

FOOTBALL FRENZY

How 'Football Frenzy' is helping improve wellbeing

Football is one of the most popular sports around the world with millions of people playing it every year from the heights of top league professionals down to grassroots football. Nottingham itself has a rich history of football, with Nottingham Forest being one of the most prestigious clubs in English football. However, many people who want to play don't want the intense training and time pressures that local teams and university teams often have.

Football Frenzy is a brilliant activity to get rid of all that pressure. These weekly five aside games for students are a great place to play competitive but also fun football matches. It just involves you turning up and paying £5 whether you have a team of five players or just on your own. Easy right! It takes place on the football pitches at the Forest Recreation Ground every Sunday which have amazing facilities. With teams taking part across six divisions, there's always space for any skill groups.

Friendly Social Atmosphere

Football Frenzy is a great way to improve your football skills as well, while also gaining mental benefits. The friendly social atmosphere allows you to get along with everyone on your team with both teams having respect for each other! Making friends can be straightforward when you are all working together.

Sport also allows you to de-stress because of the chemicals your body releases such as endocannabinoids which can make you feel happier and reduce the anxiety you may be feeling. Playing sport can also help you get a better night's sleep because of how tired your mind and body is after the exercise. One of the great things about playing football is the amount of fun you get from it. It isn't a slog to get through like you might often find the gym is so it's a perfect way to keep active without forcing yourself to do it. You often get so immersed in the game that you don't think about how much exercise you are doing.

Team Skills and Leadership

Team sports can develop your skills in leadership and how well you work in a team. Useful stuff! It is vital to work as a team to have the highest chance of success. Football teaches you the value of teamwork quickly because you have to put it into practice. While it also helps you be more vocal when communicating with your teammates, football frenzy allows you to step out of your comfort zone getting you to socialise with new people especially if you're joining a new team. This can be daunting but the social atmosphere makes it easier to be comfortable talking to completely new people.

However, one of the most important things that I've found football teaches is how to deal with setbacks. No one wins every game and it can be heart-breaking to put in so much effort and come out empty handed because of the odd deflected goal. This helps build resilience which can be used in everyday life to navigate tough times and there's always the next game.