# **Qualities of a Great Football Star**

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Imagine becoming a football star. It takes a lot of actions to become one of these athletes. Some things you would need to keep in mind is to stay healthy, cooperate, and to try your best.

First staying healthy is very important. Some ways to do that is by making good food choices. That gives you energy and strength. You should take vitamins and get regular check up’s at the doctor. You should also exercise. I have resistance band that I use every day. It helps to strengthen my muscles. At night you need enough sleep so you can have energy for the next day.

Next is cooperation. Cooperating is a skill that you will need because you will have a team. You can help your team and your team can help you. You can cooperate by working to solve problems and helping out with your team plans. Always remember to not be a ball hog. During a game we needed to score. We came up with a plan that involved passing and we ended up getting a touchdown.

Finally trying your best. Trying your best is very important because if you are in a problem don’t give up make a mistake try your best and work through it. Say if the other team has 36 points and you have 12 work through and try your best and don’t let your team down so you will hopefully win. And also try to be a leader and take actions.

Remember these important things to keep in mind stay healthy, cooperate, and try your best. These are the things that will help you succeed to become a star.