

Football 42

Chapter 42 Grind

[Mc Pov]

Opening my eyes, I can see that the sun is barely over the horizon struggling to wake up. Checking my phone, it shows that it's five in the morning, which is the regular time I wake up at. Over the past three months, I've pushed my biological clock to the point I just naturally wake up at this time no matter how tired I was the previous day.

Looking around the room I can see that my roommates are all still sleeping probably enjoying their dreams. That is probably the only terrible thing about waking up early you miss out on dreams that happen when your body is fully rested. Getting up out of bed I went to my bags and took out a pair of training clothes and a fresh towel before heading to the showers.

The showers were empty it looks like everyone is still sleeping. I knew everyone here are just a bunch of slackers. Getting under the shower I'm hit by a stream of ice-cold water that wakes up all the tiredness from my body. It looks like the hot water generators aren't on yet, but I don't mind I prefer cold showers they are so refreshing.

'Hey ava you've been silent for the past day, are you sleeping again?' I asked her in my head as I was enjoying the shower. There is something about being in water that is so calming and refreshing.

[No, I'm not sleeping, I was just letting you fully experience your first step into the world of football without too much interference, why else would I let you make a fool out of yourself during yesterday's match,] She answered me with a tired voice seemingly having just woken up herself. This confused me can an AI even sleep or is she just trying out human emotion to figure out what is wrong with us? Let's just hope she doesn't go killer AI on me just because she is bored or something.

'That's a bit harsh but your right although I have a lot of physical talents my game intelligence is lacking, the only thing I was looking to do once I got the ball was score a goal, even though I managed to score a hat-trick I probably could have to help us score more goals if I had just moved better around the pitch' I told her analysing my shortcomings as an aspiring footballer. Although I love Scoring goals, I don't want to just chase personal stats if my team is going to lose in the end.

[That's good you didn't get overconfident after scoring an easy three goals, with how good your personal stats are over your current peers you should have been able to help your team lead by three goals] Eva continued berating my mediocre performance having seemingly lost her sleepy mood. However, her voice contained a hint of pride when she talked about me not getting over confident.

'So, what do you recommend for me to do so I can improve my game intelligence?' I asked her curious to know what she would come up with.

[You could either hope you get a skill from the system or start by watching how players in your position move throughout a game and start analysing why they do certain things and what you would do if you were in their position.] She answered my question without a moment of hesitation almost as if she had this information ready for when I would ask her.

'Alright I'll watch some videos during my morning Yoga session' I told her as I exited the showers. Quickly drying off my body and hair I went to the rack with my clothes on them. Using my lotions I put on a white Nike top with matching shorts, to finish the look I put on a pair of white forces.

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Getting back into the room I saw that my three lazy roommates are still asleep. Ignoring them for the moment I went to my bag to get my phone and headphones. Rummaging through my bag I finally found my headphones and yoga mat.

"Where are you going" I heard a sleepy voice speak up from behind me. Turning around I saw the half-asleep face of Yunus who seemed to have been woke by the noise I made.

"Going to start training I'm not as lazy as all of you, plus I'm trying to become a super saying," I told him with a provocative smirk on my face. My words seemed to jolt him awake as all the sleepiness left his body.

"Hey, if you are doing extra training, I'm coming with" He exclaimed loudly as he jumped out of his bed and started getting dressed quickly. His loud exclamation caused the other two to also jolt awake with Dest even falling out of his bed.

"Why are you so loud it's not even six yet" He grumbled as he got up from the floor sending a glare in Yunus's direction.

"Yeah, what is your problem I was just to get a peak," Giovannie said groggily still half asleep, looking as if he didn't want to be awake.

"Get a peak of what? Anyways we are going to train you can continue sleeping if you are not serious about your dream" I told the two boys as I headed out of the room. My words seemed to fully wake them up as they also jolted from the bed.

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It took them around five minutes to get ready. Not wasting any more time we quickly headed downstairs to the gym. The gym was quite spacious with a lot of equipment in them that looked quite high-tech when it comes to working out. Not wanting to do any weights since we are still young, we headed to the open floor made for groundwork.

"Alright since you are here because of me do you want to join my yoga session, to begin with?" I asked the group since they still looked a little sleepy and lost as to where to begin.

"Why would we do yoga bro? we should just do something intense like push-ups or something" Yunus said sounding a little dissatisfied about doing yoga. Looking at him I could only give him pitiful look at his ignorance about how intense yoga can be.

"You just try and follow along with my exercises, it's like stretching anyways plus it will help you prevent injuries and become a better dribbler," I told him as I placed my mat on the floor and took off my shoes before stepping on the mat. Looking at them in the mirror in front of me I saw that they had decided to join me in my yoga session.

"Let's start off easy keep your legs together and touch your toes without bending your knees," I told them as I slowly bent down easily reaching my toes. Breathing in and out I held this position for ten seconds before standing back up. Repeating this stretch three times I felt more comfortable each time I did it.

Having completed the stance, I moved onto the Triangle pose starting with my left leg first. This was a rather light stance that helped open up my airways. We did a few more standing stances some of them were weird, but they all helped get us loose from the strain from yesterday's workout.

We did about an hour's worth of yoga until we were finally done. After the hour's session, we all were drenched in sweat. Yunus was even slightly gasping for breath as he was sprawled out on the ground.

"(huh) That was harder (huh) than I thought it would be" Yunus spoke up from the ground gasping between breaths.

"Yeah, that was lowkey hard, but it was also relaxing" Dest commented as he got up from the ground and started chugging on his water.

"You do this every morning?" Giovanni asked as he started packing up his equipment. He looked like he genuinely enjoyed the session by the relieved smile he has on his face.

"Yeah, my mom got me into it, she's a PT and says this helps a lot with staying healthy for athletes and increases flexibility," I told him as I followed him out of the gym. We made quickly made it back to our room to drop off our gear before making a beeline to the canteen.

Once we got to the canteen, we finally saw other kids up getting their food. They all looked to be half asleep though guess being lazy runs in the camp. I watched one kid trip over his own legs because he fell asleep while waiting in line. We didn't have to wait long until we got our breakfast. I got a bowl of oats with some blueberries and bananas just to get my vitamins for the day. Sitting down at an empty table we started eating our breakfast in comfortable silence enjoying it after our early Yoga session.

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'Hey Eva, can you pull up my quest logs I want to see how I'm doing' I asked her as I've not received any notifications yet even after my match.

[Right away, thought you would never ask] she answered me sounding like she had been expecting my question.