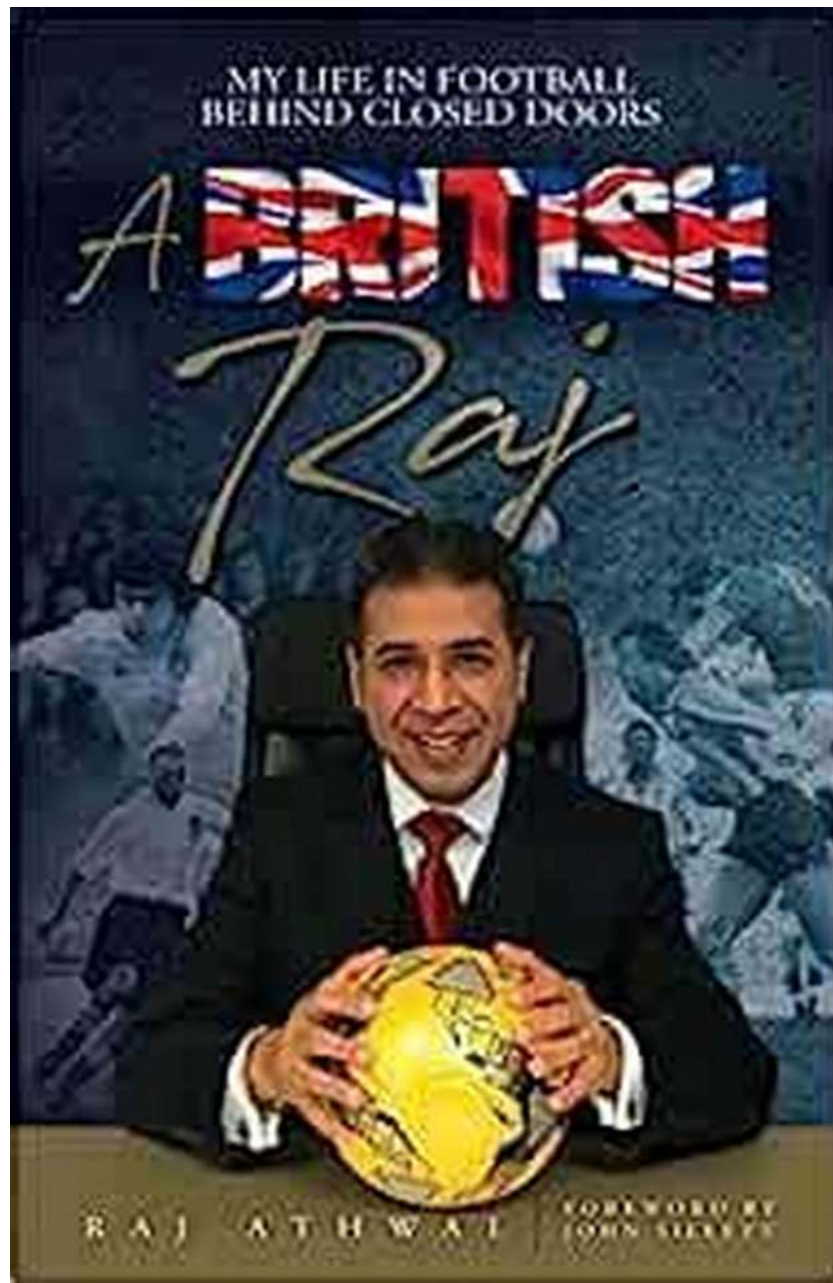


My Life In Football Behind Closed Doors



Football, the beautiful game. It captivates millions of people around the world, but it's not all glamour and glory. Behind the closed doors of the football world, there is a whole different reality that very few get to witness. In this article, I will take you on a journey through my life in football, delving into the highs, lows, and secrets of the sport.

The Early Years

From a young age, I knew I was destined to become a footballer. Every moment was spent with a ball at my feet, honing my skills and dreaming of playing on the biggest stages. Little did I know the challenges and sacrifices that were waiting for me.



A British Raj: My Life in Football Behind Closed

Doors by Raj Athwal (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English

File size : 6017 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 274 pages

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Screen Reader : Supported



One of the most difficult aspects of pursuing a career in football is the intense competition. The pressure to stand out and impress coaches and scouts becomes overwhelming. The sacrifices made by both me and my family were immense. Countless hours were spent traveling to trials, training sessions, and matches, all while balancing school and personal life.

The Professional Journey

After years of hard work and determination, I finally got my breakthrough. Signing my first professional contract was a dream come true. The excitement of being part of a renowned club and the opportunity to showcase my skills to the world was beyond words.

However, as I soon discovered, the life of a professional footballer is not as glamorous as it seems. Behind closed doors, the pressure to perform is immense. The constant scrutiny from fans, media, and even teammates can take a toll on one's mental and emotional well-being.

Additionally, the physical demands of the sport are grueling. Endless hours of training, intense matches, and the constant battle to stay fit and injury-free become a daily struggle. It's a fight against time, as football careers are often short-lived, and one is constantly reminded that tomorrow might be the last day on the pitch.

The Dark Side

One aspect of football that is rarely talked about openly is the dark side that lurks in the shadows. Behind closed doors, the pressure and competitiveness can lead to unethical practices. From match-fixing to doping, the sport has its fair share of scandals.

In my career, I have witnessed instances of match-fixing where players and officials conspire to alter the outcome of games for personal gain. The guilt and internal conflict of being part of such schemes can be overwhelming. It's a constant battle between loyalty to the sport and doing what is right.

Addiction is another prevalent issue among footballers. The high-stress environment, coupled with the easy access to substances, can lead some players down a destructive path. Behind closed doors, these struggles are often hidden, as image and reputation are everything in the football world.

Mental Health and Isolation

Often overlooked, mental health is a significant challenge for those in the football industry. The constant pressure to perform, the fear of criticism, and the isolation away from friends and family can lead to depression and anxiety.

Playing in foreign countries with different cultures and languages can further exacerbate feelings of isolation. Trying to fit in and adapt to new surroundings while maintaining peak performance on the pitch becomes an immense challenge.

My life in football behind closed doors has been a rollercoaster of emotions. From the sacrifices of the early days to the pressure of the professional journey, football is not just a game but a way of life. The dark side and mental health challenges further highlight the complexities of the sport.

Despite all the challenges, the love for the game keeps me going. The thrill of stepping onto the pitch, the camaraderie with teammates, and the support of fans make it all worthwhile. Football behind closed doors may have its dark secrets, but it also holds countless moments of joy and fulfillment.



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ONE of the most compelling and revealing books that you will read in 2018 of an industry worshipped by millions, but open to a select few. A British Raj (My Life in Football) is no ordinary football autobiography which we have become accustomed to. This book takes you on a true life journey of a normal working-class, British born Asian growing up in 1980s Britain in the midst of high unemployment and racism; during a period when the words ‘National Front’ and ‘Paki’ became part of everyday life. It gives a truly amazing insight into how a normal everyday kid struggling to find a job of any description defied all the odds and ended up rubbing shoulders with some of the most powerful people who run the ‘beautiful game’ from boardrooms up and down the country. From his humble beginnings of pushing leaflets through doors, to overseeing multi-million pound sponsorship deals, Raj has witnessed it all in the cut throat world of football. Having worked on the inside for almost a quarter of a century, we are finally given the honest truth to what we have all been asking – What is life like in football – behind closed doors?



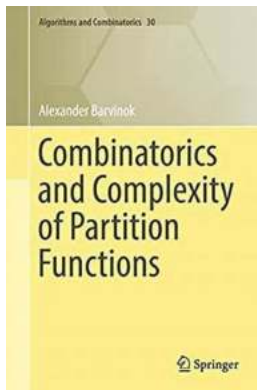
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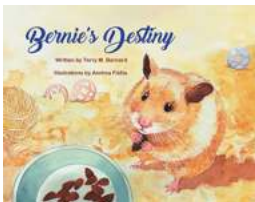
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