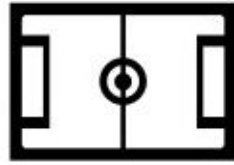


The Purpose of this website



Work Cited

The Emotional part of Soccer

Physical Benefits in Soccer

Important People In Soccer

The base rules of Soccer

The History of Soccer

Premier League and La Liga

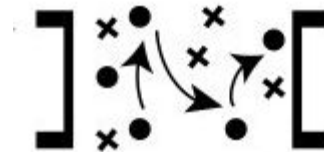
The position in Soccer

In Conclusion



Soccer

By Jason Castillo



The Purpose of this website

My intended audience is towards people that don't really understand soccer or people that want to get into soccer because I've wish that there was something easy and effective to understand soccer or any other topic that I'm interested to join. That's why I've made this website to make as simple as possible that anyone fan/non-fan and enjoy and understand soccer.





The Emotional part of Soccer



Soccer is an emotional game. Whether it's fear, frustration, anger, anxiety or despondency whatever a soccer player feels in the field can impact their gameplay in a negative manner. On the soccer pitch, unmanaged emotions can be destructive but yet , there are also great and beautiful part of soccer. Soccer brings unity, it makes us feel hope and love. Everyone that is a part of soccer bring an essential part to the game the fans, referees, players, manager and team owner. We all are doing our jobs because we want to be a part in a group that makes us feel wanted and important. Everyone and anyone can be accepted in soccer.



https://www.youtube.com/watch?v=ZHi6_qetibA&t=426s



Physical Benefits in Soccer

- Increases aerobic capacity and cardiovascular health.
- Builds strength, flexibility and endurance.
- Increases muscle
- Improves health due to shifts between walking, running and sprinting.
- Teaches you to think on the run
- Teaches coordination
- Improves Cardiovascular health and Reduces Blood Pressure
- Increases Stamina and Endurance
- Increase Reflex and Agility
- Relieves Stress
- Improved Joint Flexibility and Range of Motion

Important People In Soccer

The current significant people are Jurgen Klopp, Virgil Van Dijk, and Messi. Jurgen Klopp.

Virgil Van Dijk



Lionel Messi



Jurgen Klopp



Jurgen Klopp

Jürgen Norbert Klopp is a German professional football manager and former player, who is the managers of a Premier League club Liverpool. Klopp is regarded by many as one of the best managers in the world. Jurgen Klopp influences the current and future the perfect way to play and win soccer matches.



Lionel Messi

Lionel Andrés Messi Cuccittini is an Argentine professional footballer who plays as a forward and captains both Spanish club Barcelona and the Argentina national team. Often considered the best player in the world and widely regarded as one of the greatest players of all time, Messi has won a record six Ballon d'Or awards, and a record six European Golden Shoes. Messi, to a lot of people, messi seen the best player in the world/history. He inspired soccer players because of his background, disadvantages and his personality.

https://www.youtube.com/watch?v=JLVBc_J43V8



Virgil Van Dijk

Virgil van Dijk is a Dutch professional footballer who plays as a centre-back for English Premier League club Liverpool and captains the Netherlands national team. He is considered to be one of the best defenders in the world, he is known for his strength, leadership and aerial ability. Virgil Van Dijk shows soccer players that defenders are also equally integral, compared to forwards. He proves us players that forwards are not the only one that gets all of the attention.

https://www.youtube.com/watch?v=x5U41vtX_Nw





The base rules of Soccer



These are the rules for starting to understand how soccer is played. Each team can only have 11 players to play on the field and have reserves up to 7 people. Each team can only substitute 3 players in from the reserves. You must use your legs/feet or head to kick the soccer ball to be able to make goals. To win a game of soccer a team you got to have the most scores than the opposed team. Each game must include a referee. The referee acts as the timekeeper and makes any decisions that may need to happen, such as fouls, free kicks, throw ins, penalties and added time at the end of each half. 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.

The History of Soccer

Records trace the history of soccer back more than 2,000 years ago to ancient China, Greece, Rome, and parts of Central America also claim to have started the sport. Soccer is an international sport that any country enjoy to play. That started the first world cup. That world cup is the international tournament that every country can join. The First World Cup was on July 13, 1930, in the first-ever World Cup football matches, played simultaneously in host city Montevideo, Uruguay. Brazil have won the most world cup. The total world cup that they won is 5. Brazil took home the Cup in 1958, 1962, 1970, 1994, and 2002.



The Most popular Team/League in Soccer



ATLÉTICO DE MADRID
1903



TOTTENHAM
HOTSPUR



Real Madrid FC BARCELONA



Premier League and La Liga

These are the two most popular league's with the most strongest and attractive style of playing soccer. I recommend if you want to start watching soccer watch one of these two league. Especially, the English premier league because that league has 6 of the biggest teams playing in the same league. Currently, the premier has the best team in the world, liverpool FC (Football Club). These two league are competing for who is the best league. In my opinion, the premier is clearly the best league now, but 'la liga' has the best players, not the best team. As of now, Messi is playing in la liga at barcelona FC(Football Club). La liga has individual players who are great, but do not make the good team.

Premier League

La Liga

<https://www.youtube.com/watch?v=1bA5jHmNJvQ>

<https://www.youtube.com/watch?v=KjuGYC88CA8>

The position in Soccer

Soccer positions on the field depends on how the formation a team is using for the game. Formation will also have an impact for teams playing, either 'Attacking' or 'Defending' style of soccer. Goalkeepers have one job and one job only, don't let the ball go inside the goal. Goalkeepers are allowed to use any part of their bodies to prevent the ball from going inside their goal. The defender's positions are usually played by players in the center of the defense. Midfield positions in soccer are players who like to create and score goals. These players will mainly play around the center circle receiving the ball from the defenders and connecting passes forward. Central midfield players are there to connect passes with all the other players, offensively and defensively. Forwards are there to score goals.



In Conclusion

Soccer is a beautiful and wonder sport to be a part of because of it's passionate fans and players which put emphasize into the game. Soccer has great influencers who are leading soccer into a great path that most soccer fanatic like. Soccer has a lot of basic rules, which are easy to remember. Its seems too much but it's a simple concept to remember. Plus I've written about soccer's best league to watch and the position a soccer player normal plays and give straight forward answer what each position do in the game. This sport is beneficial to your body and mind but the game itself has a rich history. The physical aspect of soccer is a huge part of it and tapping into it will definitely improve your health.

Work Cited

Most Emotional & Beautiful Moments in Football

https://www.youtube.com/watch?v=ZHi6_qetibA&t=426s

Lionel Messi 2020 - Best Dribbling Skills - HD

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Virgil Van Dijk 2019 — The Champion • Tackles, Defensive Skills & Goals |

HD https://www.youtube.com/watch?v=x5U41vtX_Nw

Premier League Champions 2016

<https://www.youtube.com/watch?v=1bA5jHmNjvQ>

Messi - Suarez - Neymar | MSN ► Skills & Goals 2015/ 2016 HD (La Liga)

<https://www.youtube.com/watch?v=KjuGYC88CA8>

Top 10 Physical Benefits of Playing Soccer

<https://athleticlift.com/what-are-physical-benefits-playing-soccer/>