Football

Football is a game that millions of

people around the world play and love.

It can be called a universal game

because every small and big nation plays it.

Moreover, it's a great relaxer,

stress reliever, teacher of discipline

and teamwork. Apart from that,

it keeps the body and mind fit and healthy.

Rules

Football matches are played between two teams and typically last for 90 minutes. The match is divided into two halves of 45 minutes each. There's a 15-minute break called half-time which separates the two halves. A match kicks off from the centre circle with one team in possession of the ball.