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Benefits of soccer

**Health and wealth benefits of soccer**

Soccer refers to a type of sport whereby 11 oppositional pairs of players are involved in kicking a round ball across the field. The ball is not to be handled by the 22 players apart from the goalkeepers. Research has shown that playing soccer has contributed to the health and wealth wellbeing of individuals as well as the stability of the society at large (Houlihan and Dominic 41).

*Health benefits*

The body’s main organ systems are largely affected by the exercise and their functions improved. The cardiovascular system which entails at heart, blood vessels and movement of blood is improved by playing soccer. The layer involves physical activities such as running, jogging and jumping which enabled the heart to be strong and therefore pump blood efficiently. Furthermore, coronary arteries are cleared of any plaque formation due to the fats that are bured during the exercise. That, in turn, prevents the risk of high blood pressure and also reduces hypertension. Both the anaerobic and aerobic pathways of energy are applied simultaneously by a soccer play hence a lot of calories being burned. That helps in the improvement of the muscle tones. More muscle mass and strength is developed in the process. The borns are also are strengthen out of the exercise because of the workout intensity. That helps to cope up with the increased bone density occurring due to age (Oja et al 436).

The functioning of the brain is improved through soccer playing. That is because the concentration capacity and flexibility is tested a lot. The players are used to making a hasty decision while in the game for maintenance of discipline and persistence. The players' anxiety levels are reduced and self-confidence increased due to their abilities ti tacked challenges in the field in order to win the game (Oja et al 436)

*Wealth benefits*

Soccer also has wealth benefits both to the players and the football club owners. Not only because soccer of the biggest sport globally, but because of the revenue and profits earned out of the associations. Due to the debts and losses, soccer clubs have incurred in recent years, the strategy has changed to the wins achieved being maximized. Other options such as attendance of sponsors and supporters have helped to regain the wealth of the soccer fraternity. The players benefit through merit earning which depends on their performance and value of the image. The higher the value and performance the more revenue earned (Bouchet et al. 206)

**Soccer benefits to the audience or fans**

Soccer fans acquire benefits from their love for football. The aspect of being a fun of a specific soccer team or player has a positive impact on funs psychology. Their mind is trained on enduring the consequences that come along with their support. That is, enduring during seasons of losing the game and celebrating during the wins. Their perspective of life is trained since the experience is e representation of the seasons of normal life. The soccer players get encouragement to work hard and improve the value of their team through the support of their fans. The audience gets the opportunity to have fun in the while witnessing the game. That helps in relaxing their minds from the busyness that comes with life routines. The audience watch football in groups and that develops their relationships since they get to interact during the period. That help to build their social lives because the interaction can develop to more beneficial relationships which may not necessarily relate to soccer. Their ability in making informed decision making is improved since once they decide to support a specific team, they are expected to stick by it through all challenges. Some audience love for soccer develops their interest in playing the sport. They may decide to join a local soccer team for training and develop skills for doing it as a career (Parganas et al. 155).

**Benefits of soccer to society**

The society is made of people who share a common interest such as love for football. The gathering of football lovers in stadiums and arenas encourages the growth of communities. Soccer then plays the role of bringing people together for the common purpose of entertainment. The division of the audience in support of separate teams encourages teamwork. They support and encourage each other in cases of game loss and discuss how it would have been done to prevent losing the game. In the process, individuals acquire a sense of belong with their teams.

Soccer, unlike other sports such as athletics, promotes the levels of social interactions amongst the players. Local soccer teams bond a lot socially and that encourages the possibility of the existence of activities which are a long time. That is why the sport can not happen with a single individual but in teams. Soccer players are the focus on the social and activity benefits in the sport. They do that because focusing only on the physical benefits will make the interaction to be short term, since once the goal of fitness is achieved the individuals will quit. Concentrating on the long term social benefit helps in relationship development and nurturing (Houlihan and Dominic 76).

Work Cited

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