

Taking a closer look at how I will become a great athlete

Kobe Bryant was excellent at basketball. He was good because he practiced six hours a day. He practiced every move, and he showed his power by training hard.

Erling Haaland is a great soccer star. He does 300 pushups and 1,000 sit-ups a day. He only eats healthy food, and gets enough rest.

I am five years old I want to become a superstar at sports. I already play soccer and basketball. I made many goals, in my last season of soccer, and I scored the first basket of the first basketball game of the season. I am going to practice my moves and get enough rest, and eat a healthy diet. Then hopefully I can be a superstar too.