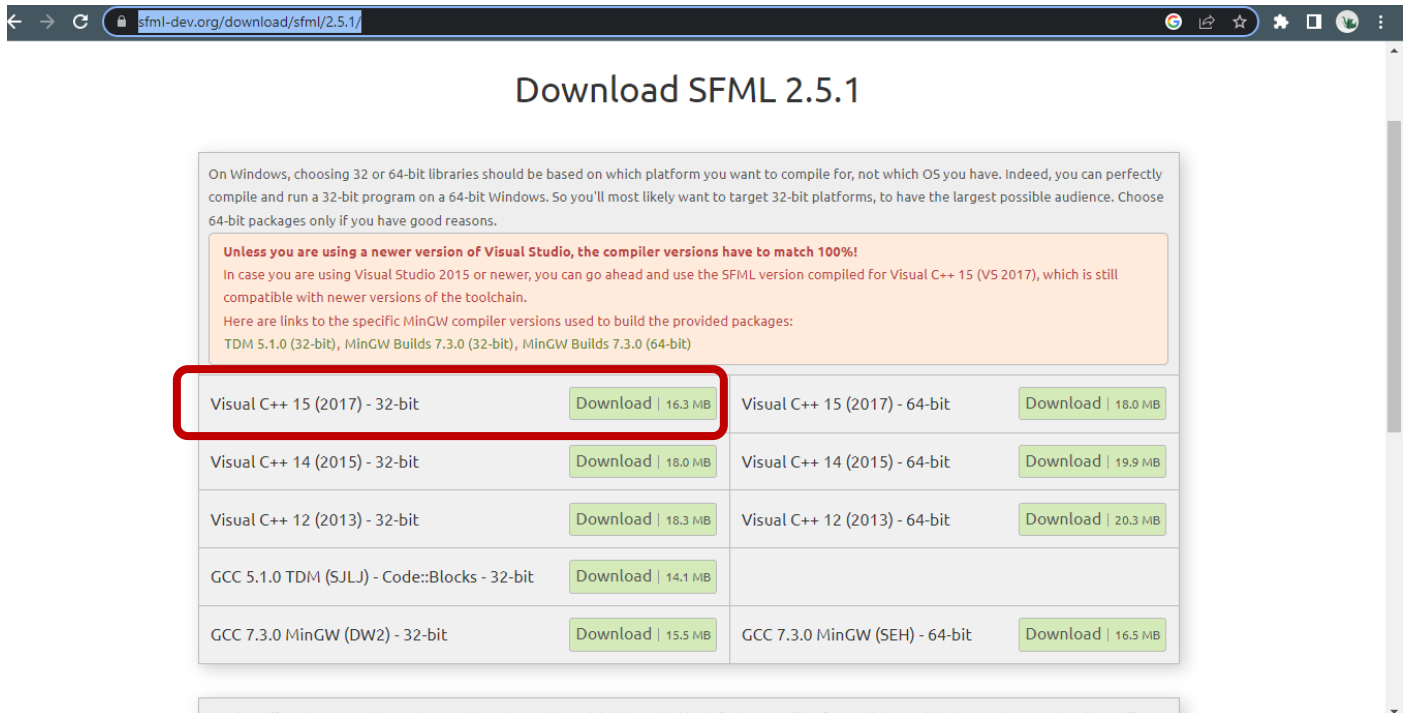In order for pong to build correctly, few things have to be done first.

1. Downloading SFML to the pc
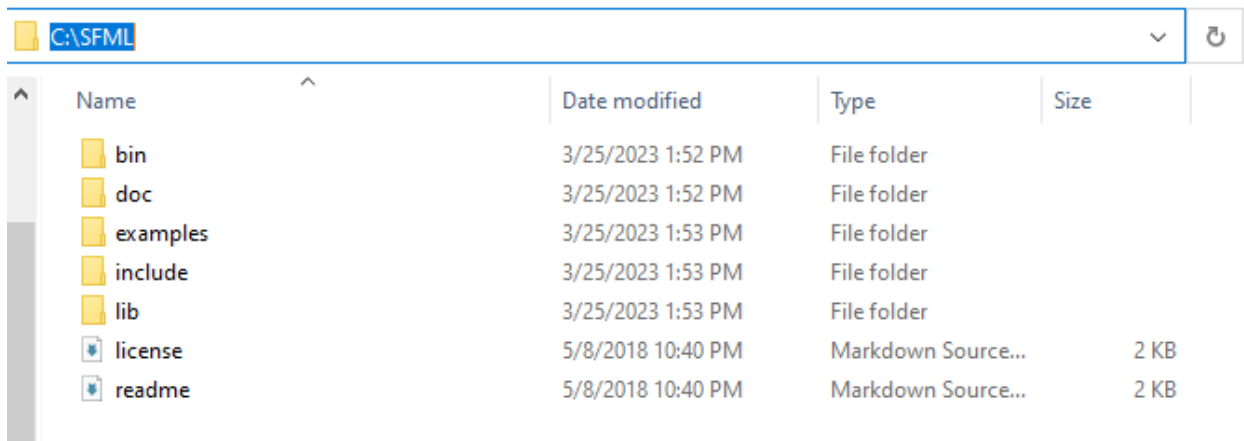
You can use the official website, and make sure to download the latest 32bit version.
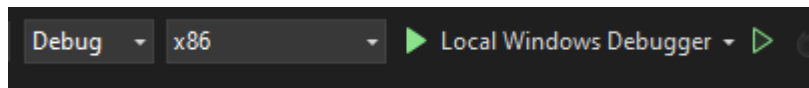https://www.sfml-dev.org/download/sfml/2.5.1

2. Adding SFML to the computer

Make a new folder in the drive where Visual studio is installed (C:\ in my case) and call it SFML, extract all the contents of the zip that we downloaded to it, it should look something like this
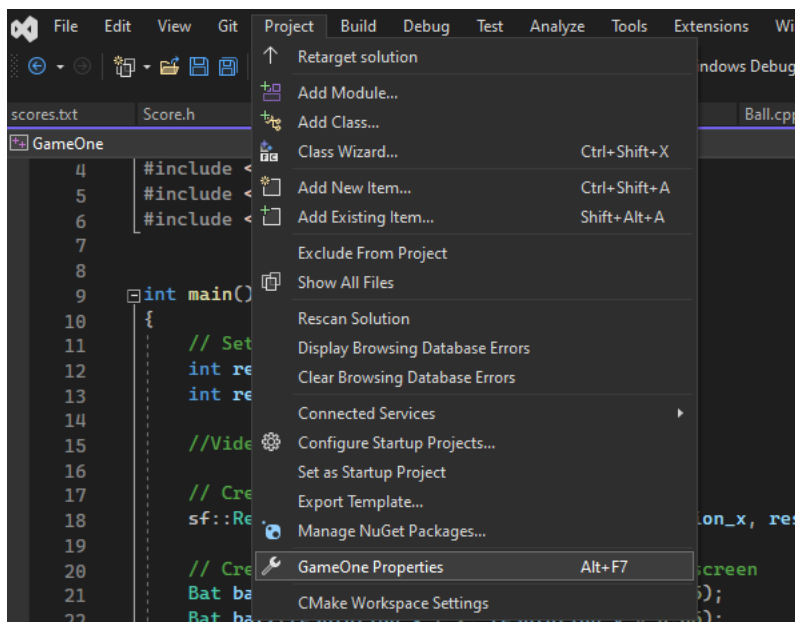
Make sure you are debugging as 86x


The next steps may or may not be necessary

3. Linking SFML with the project

Open the GameOne solution using visual studio, then click on Project from the titlebar, after that choose GameOne properties. Or you can just use the hotcommand Alt+F7


Now we need to make sure the project uses the SFML files that are in our SFML folder

First choose "All Configurations" and Active(Win32) from the upper options, then go to the General settings og C/C++ and set the Additional Include Directories to the directory of \SFML\include folder and make sure to click apply
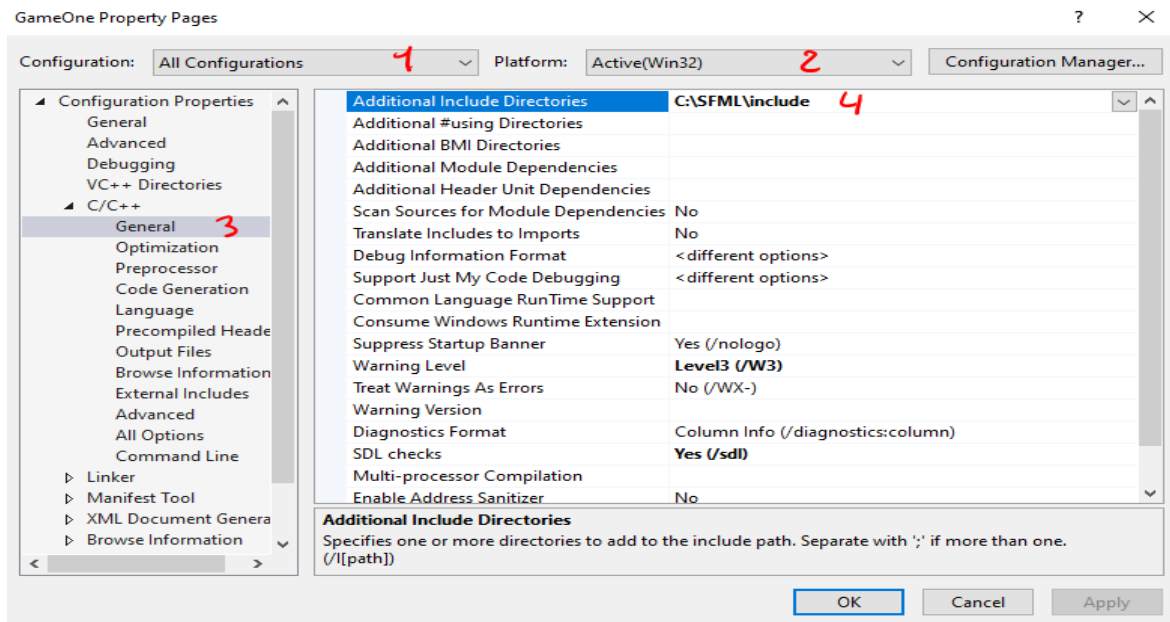
Now find the additional library directory under "Linker" in General, and set the path to \SFML\lib
Make sure to press apply
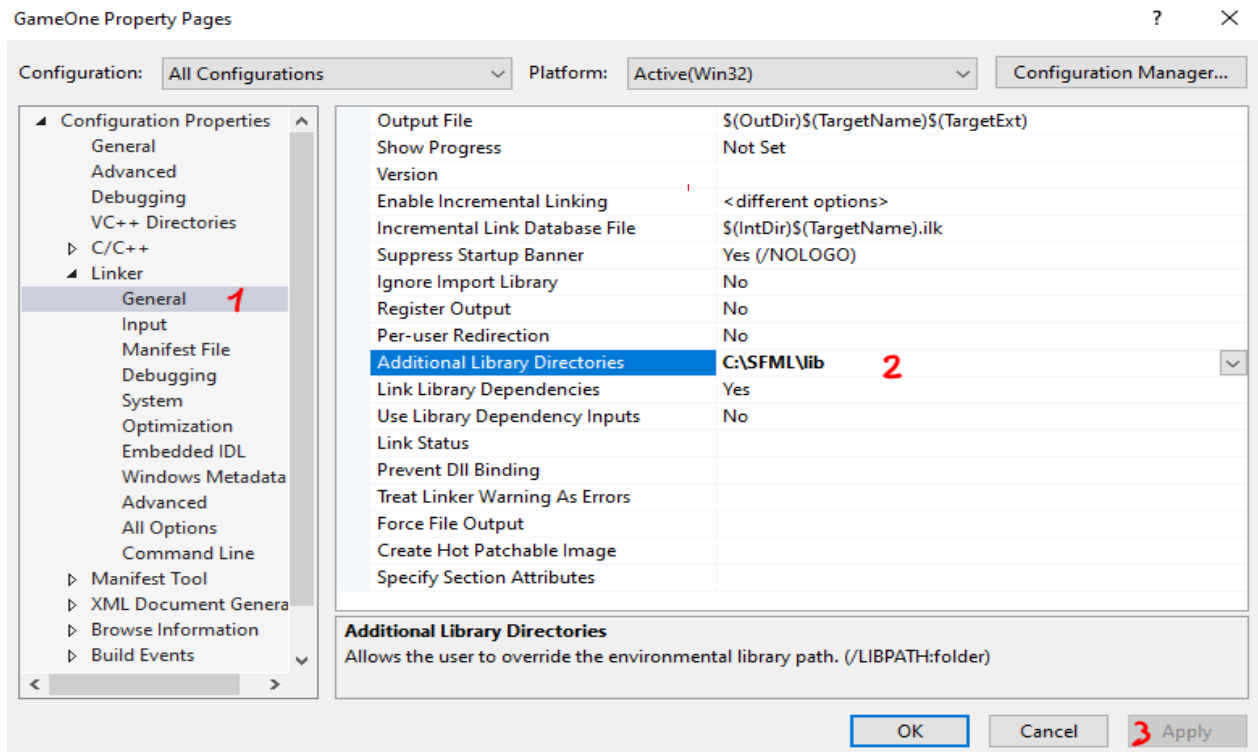
Now switch the configration mode to Debug, and select Linker then Input,
Now go to the start of the text box and don't delete anything, but add the following line:

sfml-system-d.lib;sfml-graphics-d.lib;sfml-window-d.lib;sfml-audio-d.lib;sfml-network-d.lib;
Don't forget to apply!
It should look like this
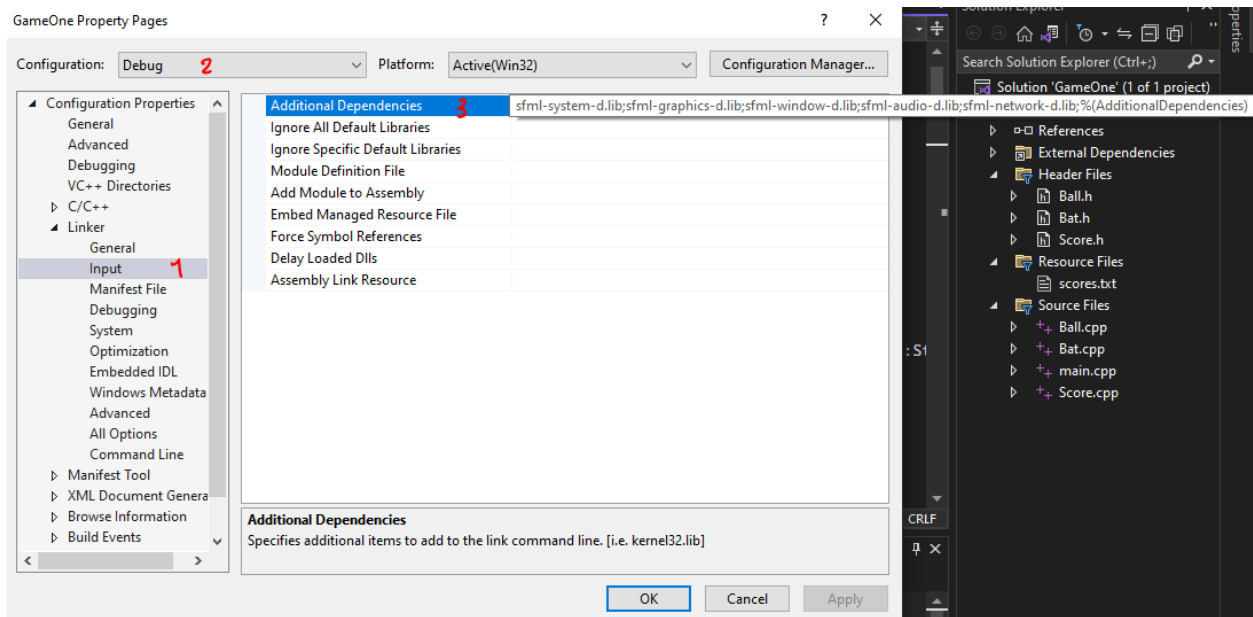
That's it, you should be ready to run the project correctly.