Qualities for football

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Imagine running with people trying to tackle you as you try to make a touchdown. Playing football is not easy. It is hard work. You need to have speed, strength, and quick hands. To be a good football player.

First, you need speed because if you have the ball you need to run hard. If you are not fast you will get tackled. If you are the running back you try to get the first down or a touchdown for your team. If you are the quarterback you need speed to break out of sacks. You also need energy to run fast. Speed is important for being a good football player.

Also, a good football player needs strength. You need leg strength for running. You need to be able to jump high. You need to have upper body strength for safety and defense. Arm strength is important for blocking and pushing. Strength helps you with catching, running, and throwing.

Lastly, you need quick hands for offense and playing wide receiver. If the quarterback throws the ball bad you have to catch it. If there is a fumble or when someone drops the ball you need to get to the ball first. By holding it in your hands and make sure no one gets it. If you are defense you need quick hands to intercept the ball. By trying to catch the ball even know the ball is not throw to you. When you intercept the ball your team gets possession. You might even be able to score a touchdown. Quick hands are important for catching.

In conclusion, there are several qualities you need to be a good football player. You need speed, strength, and quick hands. If you have these three qualities you will help your team win the game.