

## Different Techniques And Benefits Of Football

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### Abstract

*Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word football normally means the form of football that is the most popular where the word is used. Sports commonly called football include association football (known as soccer in some countries); gridiron football (specifically American football or Canadian football); Australian rules football; rugby football (either rugby league or rugby union); and Gaelic football. These various forms of football are known as football codes.*

### Introduction

There are a number of references to traditional, ancient, or prehistoric ball games played in many different parts of the world. Contemporary codes of football can be traced back to the codification of these games at English public schools during the 19th century. The expansion of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire. By the end of the 19th century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the 20th century, several of the various kinds of football grew to become some of the most popular team sports in the world.

### History of Football

The game of football takes its form. The most admitted story tells that the game was developed in England in the 12th century. In this century, games that resembled football were played on meadows and roads in England. Besides from kicks, the game involved also punches of the ball with the fist. The first known examples of a team game involving a ball, which was made out of a rock, occurred in old Mesoamerican cultures for over 3,000 years ago. The ball was made by shreds of leather filled with hair (the first documents of balls filled with air are from the 7th century). In the Ancient Rome, games with balls were not included in the entertainment on the big arenas, but could occur in exercises in the military. It was the Roman culture that would bring football to the British island (Britannica). It is, however, uncertain in which degree the British people were influenced by this variety and in which degree they had developed their own variants.

### Techniques of playing football

#### 1. Ball control

Ball control refers to a player's ability to collect the ball and gain control of it using all parts of the body including feet, legs, chest, and head. A player with good ball control is able to receive passes both on the ground and out of the air with clean first touches keeping the ball close to their body. Ball control also refers to a player's ability to maintain possession of the ball, successfully protecting it from opponents. The ability to turn quickly and sharply with the ball is also of utmost importance to achieving success in football and falls under the ball control element.

#### 2. Dribbling skills

Dribbling skills refers to a player's ability move up and down the pitch with full control of the ball. A player with good dribbling skills can move the ball in different directions at different speeds with both feet. They can successfully maneuver through opponents without losing possession of the ball. Superb drilling skills are essential to achieving success in football for players of all positions.

#### 3. Passing accuracy

Passing accuracy refers to a player's ability to use both feet to send the ball to the player's desired destination. That could mean sending the ball straight to a teammate's feet with power and precision, sending a through pass into space with proper weight, crossing the ball accurately in front of the net, or, for strikers shooting the ball accurately and powerful into the back of the net. Players cannot achieve success in football without being able to pass accurately with both feet.

#### 4. Body control

Body control refers to a player's ability to move their body fluidly to optimize balance and coordination. Since body control falls under the category of technique rather than physical fitness, body control refers mostly to correctness of form.

Long strides, correct running form, and a low center of gravity are good indications of good body control.

### 5. Spatial awareness

Spatial awareness refers to a player's ability to see space clearly across the entire pitch and utilize it to their advantage. What does it mean to see space clearly?

First of all, players need to be aware of the immediate space around them. According to the position of the ball, their own teammates, and their opponents, where should they be? Should they be moving into a space to receive a pass? Should they be drawing defenders away from their teammate who has the ball to create open space for them?

Secondly, intelligent players are always aware of where their teammates are and where they should be according to the positioning of the other team. There are two reasons they need to know where their teammates are and should be: (1) to tell them where they should be if they're not there, and (2) to anticipate their teammate's position and make a quick, instinctive pass almost without looking. In fact, scouts often look for this sixth sense of a footballer.

### Benefits of playing Football

#### 1.Improves Aerobic Capacity

Running at any intensity for 90 minutes requires a high level of stamina. Therefore, football players often have a tremendous amount of aerobic capacity being able to go from walking to sprinting and have a fast recovery to do it again, and again, and again. Researchers from the Peking University back this up in a study they've authored.

#### 2.Improves Cardiovascular Health

This is probably one of the best benefits of playing Football. The average player runs about 8 to 11 kilometers in a full game. The constant walking, jogging and running help keep the player's heart rate up, providing an excellent cardiovascular exercise. This constant movement helps players strengthen their hearts, resist plaque build-up in the coronary arteries, reduce their blood pressure and burn excess calories.

#### 3.Lowers Body Fat and Improves Muscle Tone

Football is a great sport for burning fat because it works the muscles and your heart in different ways. Football builds more muscle mass and burns more fat by recruiting both slow-twitch and fast-twitch muscle fibers. As a general workout, football playing burns more calories than typical workouts because players are forced to switch between using the aerobic and anaerobic energy pathways.

### 4.Builds Muscle Strength

Lower body strength is required for kicking, jumping, tackling, twisting and turning. It also forms the foundation for explosive speed. Upper body strength is required for shielding the ball, holding off opponents, throw-ins and also contributes to overall power and explosiveness. Regular football playing builds strength by using the whole body.

### 5.Increases Bone Strength

In general, bone density decreases as people get older. The repeated weight-bearing loads on the body during a football match are an excellent way to increase the strength of our skeletal frame. Maintaining fitness through football throughout a lifetime is a great way to keep bones strong.

### 6.Teaches Coordination

Due to shifts between walking, running and sprinting, coordination is key to football. Body coordination is improved through the complex movements like dribbling, turning and passing, which are performed at varying rates of speed and direction. Hand-eye coordination is improved when players either kick the ball or receive a pass from someone. The better the coordination, the better advantage in a match.

### Conclusion

Participating in football (like many other sports), provides many health benefits for children. It's a physically demanding game that provides an opportunity for players to improve their speed, agility, strength, hand-eye coordination, and overall cardiovascular endurance.

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