

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (A) 2**

**Paper No. - A**

**Lecture No. – 5**

### **Lecture Title**

### **Fundamental Skills in Football**

### **FAQ's**

#### **Q-1 What is goal area?**

**Ans-**Two lines are drawn at right angles to the goal line, 5.5 m (6 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 5.5 m (6 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

#### **Q-2 What is Penalty area?**

**Ans-** Two lines are drawn at right angles to the goal line, 16.5 m (18 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 16.5 m (18 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made 11 m (12 yds) from the midpoint between the goalposts and equidistant to them.

#### **Q-3 What is flag post?**

**Ans-** A flag post, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag must be placed at each corner. Flag posts may also be placed at each end of the halfway line, not less than 1 m (1 yd) outside the touch line.

#### **Q-4 What is the goal of Dribbling?**

**Ans-.** The goal of dribbling is to move the ball quickly while keeping the ball close to your body, so that you can make a quick decision to pass, shoot or change direction whenever needed.

**Q-5 How many players are there in football game?**

**Ans-** Two teams of no more than 11 players (one of which is the goalkeeper). A game cannot start if either team has less than 7 players.