

## Football 180

### Chapter 180 Cup Finale Preparation

[Oak Academy Training grounds Orlando, Friday/15th, April/2011]

On the green grass of the training field, the Oak Academy under 9's team could be seen going through their cooldown routine. Trainer Oliver was at the centre of their circle leading them in different stretching routines. He took this part of the training session seriously emphasizing the prevention of injuries.

"Hold your postures, this is the best time to loosen up your body for Sunday's game," He stated with a small smile berating those who lowered their postures. Right now they were on their bums holding the boat pose putting quite a strain on their abdominal muscles.

They held this pose for 90 seconds before Olver finally let them rest for a minute. Moving onto the cobra pose for 2 minutes the boys felt their backs loosen up by a lot. They continued this Yoga session for a whole 30 minutes taking up a quarter of the 2-hour training time.

Since the cup final was in two days their training was rather relaxed focussing more on their tactics and formations. Today was all about getting them to the optimal state for the game so they could perform at their peak. Just as they finished up their cooldown routine Coach Bauer strode out of the indoor training centre heading towards them.

Most of the parents were already gathered at the side of the field ready to pick up their kids. Usually, they would get mad having to wait an extra 10 minutes from the plans end of training. But seeing their kids focused on their cool down and considering the upcoming final they remained patient. This was rather unusual since most of the adults here are busy people either running their businesses or holding a prominent position.

"Alright kids that's enough, thank you for bearing with me," Trainer Oliver told the kids after seeing the coach ready to talk to his team. Finishing off their last routine everyone slumped to the ground trying their best to steady their breathing.

"(clap clap) That was a good session, you all worked hard the entire week and this is a good conclusion," The older man stated with a warm smile easily grabbing everyone's attention with his natural charisma. "News of the Pasco Vs East River Crocodiles just came in and the crocodiles managed to fight out a late 0:1 win." He stated with a smile waiting for the news to sink in as a look of realisation emerged on the players.

"For those late to realise we are now officially league champs, and we will get our plate at Sunday's game," Coache stated with a happy smile as the boys jumped up in celebration spraying their water in the air. Their previously tired bodies seemed to gain energy allowing them to run wildly to their heart's content.

Some of their parents even joined the celebrations happy to see their kids achieve a goal they worked hard to accomplish over a season. With Oak Academy emphasising the parents being hands-on with their kid's education, it creates quite the bond, especially for the younger kids.

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"Congrats son," Lisa stated the moment she walked into the house directly and directly pulled him into a hug. Her husband had told her the news earlier but she was too busy with a client at work.

This was one of the few times when she wasn't the one to pick up the kids from school or club activities. "Thanks, Mum," Rakim responded with a smile trying his best to breathe from her tight embrace. He had been dealing with congratulations from his family ever since he headed home.

Ben his dad couldn't help himself from letting the rest of the family know about the good news. So he had been fielding congratulations calls from his new grandparents, Uncles, and aunts whom he had met at New Year. If not for the fact that his great-grandparents had no patience for technology he would have gotten calls from them too.

Everyone on his mother's side of the family is strangely supportive looking for the slightest reason to celebrate each other's success. Just last week his Uncle Williams managed to win a big case and the great vine rung with congratulations for days. So when the newest member of their family made an achievement they were extra eager.

"I would have gotten you a cake, but I know that you don't eat sweets so close to a game," She said after finally releasing him from her embrace before proceeding to place her shopping on the kitchen island. "I was thinking of making your yoghurt instead," she stated pulling out a carton of low-fat yoghurt, blueberries, oats and other matching ingredients.

Emma at the side looked eager having fallen in love with this type of dish ever since their dad introduced it to them. Since Rakim wanted to eat healthier ever since taking his football more seriously their dad remembered this common German dish. Ever since tasting it both kids fell in love with it eating it twice a week either for breakfast or as a snack.

"I prefer the yoghurt," Rakim stated with a smile joining his sister in prepping the fruits they wanted to add to their bowls. Emma opted for strawberries and bananas whilst Rakim went for the blueberries with some strawberries. Both of them had their preference easily setting the prep work with practiced ease.

"I know your dad said you haven't gotten your medal yet but are you excited," Lisa asked with a chipper mood as if she was the one who had won the league. No one could blame her though as she had spent the most time with him when he did his extra training.

From helping him with his physical training and creating a suitable diet she had been there. Rakim was grateful for her help not knowing what kinds of detours he would have committed if not for her. Plenty of talented kids worldwide are born each year but 90% of them waste it by not training in an efficient way.

Having an experienced coach or personal trainer does wonders for the development of an athlete's career. That is especially the case for those who have this support at an early age. A prime example of this type of nurturing is the legendary Lionel of LaMasia.

"Not really, It just doesn't feel real since we haven't lifted that silverware yet," He responded after taking a moment to figure out his emotions on his recent achievements. Although he felt elated when Coach Bauer told them they were champions, it still hasn't sunk in yet.

Even his system has yet to give him a notification after completing his first year of organised football. Even the fact that he's won the league didn't seem to budge the stoic system. Only when Eva informed him that he needed to receive his medal to tick off that particular achievement.

Hearing this put him at ease knowing that the system did not have a bug but it also left him in a state of limbo. "It's a little weird that you have to wait till Sunday to get your award, we always get our ribbons right away after a competition," Emma stated in a matter-of-fact tone before proceeding to continue cutting her strawberries.

"I think it is because they expected Pasco to win and were ready to present them with the trophy after their game," Rakim mused as he proceeded to tell them how strong their team was. Early on in the season, they were one of the few teams keeping up with the Eagle's win rate.

"It's better this way as you will get both trophies after you win on Saturday son," Ben told him as he looked back from the living room couch taking his eyes off the evening news. Nodding after hearing those words rakim felt much more at ease and decided to just relax.