

Expository Essay on Football

Here you have an Expository Essay on Football, Let's start.

Introduction

Playing football serves as the most important part of a person's life. It keeps people fit. In addition, it protects them from many diseases. Therefore, physical recreation is necessary for them.

Most importantly, many doctors and nutritionists recommend playing this amazing game. Kids play a lot of games like soccer, basketball, cricket, hockey, badminton, tennis, and many more. As in India, a popular game of cricket, many children keep it as a hobby. But, for me, my favorite game is football.

About My Favorite Football Game

Football is one of the most popular sports in the world. It is played in nearly 100 countries. It is an outdoor game played between two teams. Each of these groups has 11 members. The pitch is rectangular and has a goal post at each end.

The main goal of the football game is to score a goal against an opposing team. The team that scores the highest number of goals compared to the other team wins the game. As the name suggests, the player plays the game by kicking the ball with his foot. Also, another name given to the game is "Soccer."

Football is the most popular sport in the world. It helps many to find relief from stress, teaches cooperation, behaves well, and brings strength to fans and athletes. It is a wonderful, fun and exciting game.

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History of the Football Game

Football is said to be an ancient Greek sport known as the "Harpaston." It was played kicking the ball with the feet of two teams. It was a tough game aimed at scoring a goal by kicking or running the ball over the goal line.

Played without restrictions, number of players, restricted size, and much more. Its origin is said to have originated in the twelfth century. Later, football became popular in England, and its rules began to apply when it became a major institutional sport of the 19th century.

In addition, it was broadcast in the US but was severely banned in schools due to increased violence. But it was officially approved by the committee in 1905.

How to play a football game?

Football is a popular sport that keeps players fit and healthy. It develops their team spirit, a sense of tolerance, and a sense of humor. It is played 90 minutes to two halves of 45 minutes, with a 15 minute break.

The game has two teams with 11 players in each team. Here, the players have to kick the ball with their feet and take the goal by placing the ball on the opposing team's goal post. In order to counter the goal scored by the opposing team's players, there are goalkeepers on both sides.

Players are prohibited from touching the ball with their hands without the goalkeeper. The team with the most goals is declared the winner and the other is considered the loser. The game of football is run by two runners, one on each side and the referee.

All players are warned to follow the rules while playing hard. It has been an international game and played as a World Cup tournament every four years in different countries around the world.

Rules in Game of Thrones

As with other sports, there are certain rules and regulations in the game of football. First, the ball should not be touched by hand. When the ball is touched, the other team gets a free-kick.

There is a small area near the pole. 'D' is a local game. The 'D' boundary is at least 10 yards from the pole. When a player touches the ball, the opposing team receives a penalty.

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In addition, there are other rules. The second most important rule is the “offside law”. In this law; when a player crosses the back line, he becomes off-side. If you are a big fan of football you should know who the defenders are.

In this game, the players are divided into three categories. The first section says “Forward.” These are the players who put the ball in the goal post. Section 2 says “Abdominal Player.”

They pass the ball to the forward player. Section 3 says “Defenders.” Defenders prevent other team players from placing the ball on the post.

In addition, if a player injures and abuses another team player, the referee gives him a “Yellow Card” or a “Red Card.” The yellow card is a warning card, and the red card is a suspension card. This card stops playing a football game.

As mentioned earlier, a sports person plays a game in a rectangular position. Here, the length of the area is 110m, and the width is 75m. There are lines marked in the field known as yards; the middle line is a line of 50 yards and the line next to the pole is a line of 10 yards.

Each team has 2 leading midfielders, one from the right and one left out, 4 defenders and 2 defenders, and a goalkeeper. Here, players are forbidden to touch the ball with their hands... Only a goalkeeper can do that.

Why is football my favorite sport?

For me, football is my favorite sport. It has been a source of great joy and excitement for me and my family. I was playing for my school's soccer team on the offensive side and felt a rush in my veins whenever I moved the ball forward to the enemy goal post.

If I score, all my teammates will come and enjoy me. I've been watching football, and Christino Ronaldo is my favorite player. You play as a forward player and really great.

Indeed, he is the best known player in the world of football. I watch all his games, and he is my role model. I even tried to imitate his movement while I was playing. Football is said to be an ancient Greek sport known as the “Harpaston.” It was played kicking the ball with the feet of two teams. It was a tough game aimed at scoring a goal by kicking or running the ball over the goal line.

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The Importance of Playing a Football Game

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Soccer has also been a source of exercise. Played for 90 minutes and a 15-minute break after 45 minutes, it is a game that allows a person to run around the stadium every 90 minutes.

Therefore, a 90 mins cardio workout will certainly keep people healthy and immune to disease. Playing soccer refreshes the body. And the best part is that it's a team game, so you'll get a sense of hard work and team building. Working in groups will certainly help one in the future.

If you play football regularly, it will offer many benefits such as improving fitness skills, increasing concentration, mental and social benefits, increasing aerobic and anaerobic fitness, and so on. It benefits people of all ages.

Some of the most important benefits of playing a game of football are -

- The game of football makes a person punctual, calm and well-mannered
- The game improves cardiovascular health and engages the cardiovascular system
- It encourages players to work together.
- Football develops the level of competence skills.
- It helps to improve health habits, muscle strength, gain lean muscle mass, lose more body fat throughout life.
- Game football develops mental and physical strength
- It provides social and psychological benefits by helping players deal with frustration and train with good play.
- The game of football improves self-confidence and quick thinking and improves flexibility.
- Reduce stress by developing a positive attitude.

CONCLUSION

Football, in every game, represents life. Strive to be successful and you must know how to work and interact with others as in football; only the team spirit will lead you to play and win against the opponent.

In life, you keep running after a goal and hit one. Therefore, children and children should be encouraged to play soccer at school and at home in order to be mentally and physically healthy. I hope you enjoyed this article of my favorite football game.

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