

How to Be a Better Football Player



If you're like millions of other people, you enjoy the sport of football. It's fun to watch, and it's definitely fun to play. Could you benefit from some extra tips that can make you a better player? Continue reading so that you can find out more regarding how to play better football.

Before we jump into the game, huddle up a sec: *Safety first*. You've heard that before, but it's vital you understand it. Proper fitting pads are essential to keep injuries to a minimum. Mouth guards are a must and over-extending yourself to try and impress is a surefire way to get hurt. If and when you do get hurt, you should never self-medicate with OTC meds. You need a [pain management doctor](#) to diagnose and treat your injuries. If your team doesn't have a pain management specialist on standby, simply Google "[pain management doctor near me](#)" to find the nearest physician to check you out. Ask them about minimally invasive [sports injury pain relief](#) treatments like [prolotherapy](#) to get rid of the pain.

Okay, now let's get to the tips that will make you a better football player...

Condition yourself more for practice, then for the game of football itself. While you need to be ready for game day, practice will take the most out of you physically. Therefore, it's vital that your conditioning keep you up to par in practice and making a good impression there, to avoid much bench time.

Remember that all goals are achievable if you try hard enough. You need to have a positive mindset as you practice and play the game. You CAN be an amazing football player! If you keep this in mind, you will find you have more drive and passion for the game as you play.

Even when your team isn't practicing, you should be. Practice constantly and practice the skills of your specific position the most. On top of that, you should also build your strength and stamina through other athletic pursuits, such as running, working out at the gym and even other sports.

A great football tip when you're trying to tackle is to attempt your tackle from a low position. Staying low will give you a lot more power and it will make it harder for the opposing player to be able to shake off the tackle. Not staying low could actually get you run over instead.

Study the other team's formations to help you create a better defense. If you watch where the receivers line up, you can make predictions on the play. In order to learn formations, check out pro and college games; develop a playbook from the various plays.

Record your gameplay. Football is all about plays and patterns, so you need a way to watch how you specifically did out on the field. Was your pattern off? Was the quarterback expecting you in a different locale all together? Did you come up too short on your turn-around? When you can see it, you can change it much more easily.

Build power and muscles by training with box jumps. Make sure you have a very sturdy large box with a height between 2 feet and 3 feet, determined by your own height. Jump onto the edge of the box repeatedly, straightening your back each time you reach the top of the box. Repeat up to 20 times.

Field goal kickers are important players on any team. Field goals are normally attempted on a fourth-down when in scoring range. Field goal kicking is useful when your team has the ball close enough to the goal post to allow your kicker to attempt a field goal kick between the uprights. Three points are given for field goals.

It is time to now use the strategies and techniques that you have learned by reading this article about the game of football. Put them into action on the field and use them to help benefit both you and your team overall. Improving your level of play sure does feel good.