

# Free research paper on soccer

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## **Introduction**

- Soccer is the most popular form of sport in the world today and one of the most lucrative in the sporting fraternity.
- Soccer has major health benefits for those who take part in the sport and has a number of rules that govern the playing of the sport.
- Soccer has an interesting history and the early evidence of its being played as a sport was in China in the second and third centuries BC during the Han Dynasty in China, people dribbled leather balls and kick them into a small net.

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- 1.) Besides the fun involved, the playing of soccer brings with it several health benefits such as increasing muscle and bone strength and the building of strength, flexibility and endurance.
- 2.) In addition, it reduces body fat and improves the tone of the muscle as well as increasing aerobic capacity and cardiovascular health. The shifts of walking, running and sprinting involved during the playing of the sport are important for the health of the individual players. In this game of sport, there are various rules put in place to govern the sport.
- 3.) While playing ball, a player is not allowed to touch the ball with their hands or arms intentionally unless one is a goalkeeper. Being offside and fouling other players during play is also against the soccer rules. At the tail end of a soccer period or following the scoring of a goal, the play starts at the center of the circle in the pitch normally referred to as a kick-off.
- 4.) There are other ways of restarting soccer which include a throw-in, a goal kick, a corner kick and a penalty kick. During a throw-in, the ball must be

thrown from behind the throwing player and over the head using both hands. At the time that the ball leaves the hands of the player during a throw-in, both feet of the player must remain fixated on the ground.

## **Conclusion**

- In short, soccer has a long history from the early times when it first started. Soccer as a sport is one the most popular and lucrative sports in the world and has several health benefits and carets fun. It has aided in creating employment and growing the economy. As such, it is of much significance that much focus is placed on this sport in individual countries.

## **Works Cited**

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