

Essay on Football :

What is Football?

The name football comes from the two words 'foot' and 'ball'. It is named football because the players of the game walk and often run while playing. Football is played using a ball, also called 'football'.

History and origin of Football

Football is also called association football or soccer. Football has a long and interesting story. History suggests that the sport was first introduced in England in 1170 when an account describes youths going to the fields for a 'game of ball'. Football has been among the most popular sports in India.

India even picked up the gold medal in football in the first Asian Games in 1951. First, it was played in western countries, however, later it spread to the whole world. Football is a circular shape rubber bladder in which the air is tightly fitted.

Short Essay on Football

Football is one of the most entertaining sports in the world. It is played with lots of interest among the youth in different countries. Football aims to score more goals than the opponent team in 90 minutes. The whole match splits into two halves i.e., 45+45 minutes. After the first 45 minutes, players will take a 15 minute rest period called halftime. The second 45 minutes will resume and be played accordingly.

Each team contains 10 players and 1 goalkeeper. The pitch dimensions vary from each ground but are mostly 120 yards long and 75 yards wide. The types of equipment that are needed for a soccer match are a pitch and a football. Additionally, players can be found wearing studded football boots, shin pads, and matching strips. The goalkeepers will additionally wear padded gloves as they are the only players allowed to handle the ball. Each team will have a captain.

Players have to score the ball with the ball in the goalpost of their opponent team. To prevent the goal of the opponent team, there is a goalkeeper on both sides. Moreover, no other player except the goalkeeper is permitted to touch the ball with his hand. The team which makes more goals is declared as the winner. It has become an international game and after every four years, it is played in different countries of the world as a world Cup tournament.

Long Essay on Football

Football is an outdoor game played by two teams on the football ground. There are 11-11 players in both football teams, which means that there are 22 players in the football match. The team has to score more goals to win the match. On the other hand, the team with a low goal is defeated. In this game, a ball is played by knocking on the leg. This game is also called a saucer in some countries.

Type of Football play

Association football (soccer)

American football

Rugby league football

Rugby union football

Gridiron football

College football

Touch rugby - Called "touch football" in Australia.

Canadian football

Gaelic football

Australian Rules Football

Rules of Football (Soccer)

A match consists of 90 minutes. It splits into two halves i.e, 45minutes each.

Each team can contain 11 players and a minimum of 7 players are needed to constitute a match.

The field must be made of either artificial or natural grass. The size of pitches is allowed to vary but must be within 100-130 yards long and 50-100 yards wide. The pitch must also be marked with a rectangular shape around the outside showing out of bounds.

The ball must have a circumference of 58-61cm and be circular.

If the game needs to head to extra time as a result of both teams being level in a match then 30 minutes will be added in the form of two 15 minute halves after the allotted 90 minutes.

The whole ball must cross the goal line of the opponent team.

For fouls committed a player could receive either a yellow or red card depending on the severity of the foul, this comes down to the referee's discretion. The yellow is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced.

The team should get more goals to win the match.

Benefits of The Football game

Playing football gives good physical exercise. Moreover, it provides various benefits for children and youth as well as other age groups people. It is usually played for the health benefits of a person.

It helps students improve their skills, concentration levels, and memory. This is a game that makes a person more healthy physically as well as mentally, which stimulates the body and mind.

Best Football Quotes

"Once you learn to quit, it becomes a habit."— Vince Lombardi

"I like football. I find it's an exciting strategic game. Moreover, it's a great way to avoid conversation with your family at Thanksgiving."— Craig Ferguson

"Football is like life - moreover it requires perseverance, self-denial, hard work, sacrifice, dedication, and respect for authority."— Vince Lombardi

"Some people think football [soccer] is a matter of life and death. I don't like that attitude. I can assure them it is much more serious than that."— Bill Shankly

"In football, everything is complicated by the presence of the opposite team."— Jean-Paul Sartre

At last, we hope that the provided essay on football for students and children helps students to prepare for an essay writing competition.