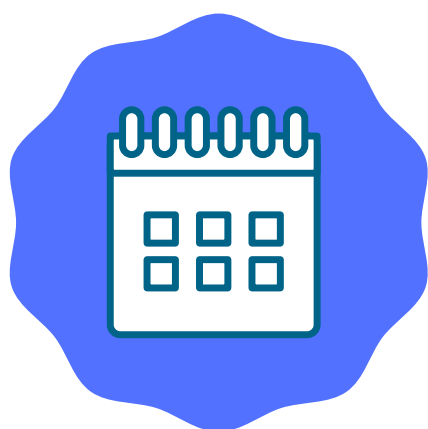


HOW TO BECOME A PROFESSIONAL FOOTBALL PLAYER?



TRAINING IS THE KEY

Soccer consists of having both: physical and mental preparation. For the physical preparation, you have to be ready to train every day. In many cases, a typical day in a football player's life involves more than 4 hours of sport/train.



ORGANIZE YOUR SCHEDULE

The calendar is very tight for a professional footballer due to training, football matches, physiotherapist sessions, medical check-ups, etc. You spend very little time with your family and loved ones, but hard work pays off.



STAY EDUCATED

It is known that it isn't necessary to have a bachelor's degree to become a professional football player, a broad knowledge of languages will help you to communicate with players and coaches from different countries. Having a High School diploma is mandatory.



HAVE A HEALTHY LIFESTYLE

A professional footballer needs to eat a balanced diet. Normally this diet is given by the club's nutritionists so this diet is as balanced as possible. They will control the number of carbs, proteins, and other vitamins you take. Follow it as much as possible and don't eat cheezy meals.



BE CAREFUL WITH MONEY

With money, you don't have to be spending all of it as soon as you receive your paycheck. You should think that you will not live from this all your life, so you should invest it and spend it carefully. Otherwise, you will end up ruined and poor like other football professionals.