



# Attached to the soccer ball

*"Quitting should never be an option for an athlete."*

According to statistics, 57% of high school students are involved in sports. In general, three categories of people can be distinguished: People who do not like sports and consider them a waste of time, those who like to watch sports but will never play themselves, and those who do sports.

Junior Zeta Kromah belongs to the third category of people who, during all her 17 years, have somehow been involved in sports. Now Zeta is mainly involved in soccer.

*"I started playing soccer in 2015 when I was ten years old in a soccer academy in Liberia. At the academy, I learned the basics of soccer, life skills, and leadership," Kromah said "The academy offered both high education and professional soccer development. I learned how to play soccer in both practical and theoretical aspects."*

Kromah's interest in soccer arose when her parents watched soccer matches on TV and sometimes even had arguments about the game or players.

Although soccer has traditionally been a male-dominated sport at a global level, female responses in such dilemma situations cannot be neglected significantly because female participation in soccer is rapidly increasing. Kromah is proof that women are no less successful in soccer. During the last six years, she managed to win many awards, such as the "Target USA Cup Tournament 2019" with her academy back home, the "Liberia Women League" in 2019, and "Play for peace tournament" in 2017, 18, and 2020. She also won the "Nebraska 2022 Fall Tournament" with Fremont Soccer Club 2022. Kromah has had personal titles, too.

For example, she was awarded the title of "Best Goal Keeper" twice, although she currently plays Midfield. Also, she was considered the most disciplined and valuable player in 2021. However, as in any matter, it takes time and hard work to succeed here.

*"When I first started playing soccer, it was not an unusual movement." She remembered "I had to learn so many things in soccer. I had to learn so many rules, techniques, disciplines, and team tactics. Because I was just a learner, I did not play my team's first ten to fifteen games.*

*The passion I had built then led to my determination and inspiration for self-training and workout. Coaches never trusted me to play games. I had a few friends who helped me build my confidence. I often watched YouTube videos on dribbling skills and great soccer techniques. I worked harder each day to get better."*

Even though soccer is not easy, and many people give up halfway, Kromah has never regretted her choice. It makes her feel more comfortable and relaxed. *"I express myself more on the soccer field than anywhere else. It has always been one of my key priorities,"* she says. Considered the best female athlete in Liberia, Kromah now plays for her country's national team. Getting to this point was not easy for her, but her family supported and motivated their daughter, for which she is very grateful.

*"My family is my biggest motivation. We are not wealthy, and I want to give them a better life. That is why I'm always humbled and inspired to accomplish my dream."* Kromah said *"My family means a lot to me. They give me the strength to do and be the girl I am today and the woman I will be tomorrow."*