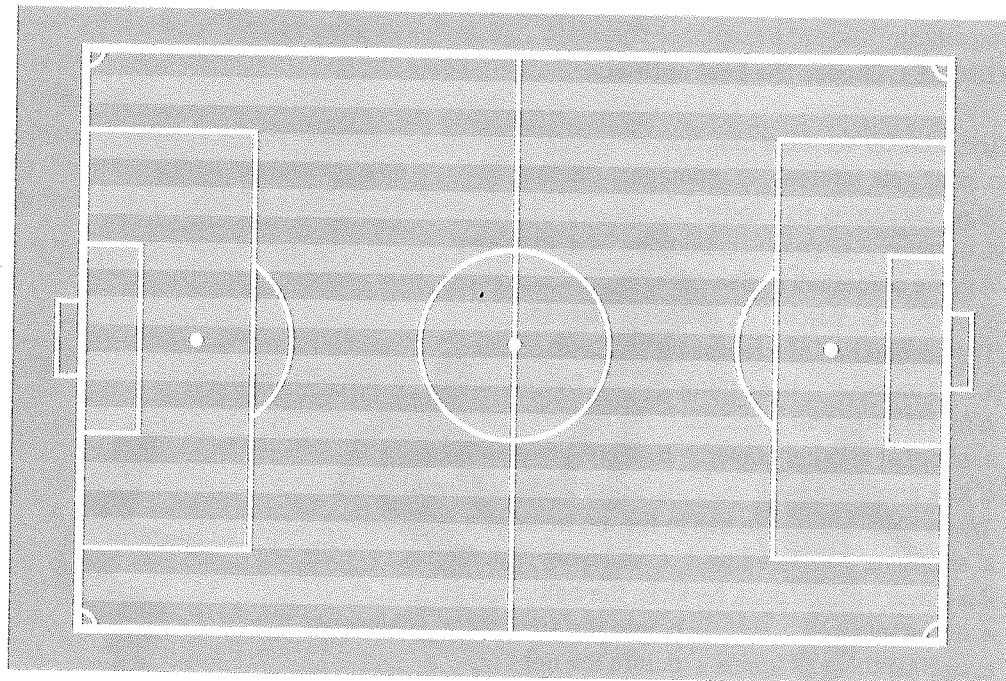
EXERCISE 1. Choose the best option:

1. The attacker scored a
a. goal b. referee c. manager d. fan
2. A yellow card is also called
a. nutmeg b. goal c. booking d. manager
3. A game of football is also called a
a. pitch b. match c. league d. team
4. The second half of a football game lasts
a. half an hour b. 44 minutes c. five minutes d. forty-five minutes
5. A foul is when you
a. shout at another player b. score a free shot goal
c. kick another player d. score a goal with your head
6. When a player hits the ball in the air, he does a
a. shopping b. heading c. volleying d. footing
7. If a player hits the post, he kicks the ball
a. at the referee b. into the arms of the goalkeeper
c. against the goal frame d. into the net
8. The person who blows the whistle is the
a. manager b. defender c. skipper d. referee

9. A red card is also called a
 a. booking b. sending-off c. trophy d. league
10. The player who has to stop the goal from crossing the goal line is
 a. the midfielder b. the referee c. the goalkeeper d. the referee assistant
11. The person who trains the team is the
 a. skipper b. manager c. substitute d. attacker
12. The referee blows a
 a. cup b. whistle c. wistle d. foul
13. The touchline is the white line
 a. along the mouth of the goal b. around the edge of the pitch
 c. around the penalty box d. across the middle of the pitch

EXERCISE 2. A football pitch. Write the words from the box below in the correct place.

half-way line - centre spot - centre circle - penalty area - 6-yard box - penalty shot - goal



Unit 2. POSITIONS IN FOOTBALL

To get a sense of the tactics involved in football, you'll need to understand the various **positions** on the **pitch** and the specifics of certain areas. Having a **playmaker** or a **holding midfielder** can dramatically influence a particular **team's style of play**.

1. GOALKEEPER

Permitted to handle the ball in his/her team's penalty area, but also uses **skills** like punching to prevent the other team from scoring. Identifiable by a uniquely coloured jersey.

Notable goalkeepers

- Peter Schmeichel
- Gordon Banks
- Luis Arconada
- Lev Yasin

2. SWEEPER / LIBERO

The sweeper or libero (meaning 'free') is an exceptional position which is seen irregularly today. The role of the sweeper is basically to act as an all-purpose defender who responds to any breach of the defensive line.

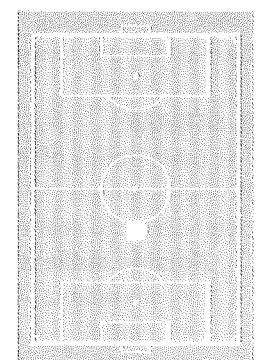
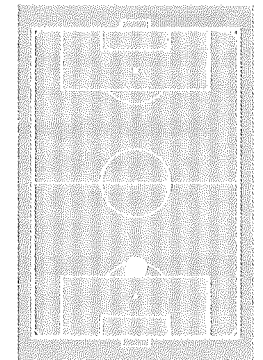
As the last line of defence, he also initiates counter-attacks by bringing the ball out of the penalty area, thus necessitating some of the skills of the midfielder like passing, close control and dribbling.

Notable sweepers:

- Beckenbauer (Special mention must be made of **Franz Beckenbauer**. 'Der Kaiser' was captain of the World Cup winning West German side in 1974 and is today widely credited as the inventor of the sweeper position).
- Franco Baresi

3. THE STOPPER / CENTRE FULLBACK

The stopper is the centre player in a defensive line. Some teams may use two stoppers in conjunction. Their main task is to mark the most advanced enemy forwards and fight with them in 50/50 encounters. This is the most defensively-oriented field position in soccer. Stoppers have to remain in the backline, almost at all times and usually cover the shortest distance in a match (second only to goalkeepers).



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4. FULLBACK

Fullbacks are the defenders positioned on each side of the stopper. They cover the space along the entire flank and therefore must be fairly quick. In defense, the fullback usually marks an enemy forward or covers his flank, awaiting incoming enemy wingers.

Notable Fullbacks:

- Cafu
- Roberto Carlos

5. OUTSIDE MIDFIELDER

The outside midfielder must be very fit and is supposed to be active in both **defence** and **offense**. In defense, the he must mark the widest opponent on his flank. In attack, the outside midfielder must stay **wide**, especially in the early stages of **buildup**. By providing **width**, he will stretch out the enemy defence.

6. WINGER

Traditionally, wingers are strictly attacking players who stay wide, dribble the ball forward and serve in crosses.

Notable wingers:

- Arjen Robben
- Garrincha

7. CENTRE / ATTACKING / OFFENSIVE MIDFIELDER

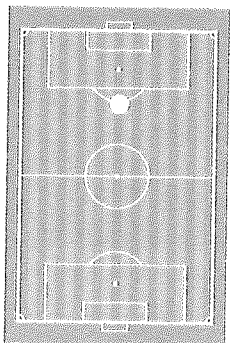
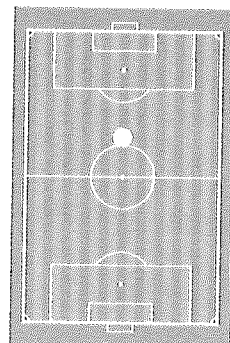
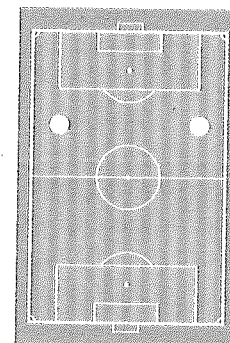
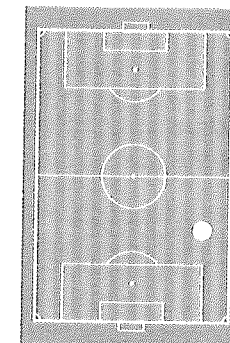
Offensive midfielders are usually the fittest players in a team, considering that they have to be involved in almost every attacking play. The job requires **skill**, **stamina** as well as **vision** and **tactical understanding**. When his team does not have possession, the centre midfielder is expected to drop back and **pressure** the ball. In offence the attacking midfielder should be in involved in the action by making runs towards the ball.

8. STRIKER

The main ability of this player must be his **strength** and **heading**. His job is simple: to stay in front of the enemy goal, attract enemy defenders and **score**.

Notable strikers:

- Maradona
- Platini
- Pelé

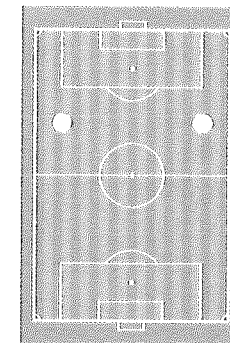


9. FORWARD

The job of the forward is not merely to **head for goal** every time he receives the ball. He must also make runs towards his own goal and **support** the midfield rather than simply rush forward.

Notable forwards:

Thierry Henry



POSITION NUMBERS

POSITION	number
Sweeper/Libero	3
Stopper / Centre fullback	3 or 5
Fullback	2 or 4
Outside Midfielder	6 or 11
Winger	6 or 11
Defensive Midfielder	5
Centre/Attacking/Offensive Midfielder	8 or 7
Striker	10
Forward	9 or 10

EXERCISE 3. Choose the right verb to complete the gap in each sentence.

- They were 2-1 up but at the last minute they a goal and drew.
a. equalised b. let out c. gave up d. conceded
- He is an excellent winger and great at the ball
a. drawing b. cutting c. crossing d. siding
- The job of a defender is to the ball as quickly as possible.
a. clear b. clean c. get out d. hold
- the ball means kicking it before it hits the ground
a. dribbling b. volleying c. heading d. dummyming
- The World Cup becomes a competition after the group stage.
a. kick-out b. shoot-out c. kick-away d. knock-out
- It was his second yellow card so he was
a. sent off b. thrown in c. taken off d. let down

EXERCISE 4. Choose the correct answer to complete the sentences.

- The didn't train the players well, so the team lost the game.
a. coach b. couch c. trainee

2. The team that more goals wins the game.
 - a. does b. keeps c. scores
3. the ball as far as possible.
 - a. Kick b. jump c. throw
4. The must watch carefully for infractions during the game.
 - a. judge b. umpire c. referee
5. Whenever a player gets hurt, a takes his place.
 - a. placement b. substitute c. defender
6. A penalty kick is the right given to a player from the opposing team to a kick.
 - a. forced b. free c. fresh
7. The must keep the ball out of the goal.
 - a. goalholder b. goalwatcher c. goalkeeper
8. Eleven players from each team participate in a football
 - a. match b. field c. score
9. The first-line players are called
 - a. midfielders b. forwards c. defenders
10. A forward is also called a
 - a. trooper b. goalie c. striker

EXERCISE 5. Complete the sentences with a suitable word or expression.

1. The game ended in a, the score was 2-2
2. The referee blew his whistle and gave a for a foul in the penalty area.
3. If he gets another, he will miss the next match.
4. The extra-time ended in a draw, so there was a penalty -
5. Their best took the penalty kick, but our goalkeeper blocked his shot and they didn't score the goal.
6. They were losing by a goal with ten minutes to go, so the manager decided to one of his defenders with a forward.

Unit 3. THE GAME

3.1 FORMATIONS

Formation

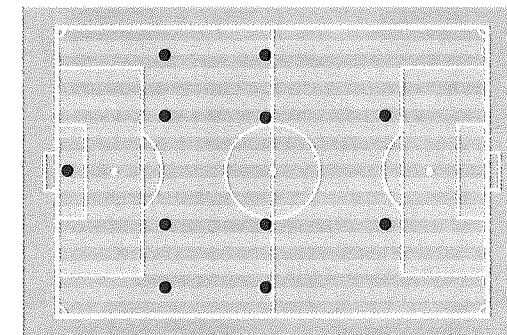
Method of positioning players on the pitch

Pre-set tactics

Depending on whether a team wishes to play more attacking or defensive football

Counts the number of players in each area

The most common formations are variations of 4-4-2, 4-3-3, 3-2-3-2, and 5-3-2.

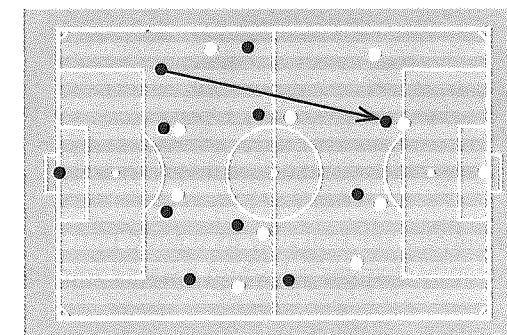


3.2 STYLES OF PLAY

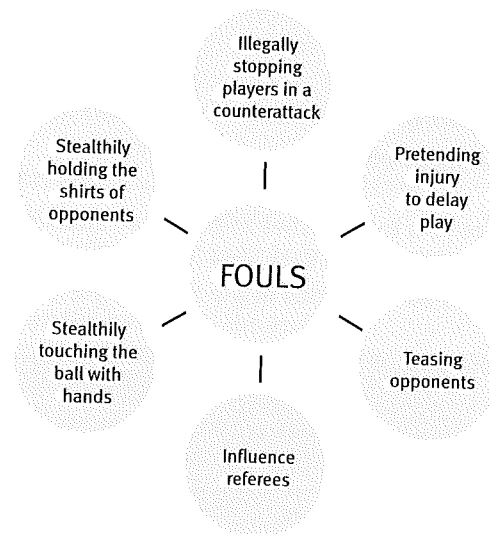
Counter-attacking football: when the opponent gives away possession in midfield or attack, defensive players will tend to be further up the field than usual and not be able to adjust to a defensive position quickly.

Possession Football: Teams that retain control of the ball over longer periods of time, in the process of making a large percentage of passes that give low risk of losing the ball.

Direct football: Players spend little time with the ball before passing. (Also called long-ball)



3.3 FOULS AND GOOD CONDUCT



Could you add some more examples of fouls?



Although some fans and players see foul play as a good part of the game (as long as it helps them win) FIFA constantly changes rules and issues campaigns for promoting “**Fair Play**”.

3.4 SUBSTITUTIONS

In competitive matches, teams are allowed to bring on up to 3 substitutes.

The rules of the competition must state the maximum number of players allowed as substitutes, which may be between three and seven.

In non-competitive matches, the use of substitutes must be determined before the match begins, except in friendly international matches, where no more than six substitutes may be brought on.

EXERCISE 6. Translate the following sentences into Spanish. Pay attention to the words underlined.

1. Pellegrini's team put in a good performance and could have taken the lead in the first half when Cristiano Ronaldo forced a good save out of Victor Valdés.
2. Ten minutes after the restart of the second half substitute Ibrahimovic got on the end of a Dani Alves' cross to fire a shot past Casillas.
3. A few minutes later Guardiola's side were left with 10 men when Sergio Busquets picked up a second booking.
4. Numbers were evened up at the end when Lass was also sent off in injury time.
5. Ibrahimovic's superb second-half volley was enough to give Barcelona the win over fierce rivals Real Madrid.
6. Casillas did well to cut out Iniesta's low cross as half-time approached and the Spain keeper also pushed Henry's cross-shot over the bar moments later.

Unit 4. SKILLS

The importance of a skill depends much on the player's position on the field.

Individual skills

- Technical Skills
- Mental Skills
- Physical Abilities
- Goalkeeping skills

Technical skills

- control
- crossing
- dribbling
- heading
- marking
- passing
- shooting
- tackling
- technique
- speed/agility

Physical Abilities

- Aerial ability / jumping
- Agility
- Balance
- Handling
- Pace
- Stamina
- Strength
- Throwing
- Shot power

Goalkeeping skills

- Aerial ability / jumping
- Agility
- Balance
- Communication
- Handling
- Positioning
- Reflexes
- Rushing out
- Throwing
- Shot power

EXERCISE 7. Answer the following questions:

1. Is there a fixed number of formations?
2. Can you describe a common formation for a team which wants to play defensive football?
3. If a team tries hard to dispossess the opponent's midfielders, what type of football is it playing?
4. Do you think long-ball football is similar to direct football?
5. Can you give more examples of fouls?

EXERCISE 8. Match the following words to their definitions/synonyms.

- | | |
|--------------|---|
| a. Stamina | 1. grasping and opposing player to stop him by throwing to the ground |
| b. Balance | 2. manipulation |
| c. Dribbling | 3. energy/power |
| d. Tackling | 4. propulsion of a ball by repeated taps of kicks |
| e. Handling | 5. equilibrium |

EXERCISE 9. Find five words in the table below that are not associated with football.

goal	footballer	striker	bat	score
kit	foul	fault	nil	player
referee	penalty	coach	basket	save
kick	uniform	pitch	goalkeeper	racket

EXERCISE 10. Using the table above to help you, fill the gaps in the following sentences.

1. Thierry Henry, Ronaldo and David Beckham are famous
2. 'Beckham made it 3-1 with a wonderful in the 71st minute.'
3. 'What's your position?, defender, midfielder or',?'
4. The players were angry about some of the 's decisions.
5. 'We're not playing very well at the moment. In the last game we had two but the other team's goalkeeper both of them.'
6. 'He's pulling the other player's shirt - that must be a'
7. I know the team's playing badly, but I don't think it's the 's fault. I blame the - he's useless.'
8. 'Do you know the in the Chelsea game?'
'Yeah, they're winning two-'
9. 'My favourite team is Real Madrid. They play really well, and I also think their white looks really nice.'
10. 'There won't be a game today. There's still too much snow on the'
11. 'I was never any good at football. I could never the ball in the direction I wanted it to go.'

Unit 5. FOOTBALL INJURIES

Useful words:

ankle	knee	muscle	ligament
tear-tore-torn	fracture	swelling	tissue
thigh	elbow	shin	toe

Most common football injuries

HAMSTRING STRAIN

When sprinting the hamstring muscle can be stretched beyond its limit and the muscle tissue can be torn.

Tear in a muscle = 'strain'.

ANKLE SPRAIN

Caused by twisting or turning the ankle inwards or outwards.

Causes soft tissue damage mainly to the ligaments.

TORN CARTILAGE

Most are injuries to the Meniscus.

It usually happens when the weight of a player is mainly on one leg and he is turning or twisting and the knee is semi-bent

LIGAMENT DAMAGE

It usually occurs through twisting an ankle or knee when you stretch to reach the ball, for example.

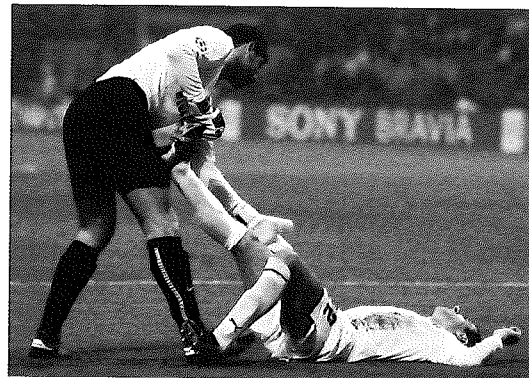
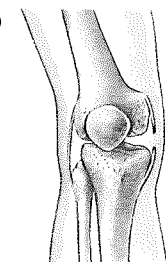
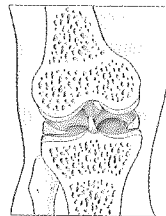
It results in immediate **pain** and bad **swelling**.

CRAMP

A muscle goes into spasm

It is often associated with **fatigue**.

First treatment: gently massaging and stretching the affected muscle



EXERCISE 11. Translate the following sentences into your language.

1. We won the game by scoring the only goal in extra time.
2. The referee blew his whistle and gave a penalty kick for a foul in the penalty area.
3. The referee thought a defender was the last player to touch the ball before it went over the goal line, and awarded a corner kick.
4. The assistant referee raised his flag to indicate to the referee that one of the forward players was in an offside position.
5. Our defender tackled their striker in the penalty box, but the referee thought it was a foul and gave them a penalty.
6. Their best striker took the penalty kick, but our goalkeeper blocked his shot and they didn't score the goal.
7. Ronaldo took the free kick and scored a great goal by shooting over the wall.
8. The manager stood on the touchline shouting instructions to his players.

EXERCISE 12. Find the correct English word for the given phrase.

1. To kick the ball to a player of your team
2. A free kick that you take from the corner
3. The area prepared and marked for playing football
4. A line that marks the side of the playing field in football
5. Hitting the ball with your head
6. To finish the game with no winning team
7. To break a rule
8. A player who replaces another player

EXERCISE 13. Match the words with their definitions.

- | | |
|---|------------------------|
| a. two periods of 15 minutes each played when a game ends in a draw after normal time | 1. midfielder |
| b. an illegal action punishable by a free kick | 2. possession football |
| c. a direct free kick taken from the penalty spot, after a foul in the penalty area | 3. extra-time |
| d. style in which teams retain control of the ball over longer periods of time | 4. penalty kick |
| e. player in the centre area of the pitch who provides support to defenders and attackers | 5. foul |

EXERCISE 14. Complete the definitions with the correct word from the box:

corner kick - referee - winger - touchline - score - a header - a substitute - to pass

1. To kick the ball to a player in your own team
2. The official who controls the game in some sports
3. A free kick that you take from the corner
4. A player who replaces another player
5. The number of goals (by each team)
6. Hitting the ball with your head
7. A line that marks the side of the playing field in football
8. Player on the left or right of central defenders that moves forwards and supports attacks

SECTION 2. TÉCNICO DEPORTIVO EN FÚTBOL-NIVEL II.

WARM-UP: How much football vocabulary do you know?

1. Complete the sentences with words from the box.

supporters - whistle - stadium - football - referee - goalkeeper - players

1. is the most popular team sport in the world.
2. A tries to stop goals.
3. When the blows the match is over.
4. A football team has eleven
5. Football usually wear scarves and t-shirts of their teams.
6. You go to a football to see a football match.

2. Read the scores and complete the sentences with the words in the box.

beat (x3) - drew (x2) - lost (x2) - won (x2)

1. Chelsea 3 – Manchester City 2. Chelsea the match against Manchester.
2. Real Madrid 3 – Liverpool 0. Real Madrid Liverpool
3. Bayern Munich 2 – Barcelona 3. Bayern Munich the match against Barcelona.
4. Uruguay 4 – Brazil 2. Uruguay the match against Brazil.
5. Betis 3 – Leganés 3. Betis and Leganés
6. Wales 4 – England 0. Wales England
7. Juventus 0 – Marseille 0. Juventus and Marseille
8. Celtic 1 – Everton 4. Celtic the match against Everton.

3. Complete the verbs about football. Then translate them.

1. Th__w
2. H__d
3. K__k
4. Tac__e
5. Sc_r_