

Want to be a Professional Football player?

What it takes to be good at the game.

Genre: Entertainment, Events, Sports



It is your love for the game that will drive you to become a professional football player.

If someone asked you, "What do you want to be when you grow up?" – what would you say?



Some of us, when asked what we want to be, say we would like to play sports at a professional level.



Some of us have a bullet-pointed plan, others have a vague idea, and some of us just have a dream.

Now, if you took a poll among professional athletes asking them what their answer was to that same question when they were kids – the majority would say, “Exactly what I’m doing now!”

“I wanted to be a basketball player!”

“I wanted to play baseball!”

“I wanted to be a professional footballer!”

So, if you’re wondering why so many of us look up to professional athletes, the answer is simple – they followed their dreams. Even if that dream wasn’t easy, they made it happen. Because we’ll tell you right now, becoming a professional athlete, especially a football player, is a lot of hard work – even with a surplus of natural talent to begin with.



Becoming good at a sport requires a lot of hard work and effort and takes many years of commitment.

The question is: why? What does it really take to become a professional football player? Let’s find out!

Biggest Fan to the Biggest Fields

If you’re one of the millions of people who love football, then you probably know just how fun it can be. Sports are a great way to bring people together. Families, communities, and

even countries. Their mix of teamwork, competitiveness, and athleticism can make an unforgettable experience for those who play, and even those who watch.



**Playing football
builds friendships
along with improved
health and fitness.**



At a professional level, the best athletes in the world build careers around their skills and love for the game. But becoming a professional football player takes more than just talent and enthusiasm, it takes dedication and a fine-tuned understanding of the game.

We'll get in dedication soon, but first up, understanding the game goes beyond the rules for a professional footballer. Fans know the rules. Players know the pitch. Rules are vital to know, but to a professional footballer, they're almost second nature.



**To become a
professional football
player, you need to
know more than the
rules of the game.**

Instead, their strength comes from experience. They understand the flow of the game. They can anticipate the other player's moves. They know when to pass, when to hoof, and when to boot. And, unlike many of us, they know what those words mean.

From Practice to the Pitch

It probably isn't a surprise to hear that one of the most important things you can do to become better at football is to train. However, that means not just working hard when training, but training consistently. A professional footballer is working out up to six days a week for multiple hours at a time.



Players who want to go pro will train up to six days a week for hours at a time.



Every week during the season and even off, their bodies go through the wringer. That's why they have to take care of themselves with good nutrition, sleep patterns, stretching, and ice on sore muscles.

In addition to persistence, a professional footballer also needs precision. Skills are learned through repetition, so if you want to improve your footwork or enhance your free kick, then you need to be consistently working on them. Building muscle memory and endurance.



Becoming a professional football player requires constant repetition and dedication.

With that in mind, training isn't just a physical activity, but a mental one as well. To a professional, the game is a part of life. When they aren't practicing or taking time off, they're working to understand their strengths and weaknesses. If they're struggling with one aspect of the game, then they put attention towards it, trying their best to overcome any obstacles or plateaus.

The Professional Mindset

While this advice might sound pretty general, some of the best players in the league have attributed it to their success. In 2015, retired English footballer David Beckham shared his thoughts on success:

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David Beckham was a professional English football player from 1992 to 2013.



Another prime example is Cristiano Ronaldo. When asked about the secret to his success, he said:

"For me, the key is determination and hard work. It's giving 100% all the time. If someone asks me if I have a secret, work would be the only thing I would tell you."

Cristiano Ronaldo



Cristiano Ronaldo, a Portuguese football player, has been playing professional football since 2002.

Making the leap from amateur to professional football may sound like a daunting task, and it certainly is – but there is a clear message from those who rise to the top as professional athletes. They follow their dream, and they work hard on the journey.

Dedication, persistence, and a true love for the game are prerequisites for professional footballers. And if you're willing to put in the time and effort into becoming the best you can be at a game you love, then you might just have a shot at joining them.

 **Good to Think About**



1..What characteristics do you need to become a professional football player?

2. Why do some people choose to become professional football players?

3. Choose an example of a successful football player. What characteristics did they have that made them successful, in your opinion?

4. If you could become successful at any sport or activity, what characteristics would you need to develop in yourself?

Key Vocabulary

- teamwork
- competitiveness
- athleticism
- professional
- talent
- enthusiasm
- dedication
- consistently
- persistence
- endurance



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My Words

