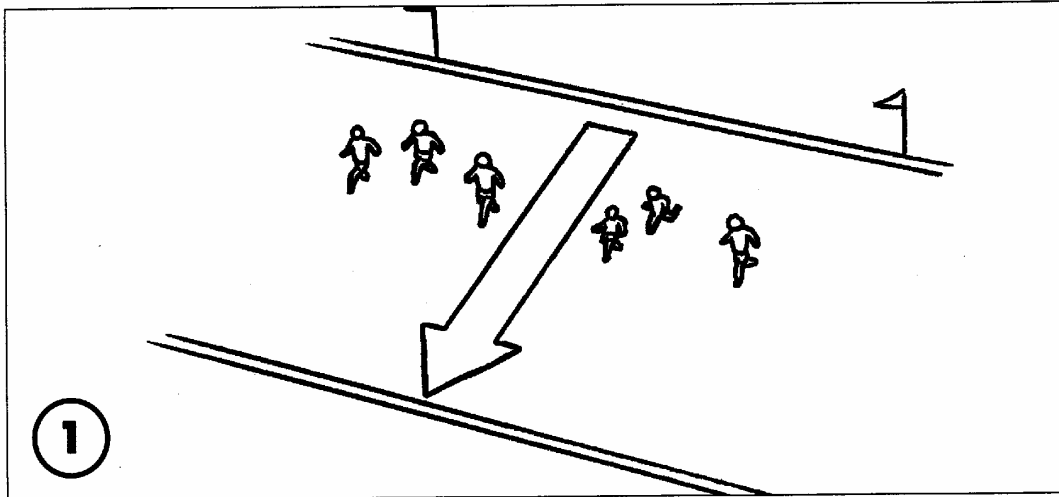


Run For Your (Soccer) Life

In soccer, you run. If you can't run, you can't play. Only the goalkeeper is not required to run great distances.

There are three main types of running in soccer.

1. Very fast – explosive – runs over a few yards.



2. Quick running broken by changes of direction – sometimes for 100 to 150 yards.

