Long ago, in the country now known as Italy, the Romans also played a game much like soccer. However, instead of eleven players on a team, they had twenty-seven. These players played so intensely that many of them had to be carried off the field on stretchers! One of the oldest forms of the game was played by Native Americans. They played this game over six thousand years ago. The game was not played with a leather ball. It was played with a large, round stone.



Some soccer moves, performed by very skilled players, are absolutely fantastic to see. The bicycle kick is one of them. Using the bicycle kick, players can kick the ball backwards over their own head and send it into the goal. This kick is very difficult and dangerous to perform. Don't try it yourself!



Soccer players should always warm up before playing. Warming up prepares the body to play hard. Some people like to jog to warm up. Some teams gently dribble the ball around the field. Both are great ways to get the body moving.