HOW TO IMPROVE YOUR SOCCER SKILLS

Did you know america is the only place in the world that calls soccer soccer? I will be teaching you how to improve your soccer skills. the skills i will also be teaching you about your diet, ball control, and daily workout

Your diet

The first thing i am going to teach you is how to improve your diet. If you wondering what kind of food you should : eat any kind of meat and salad with some veggies. Or if you just want a snack have what's in the picture. Kiwi, grapes, raspberries, and strawberries.

The 14 Best Foods Athletes Should Be Eating

Blackberries, raspberries and blueberries are just a handful of the berries that are rich in antioxidants, which need to be replenished after physical activity

salman

Beans\ legumes. .

pasta

bananas

cruciferous vegetables

nuts

Milk (Even chocolate milk!)

The second thing i will talk about is ball control. A way to improve ball control