

# How to play soccer

[Technology](#), [Computer](#)



Period 4 03/03/10 Playing Soccer Soccer, or Football as many people may call it, is one of the most popular sports around the world today. Most people that play this wonderful and thrilling sport have many techniques in doing so. Every person has a unique style of playing. There are also different tactics and dribbling methods involved when playing soccer. Here are some ways of playing soccer and becoming better at it while practicing hard and developing new soccer skills.

Warming up before starting a soccer match is the key because by doing so, you avoid getting your muscles hurt. This step should always be included when playing any sport not just soccer in order to play better and obtain better results. Doing drills is one way to warm -up. There are a variety of soccer drills available to start warming up before actually playing. One really good drill to warm -up is to place cones in a straight line and separate them about one foot apart. Then have a couple of balls at the first cone and start running around each cone with a ball on your feet.

When you are done with one round, leave the ball at the end of the route and start the next round with a new ball. Another great warm -up exercise is to run about two laps in order to get your muscles and joints hot and ready. A series of small exercises are needed to start playing smoothly such as, jumping jacks, sit -ups, running in place, and push-ups. These are all great warm-up exercises before playing a soccer game. The next step in playing soccer is to actually play against your opponent.

The objective of a soccer game is to score as many goals as possible on your opponent's goal. The forwards need to score as many goals as possible and the defense needs to block any chances of a goal coming to their goal. The

goalie is very important too because she/he is the one that keeps the other team from scoring, by blocking all the possibilities with their hands, feet, or even their body. The midfielders are the ones who get the ball back to their teammates and run back and forth the whole match. They are also important in a game because they distribute the ball throughout the soccer field and make the game flow better. Cool down is the last step of playing soccer. You should walk with your hands over your head. This helps because your lungs become smaller when you run and by doing this exercise you expand your lungs again. While doing this you can also drink water or any electrolyte drink with vitamins. This helps you by getting all of your energy boosted back to your body. Eating healthy snacks after a game is also very important because when you exercise your body loses vitamins and nutrients.

Fruits, vegetables, and granola bars are a great way to get all of those lost nutrients and revitalize your body system. Relaxing is the last step you should do to reduce stress after playing soccer. Also when you get home you should take a hot shower to reduce fatigue and soothe your muscles. By doing all of these steps you can become a really good soccer player and even the next Cristiano Ronaldo or Lionel Messi who are the two best soccer players in the world today! These are all the reasons I have to tell you that soccer is one of the best sports in the world today.