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PART 1

Introduction



Social, fun, fair-play and team spirit!

Aim of the game

To **score more goals than the opponent(s)** on other side of the table.

Kick the ball into the goal by moving the four rods with player figures on them. Sounds easy enough... until you have to keep your opponent(s) from doing the same!

Matches

A basic game of table soccer is a **race to 5 goals**. The first team to 5 goals wins the game. Matches can be played where winning 2 out of 3, or 3 out of 5 games wins the match.



Common formats are:

- **Singles** (1 player versus 1 player – each player must control 4 rods on their side of the table)
- **Doubles** (2 versus 2, where one player per team controls the left most defensive rods, while his/her partner controls the 5-rod and Offensive 3-rod)
- **Team events** – 4 to 6 players in a team playing both single and double games. Like the Davis Cup in tennis it is a lot about creating team spirit. Inter-college matches, national teams, clubs...

Skills

The main skills involved in table soccer are **shooting the ball into the goal, passing the ball between player figures** and **defending against shooting and passing**. Reflex and coordination skills are used.

Benefits

- Table soccer helps to **build social cohesion** and is a great way to bring people together
- Table soccer is **meant for everybody**, without any discrimination: people with disabilities, seniors, juniors, women & men
- Table soccer is **fun, non-violent and inter-generational**
- Table soccer **teaches mutual respect** and helps to **develop team spirit**
- Table soccer is a **physical activity** which requires concentration and focus



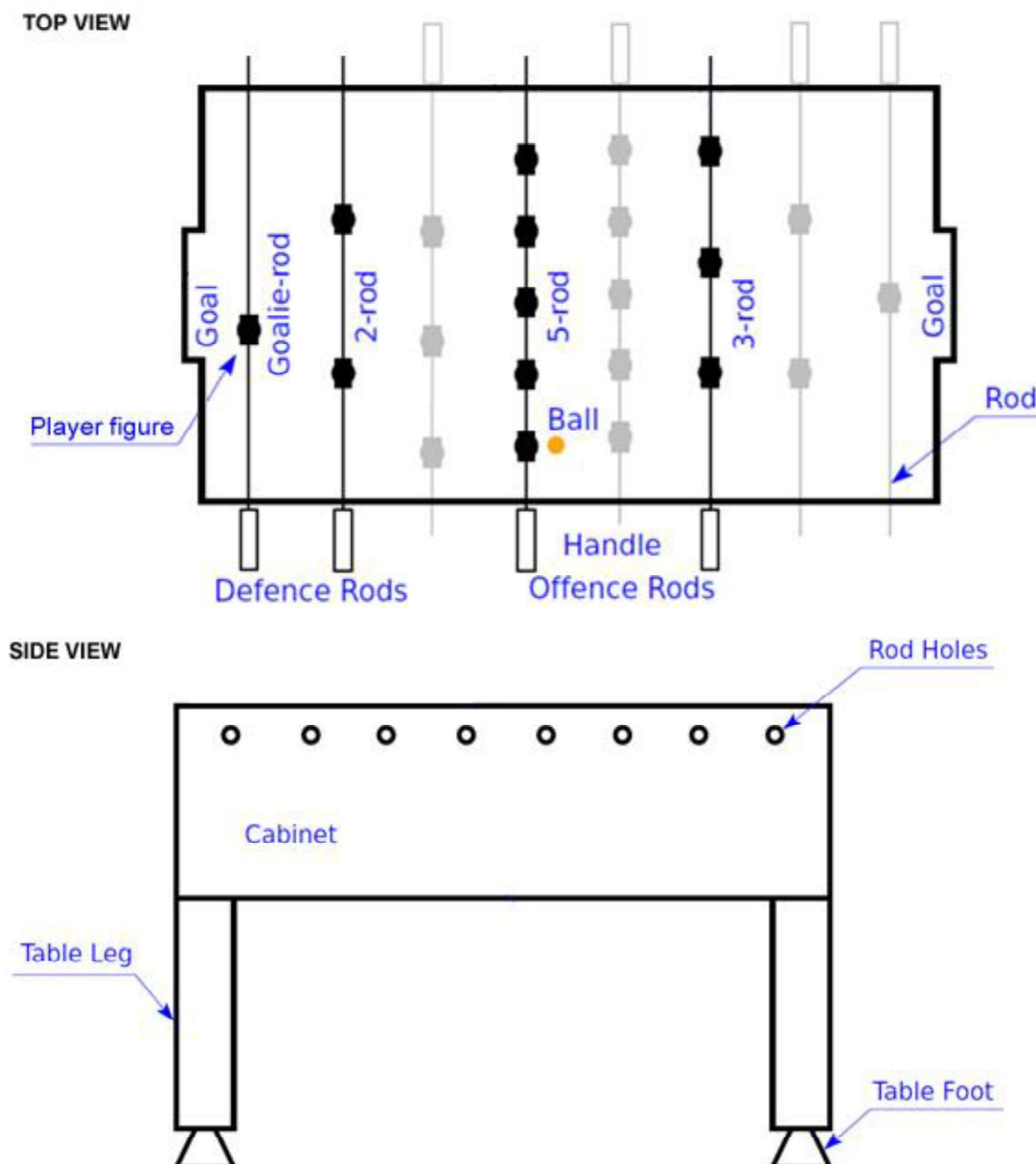
PART 2

TABLE



Table terminology¹

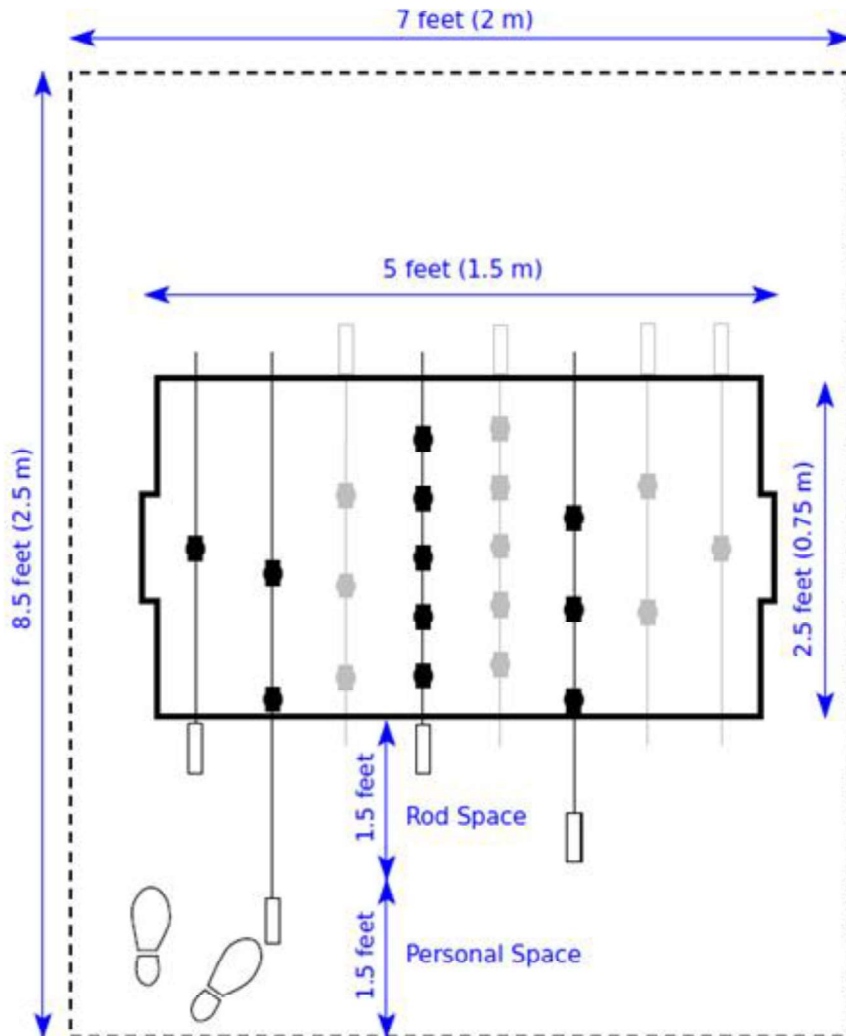
Names of the different parts of the table soccer table vary from place to place. Player figures are the mini 'footballers' and the rods (or bars) are the long poles that that player figures are attached to.



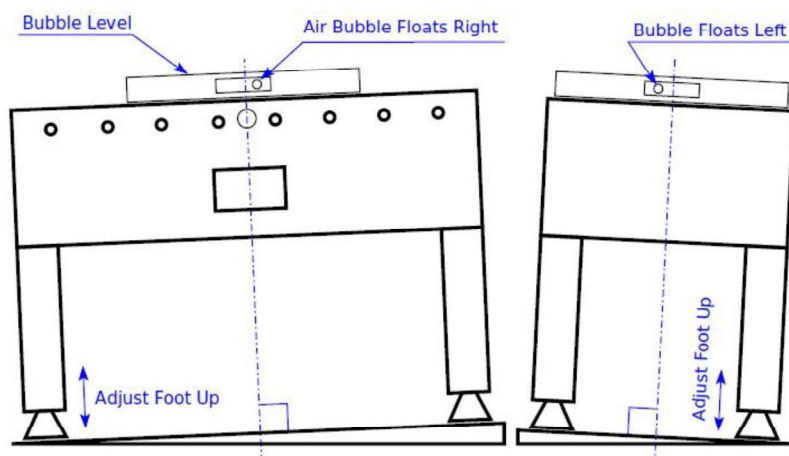
¹ Reference [‘The Foosball Guide’, by Alex Koudrin](#)

Where to place the table

A foosball table should stand in an area with enough space to contain the table, the players, and the full extension of the rods. A typical table measuring approximately 2.5 x 5 feet (0.75 x 1.5 m) would need a 7 x 8.5 feet (2 x 2.5 m) area.

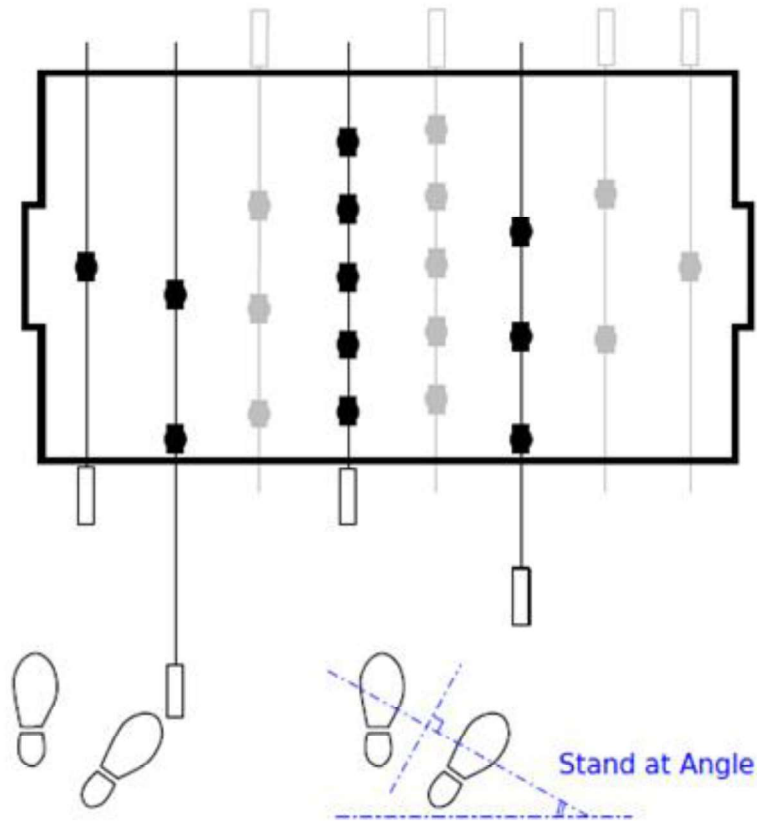


Once the table is assembled it should be adjusted horizontally or levelled, such that the ball does not roll on its own when placed anywhere on the playing field.

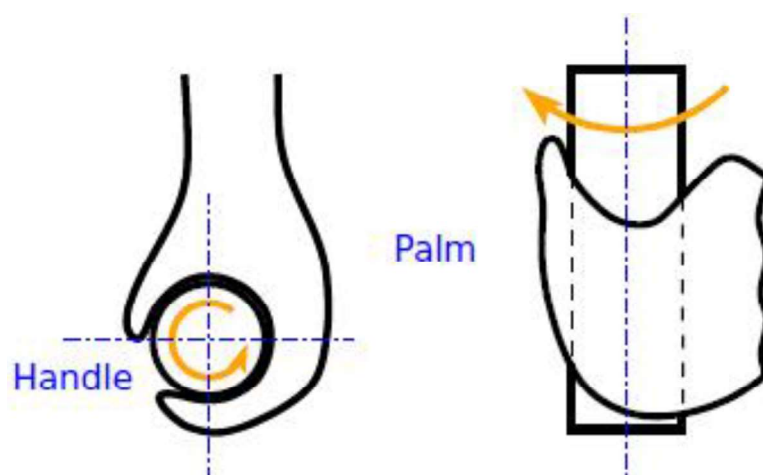


How to stand and place your hands

Body stance is about how to position yourself behind the rods. This is often overlooked in foosball. In the long term the correct position of the body improves ease of rod motion, speed, and power of the shots. It also helps to avoid back injuries and repetitive stress injuries



For the correct grip wrap the fingers and the thumb around the handle so that the V between your thumb and index finger is roughly in the middle as you look down on the handle.

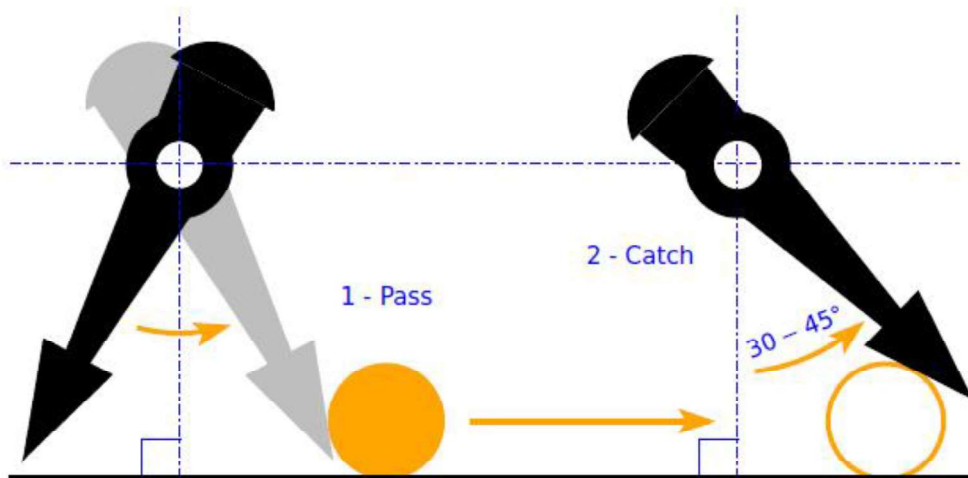
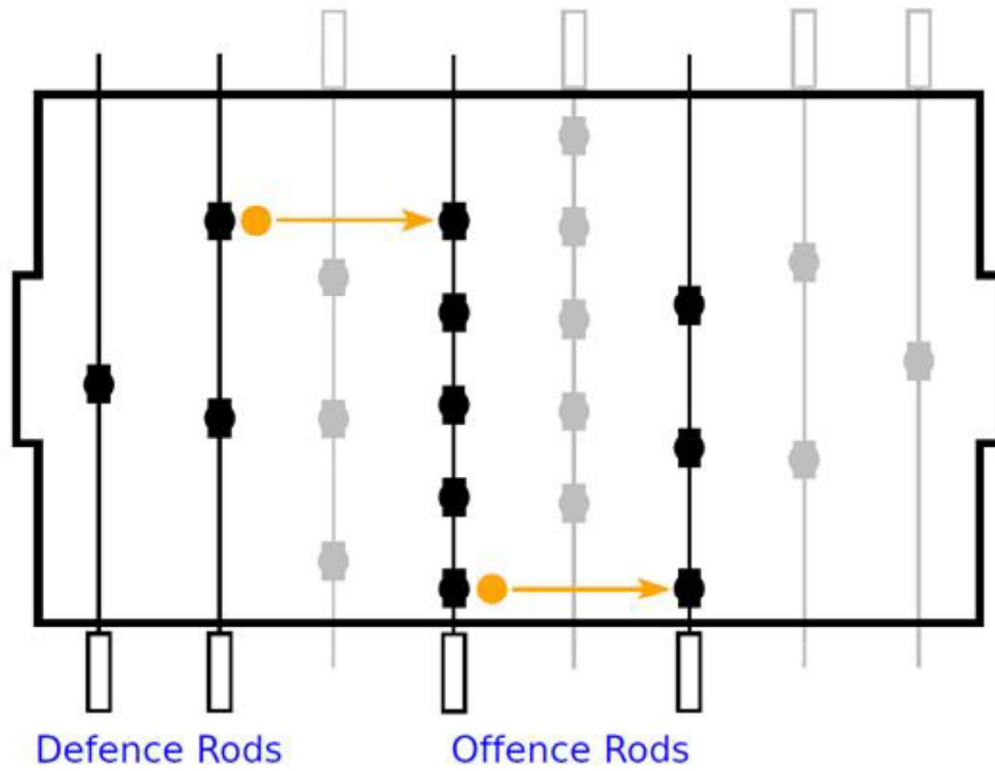


PART 3

Learning the basics



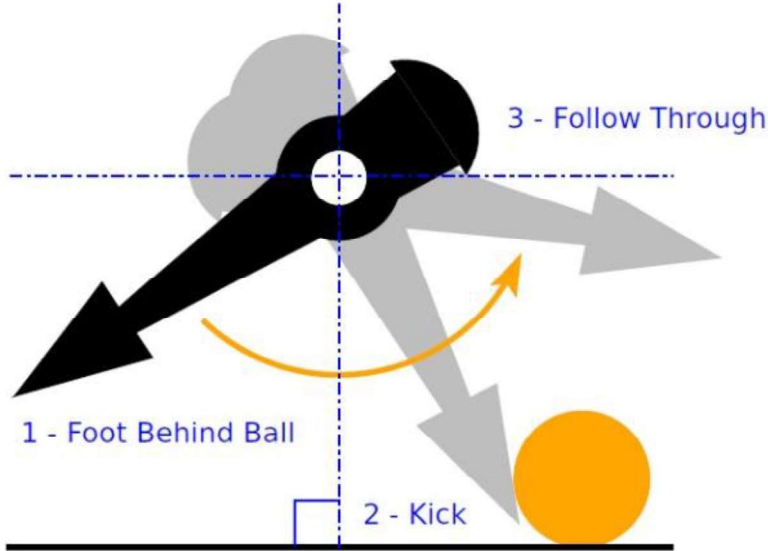
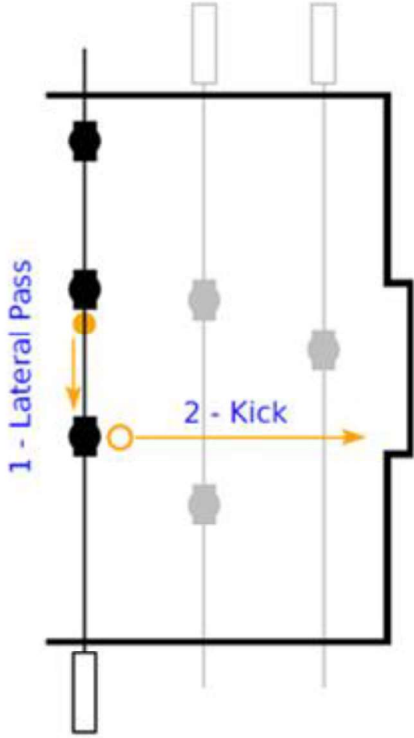
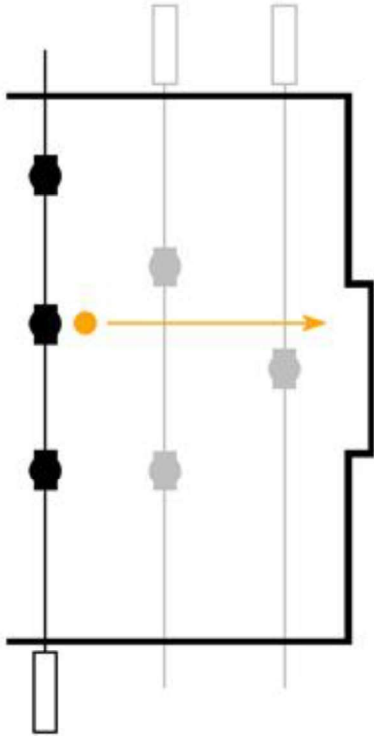
STEP 1 : Pass and catch the ball



STEP 2 : Shoot

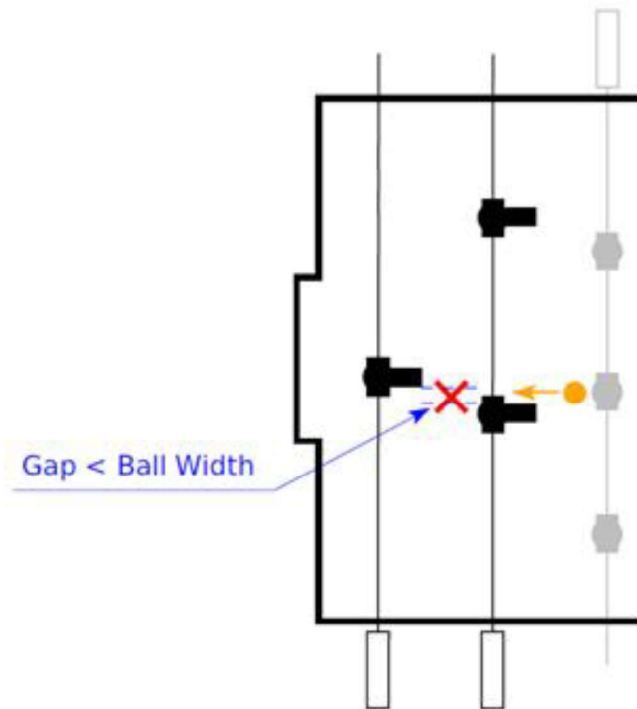
Level 1 : Being able to shoot

Level 2 : Being able to pass and shoot



STEP 3 : Defend

Being able to defend the opponent's attack. Use the rod defenders and the goalkeeper to defend a shot from the central striker.



Defend against the square shot maximizing defense coverage by positioning the goalie and the 2-rod defender close together. The lateral space between them should be less than the width of the ball to prevent the ball getting through. Move this wall laterally (push or pull) following the ball.

Quickly switch the 2-rod defender if the ball goes out of range for the other man. You can increase the coverage more by rotating the feet of the goalies and defenders towards the ball.