

Soccer

By Leah Doughty



Your heart's beating, arms pumping, legs moving as quick as lightning. Soccer, a fun competitive way to be active. You communicate, have fun and exercise. While soccer is a tiring sport, it's enjoyable to play. You run, kick, slide, jump and save! Soccer is my passion, along with other kids all over the globe. Hopefully, if you're not interested in soccer now, you will be at the end of my essay!



One of the benefits of Soccer is soccer improves your health. According to *Healthy Living*, “Soccer improves your health because you're doing high intensity running, kicking, sliding and jumping.” A goalie kicks and jumps, a midfielder runs, kicks, slides and jumps. You get exercise playing any position you desire.



Healthy Living also explained, “Your heart rate goes fast and slow, this helps you build stamina and improves your ability to recover between pauses when you stop running.” True, the more I run during soccer the more comfortable I am doing it.



In my interview with Sara Karpati, a midfielder on my soccer team, she said she feels soccer helps you exercise because “you’re running around and you get your heart pumping.”



In a separate interview with Onna, a goalie on my team, she said, “being a goalie helps you exercise because you punt the ball, roll it and save it.” Playing soccer consistently can improve your health and body.



A second benefit to playing soccer is soccer, believe it or not, helps you socially! In soccer, you're a team, you have to work together. If you don't like someone, you don't have to be friends with them, you just have to learn how to play with them. Soccer helps you socially because you learn to work with many different types of personalities.



Sara thinks that soccer helps you socially because, “Soccer is a team sport and you have to communicate and work together.” If you don’t work together, then your team would have a hard time improving their skills and winning games.



Onna thinks that being a goalie helps you socially because, “You direct the team, talk to the players, tell them what to do.” This also builds confidence.



According to *Discover Soccer*, soccer helps you socially because you need to communicate and learn names.” While playing soccer you have to communicate, no matter what.



When my team first played a real game, we didn't know each other very well, and we didn't communicate. The score didn't turn out so good, but over time, we got to know each other more and became more comfortable talking with each other, and guess what? We got WAY better.



In conclusion, I think soccer is a enjoyable sport. You exercise, communicate and have fun. If you don't play soccer, you should try it out. Maybe you'll like it. I will promise you one thing though, you won't be disappointed.

