

**UNIDAD EDUCATIVA PARTICULAR JAVIER
BACHILLERATO EN CIENCIAS**

**MONOGRAPH
FACTORS THAT INFLUENCED THE SUCCESS OF RONALDO NAZÁRIO IN
WORLD SOCCER**

**STUDENT:
JOSÉ ALEJANDRO PAZMIÑO MANOTOA**

ADVISER: LCDO. JAVIER ZAMBRANO

THIRD OF BACCALAUREATE - COURSE D

2017 – 2018

GRATITUDE

Firstly, I give a lot of thanks to God for giving me so much because it gives the possibility that my parents have a good job and to be able to pay me a good academic and spiritual education in a great school like the Javier Educational Unit. also, recognize that if it were not for the help of the great teachers who trained me with great support to make this monograph as they were the lawyer Monica Mora and my tutor Javier Zambrano because with their great knowledge they helped me a lot in the academic aspect to make this monograph.

In the conclusion of this thanks nothing was possible for the great education of the Javier Educational Unit since the beginning of the education of a person as in this case is mine since from the beginning I was always in the Javier and I do not regret anything and It is very important to recognize that I also thank the teachers who formed my education from my first day at Javier, which is approximately 13 years ago. These have been my best years at Javier.

SUMMARY

Football is the most important sport in the whole world. People from many different countries sometimes end up in the same just to watch a football match. Sometimes, people from different continents end up sitting next to each other in a stadium in order to watch their favorite team play. The importance is football is something that no other sport can compete with, and if the sport is that important, that means that the players are that important too.

Ronaldo Nazario, named as “El Fenomeno”, was a Brazilian professional soccer player until he retired in 2011. He was named as the best striker in the world and by other, the best player in the world. He was a part of the Brazilian golder age of footballers with Ronaldinho, Rivaldo, Roberto Carlos, among others.

In this paper, we are going to analyze his life and his career, from the beginning of his adventure as a professional football player until the last match he played. Moreover, we are going to talk about his injuries and the hard work that he had to put in in order to surpass all the problems that he was facing. In addition, we are also going to point out all the amazing things he has given to the society, showing his kindness and his humbleness.

INDEX

GRATITUDE

ii

SUMMARY

iii

INTRODUCTION	5
CHAPTER I	8
1.1. Advantages of success in soccer	8
1.2 Sacrifices that took him to achieve success	10
1.3 Emotional state of being the best in the world	12
CHAPTER II	14
2.1 Injuries that he had to go through	14
2.2 Efforts necessary for success	15
2.3 Ronaldo's diet	17
CHAPTER III	18
3.1 ¿Which clubs were his favorite?	18
3.2 In which club he showed his best level?	19
3.3 Surveys	20
CONCLUSIONS	25
RECOMMENDATIONS	26
BIBLIOGRAPHIC REFERENCES	27

INTRODUCTION

In the following monograph, we will talk about the factors that helped achieve success in the great world of football. It is possible for a human being to have so much talent in a sport that one might even think that it is from another world because its nickname was the phenomenon. We are going to show that every sacrifice has its reward, and even though there are a lot of

obstacles in the path you take, you will always find your effort rewarded if you make sure you are giving you 100% at everything you do.

We will also talk about his way of life: the things he had to go through and the very bad times he had to overcome at some point in his life. It is very important to know that there will be an account for 32 people that help to have more information and opinions on this topic because the ways of thinking of other people helps us greatly broaden the topic and that we can talk more apart from the fact that it is always good to have many references from elsewhere.

Ronaldo Luis Nazario de Lima was a Brazilian player that played as a striker and was known as “El Fenómeno”. He was one of the best strikers in the world and, because of that, he was one of the best players in the world at his prime, competing with Ronaldinho, Zidane, and many other football legends for this title. He was known for his ability to dribble through any defender that came in his way but also for his fantastic and superb finishing, and these were the reasons he was called to play for Brazil in the 2002 World Cup, where Brazil won and received the nickname of the “Joga bonito team”, that means “the team that plays beautiful football”. He retired from professional football in 2011, not because of his age but because of problems he had with his knee. All the injuries started in November 21 of 1999, when he ruptured a tendon of his knee, and after recovering for 6 months, in his comeback game he suffered a complete rupture of his knee-cap tendons. That made him miss a whole season in 2001 since it was a very serious problem that affected him a lot in any game situation.

After retiring, he told the media that playing was never the same after the injuries since it was harder for him to run, explode in speed and keep his weight in check; moreover, he said that he had been suffering from amazing pain while playing since 2006. Nevertheless, he played from 2006 to 2011 in top teams showing that he was capable enough to still be one of the best. In this monograph, we will have more information in which we will see what were the injuries that Ronaldo had and how bad they were, besides how much it affected on him as a football player.

Apart from being a great player, he was also a great person in the way he treated society. He was categorized as one of most famous players in the world and even though he had a lot of supporters and fame, he kept being humble and that is why a lot of people idolize him back in Brazil and all around the world.

CHAPTER I

BENEFITS OF RONALDO NAZÁRIO IN WORLD FOOTBALL

The benefits of football for Ronaldo Nazário can be divided into many aspects that can be:

economic, advertising, fame, curriculum. But in this first chapter, we are going to make known the advantages that Ronaldo can have when he is in the success of world football.

1.1. Advantages of success in football

Football has been the most popular sport for a long time and is one of the most practiced in the whole world. Football players perform intense and sustained physical exercise that requires good physical condition and constant training.

The advantage that can be observed the most when you are in the success of world football is the economic income that you have monthly or yearly. This, in some players, is not very favorable since they do not know how to manage their money very well. One of the best examples is George Best, one of the greatest football players of all time. He earned a lot of money from his professional playing time but also from his sponsors, but he spent it all on “booze, birds and fast cars” as he expressed on an interview a few years before dying.

The advantages are not only economical but as well physically, thanks to the constant training of high-speed sprints and accelerations. By doing this, practicing football improves endurance, as well as keeping a stable heart rate, improving your respiratory function,

and your endurance. This sport also promotes speed, skill, and balance by providing muscle development in the person and improving their center of gravity.

Ronaldo Nazário was born with natural talent and skills, but also with very impressive speed. Up to the present day is very difficult to reach the level of a player like him. He and his family could get a much-stabilized life in the aspect of economic, since he became the example for many young people who had the dream of becoming professional football players.

For being a famous person, thanks to the success he had in football he got the chance to return all that to society. Since he is doing a lot of work for the world, especially in Hong Kong with a foundation with the name of “Real Madrid”. This foundation was in name of one of the football clubs in which he played, Real Madrid. The foundation is for children who are in clinics and have dreams in sports. Until today have already been able to help 14 clinics that equal about 2,800 children.

The main advantage of Ronaldo Nazário was that he was able to succeed in professional football and by doing that, he fulfilled the dream he had since childhood. Moreover, very apart from fame and material things, football gave him the joy of doing as a job what he loved to do as a hobby.

1.2 Sacrifices that took him to achieve success

To reach success in anything you want to do there must be sacrifices along the way, and this does not change for anybody, not even for a football player. We could argue that actually, a football player needs to make more sacrifices than a normal person since most of the times you need to go away from home, be on a strict diet and be disciplined in almost every aspect of your life. Almost every time, whenever you make a sacrifice you get a reward for it, but in football is not always like that.

Football is a different sport, in which you need to do sacrifices almost every time without knowing what the outcome could be. It is almost impossible to know if your sacrifices are going to be rewarded since there are several things that come into place, and you depend in a bunch of other people rather than just depending on yourself. The only thing you can do in order to get a reward is knowing that if you practice a 100% you are going to get better individually, and that is the only way you can fulfill your dream, knowing that you are doing the best you can.

Ronaldo Nazário made a lot of sacrifices early on during his professional career, one of them was in the World Cup of 1998. The final was Brazil vs France, and just hours before the game Ronaldo suffered a strange type of seizure, that began after he ate something and went to take a break. After that, he told to the team doctors that he did not remember anything about what just had happened and since they were hours away from the final, they decided that he was not in conditions to play before doing a complete analysis on him. Ronaldo insisted that he could go to a doctor and get an analysis before the game so that

he could be able to play in the World Cup final, a dream that everybody has at least once. Immediately after he said that they took him to do some tests and see if he was in good condition. The results showed that there was nothing wrong with him but given the circumstances, it was better for him not to play that game since that could affect him drastically after the game ends. And although he knew he was not 100% for that game, he decided to play the game hours later. Brazil lost to France, but he gave everything he had on the pitch and he was happy with that because even though he did not win the final, he was able to play it and to represent his country in such an honorable place.

The sacrifices that this player had to make were not easy. Being the first one in trainings that were very tired and demanding, being the last one to leave training after doing extra sessions, doing more exercises when it was not a requirement for him to do so, being responsible enough to not go to parties or public events hours or a day before a match, not being able to drink soda or alcohol almost never while in a season or having a well-balanced diet that he had to follow every day. All of these were the sacrifices that a legend of football had to do in order to become one of the greatest players of all time, these were the sacrifices that made him what he is today, a legend and an example for millions of kids in the world, who dream about playing soccer professionally and moreover, to play as good as he played during his career. For doing all this Ronaldo Nazário is a football star and will be remembered by future generations.

One of his biggest weakness was that he was prone to injuries in his knees due to the rapid movement with his legs when trying to dodge a player. He underwent several operations

because of his knee pain, and apart from that, his legs were put into severe pressure due to his way of playing, but also for his weight. Moreover, one of the things that make him get injured more often was the excessive effort that he put before, during, and after each training. Despite this serious injury that he had, he continued to play his games for his dedication and love that he had for football.

1.3 Emotional state of being the best in the world

It is easy to know that if you get what you always dreamed of and you saw it as something that was never going to happen you are not able to achieve the best of the best. Simply when you realize that you really succeeded you are the happiest person in the world and you feel very happy to know that all the effort you made until the last day served a lot and the most important thing that was worth it.

For Ronaldo Nazário, to know that with only 17 years old he was called to the Brazilian squad for his first world cup was an immense joy. When he found out about this he even had tears on his face, since he never thought that he was going to be able to be in a world cup representing his country being only 17 years old. It was a surprise for him, but not for his supporters or the supporters of his team, since they knew what he was capable of doing and they were sure that his football level was growing and that he was going to be capable of playing in very important teams worldwide. He received the Golden Ball two times in his life, this was (and still is) the award that is given to the player who has played the best for that specific year. Also called as the prize for “the best player of the world”,

he received the first one in 1997 and the other in 2002. In 2002, apart from winning the Golden Ball, he won the world cup with the Brazilian national team. After all these achievements the only things he had was happiness and love towards the people who supported him.

CHAPTER II

ANALYZE THE FACTORS OF RONALDO NAZÁRIO THAT INFLUENCED THEIR IMPROVEMENT AT THE FOOTBALL LEVEL

In this chapter, we will clearly talk about what Ronaldo Nazario had to live during his years of success to be able to continue increasing his level even though the years were passing, and also, we are going to talk about the skills that he realized as he grew older, which were much more difficult.

2.1 Injuries that he had to go through.

As everyone knows it is obvious that always an athlete of any type will have injuries normally, it may be that some more serious than others for the type of spring they perform but in football there also serious, minor injuries and even in some cases you can leave out of sport forever. Ronaldo Nazario was a player who suffered a lot of injuries due to the shape of his body, which was very easy to fatten and despite having that possibility to injure himself very easily, what made it riskier was his way of playing in which he used a lot movement of his legs and knees. That caused his knees to be greatly irrigated by the weight of him and the movements.

Ronaldo Nazário had a problem of hypothyroidism also epilepsy attacks that hurt him in 1998 before playing a final of the world cup. The most serious of the injuries were in his knees that what happened was that he broke the patellar tendon of the right knee.

The most amazing part of his career and maybe his life, is the strength he had mentally, physically and psychologically in order to keep playing the way he did after having these types of injuries. Every other player would have been scared to play after what happened to him; nevertheless, he never got scared and decided to fulfill his dreams. This is worth praising it so much because it is not easy to recover from an injury and play the same or even better, since you will always be afraid to do an activity where you have a very serious ailment but he always looked forward and could cope with all that a very quiet way to continue doing what he loved most and still loves football.

2.2. Efforts necessary for success.

Always to get something big or your goal has to see a very big effort through any aspect that can be academic or sports because in life nothing is free, or nothing is easy, do not expect to receive something if you have not fought truly for that. Many people think that because they have a skill, a talent or something that stands out from others, it is no longer necessary to make an effort because it is a very big mistake because there is another person who tries hard and can pass to the people who thought that they would always be the best.

It is the same with Ronaldo Nazário he makes many efforts and sacrifices to get where he was that was as high as possible at the football level what made him a person very recognized worldwide. He had very incredible skills with only 17 years old that made him play in a professional category but he always wanted to continue increasing his level of play so he never stopped training did he think he was better than the others he thought was worse of all and that motivated him to continue training and increase his level of play in an insurmountable way.

The life of a famous football player is not easy since he must have everything with rectitude since always the press is the first to make you look bad publicly with anything or are able to lie with an information of the person as long as the news is very seen in the world. that is why Ronaldo Nazário was not one of the players who went to parties or very controversial things that would have done him a lot of damage in his career if he was in trouble so it is a sacrifice not to go out and enjoy when you are a famous person because you are always going to want to leave but you cannot because of your obligations. Many people see this as something unimportant, but it really is a very big and strong sacrifice which Ronaldo Nazário seriously fulfilled.

2.3. Ronaldo's diet.

The diet of a player must be very rigorous since the food helps him to show his football level at the moment of being on the court and if his diet is not very good his level will go down a lot. It is recommendable for the players to eat salad, carbohydrates but not in excess because a heavy player makes it at the moment of making his skills on the field which would also lead him to a very strong injury.

Ronaldo Nazário had his nutrition depending on the club he was in at that time as he was an elite player and he deserved the best of the best in whatever team he was, very apart from that a very regimented nutrition was needed since his weight was something very difficult to maintain and that was the week point of it.

CHAPTER III

IDENTIFY IN THE BEST FOOTBALL CLUBS IN WHICH RONALDO NAZÁRIO PARTICIPATED

3.1 ¿Which clubs were his favorite?

Ronaldo Nazário played in many teams such as Inter, Milan, Barcelona de España, Real Madrid among others but always teams of high performance. Ronaldo to play in so many teams must have liked one in particular that can be in the team where he was better treated where the fans of the team admired him a lot or in the club where he was paid a lot of money, all these factors can lead to a decision of which is the real club that you miss the most and which you felt the best.

Ronaldo a long time ago had to attend a very important interview that was held in ESPN in which they talked about many things they wanted to know about Ronaldo Nazário. Among all those questions asked him, ¿what is the strangest club or what he thinks is his favorite? Without any problem, he said it was the Real Madrid since it was where he felt most important in football and very apart from being the most recognized club in the world. The people oh that city treated him with a very wonderful affection that was Ronaldo very much appreciated.

Many times, people's favorite places are not for money or for material things. If not really for the sincerity of people in other words for attention or for treatment that is what makes a place want because material things are sequential things and that's how Ronaldo saw it. He did

not care about the money he was paid or the things that the city had, chose that club where they treated him in a very sincere and that is that we have to highlight why Ronaldo chose that club as his favorite.

3.2 In which club he showed his best level?

Always in the team that you are you can improve your way of playing as long as the preparation of the team is very good is to say that also a large part requires the player who has the necessary desire to overcome at the football player.

Ronaldo Nazário had its best football season in the years 2002-2007 that were in Real Madrid as he made 107 goals in 177 official games that had very apart from that just at that time the Real Madrid club was acquiring new technological tools to be able to improve the football performance of their players which they applied to Ronaldo which was what made his football level rise incredibly and that led him to become the best player in the world in his time. Not only have the technological implements made the level raised but also all the effort and dedication that he put into each of his training and matches he had. Real Madrid gave him a very demanding diet that Ronaldo had to respect a lot and that was his problem since the weakness of him was the food but with all the experts and nutritionists who have the real Madrid made Ronaldo Nazário comply with the necessary diet.

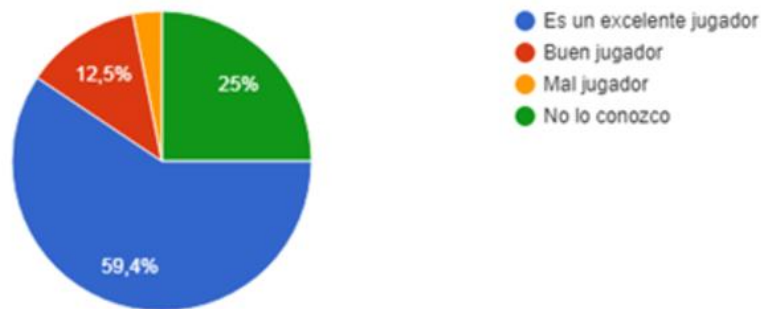
Perform a survey in which we will be able to see the opinion of 32 people about Ronaldo Nazário in football the purpose of this survey is to show that people know about Ronaldo Nazário and about football to know what people think in general.

3.3 Surveys

1. What is your opinion about Ronaldo Nazário?

1. ¿Cual es tu opinión sobre Ronaldo Nazário?

32 respuestas



As we can see, 59.4% of the people think that Ronaldo Nazário is an excellent player and not only because of his way of playing inside the courts but also of the conditions and personality that is like people that makes it reach a lot of people at the time of giving an opinion about you.

2. Do you think that knowing how to play football is to possess great talent?

32 respuestas

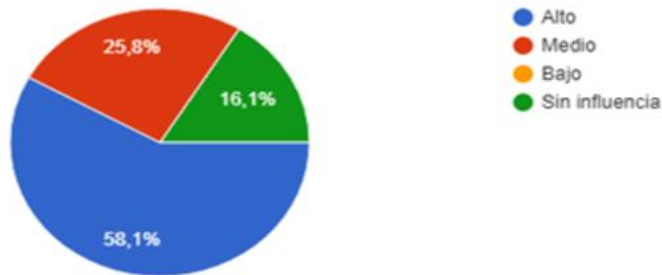


As we can see very noticeably 100% of people think that playing football is truly a talent because to play it at high levels you must be very prepared not like other people who criticize professional players without knowing how difficult it is to play.

3. Select the factors that you consider, have influenced the fame of Ronaldo Nazário

3. Selecciona los factores que consideras, han influido en la fama de Ronaldo Nazário

31 respuestas



58.1% of people have decided that the influence of Ronaldo Nazário is high and each of these decisions is based on the criteria of the people and also on what they know about the topic.

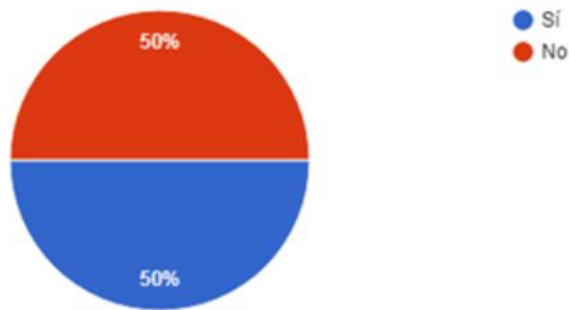
One of the reasons why the greater response that is high is because as we have spoken in previous pages. He became a world-renowned player and that is what made his influence very high worldwide

The question that will come next is the 4 is a very interesting and very important question of this survey that was made as it shows us the importance of people in the sport that made Ronaldo Nazário.

4. Do you practice football?

4. ¿Practicas fútbol?

32 respuestas

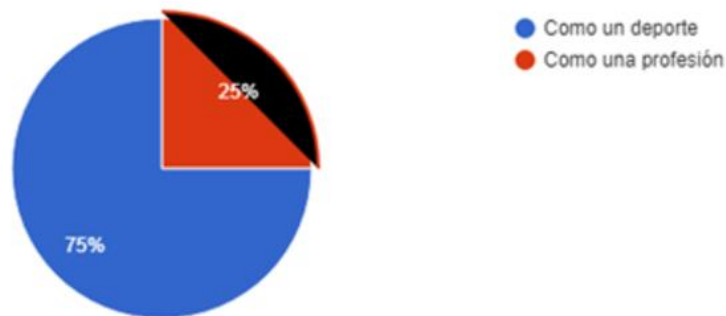


Of the 32 people who carried out the survey, half of these people, 16, practice football and the other half do not practice it, which does not mean that they do not know anything about this sport because they do not practice football. Many people do not practice it, but they are fans or they like football and they know a lot that is why it is not necessary to practice it to be able to know about this sport.

5. How do you see football?

5.¿Cómo ves el fútbol?

32 respuestas



It is very important to know how people see football since it is a sport where a lot of money is handled, and the players of big elite become millionaires after they did not have much of anything before. Most of the low-income people see football as a profession because it is one of the possibilities of being able to leave your state of life but in truth, it should not be like that, football should be seen simply as a sport and that people who like it very much should practice it.

As we can see in the graph, 75% of people have chosen the option that football is a sport and not a profession and that is very good that we must continue to make more people feel that football is a sport and not a profession.

CONCLUSIONS

At the end of this monographic work, it is concluded that:

- There are many ways for a footballer to be professional, but there is only one way to be recognized by a lot of people and it is by working hard, training every day and never giving up.
- Along history, there are a lot of players that has been known worldwide and have gained their status as 'best players in the world', in the past were the footballers that our grandparents remember like Maradona or Pele, others recently are the ones that our parents remember, like Ronaldinho, Ronaldo Nazario or Zidane. Nowadays, the professional footballers that we know are the ones we are going to tell the next generation about, which are people like Lionel Messi or Cristiano Ronaldo.
- Ronaldo Nazario was born with natural talent; nevertheless, talent is not everything when you do not train every day to keep getting better. He knew that, and that is why he never stopped training.
- Ronaldo Nazario always faced problems, like his knee injuries or his body weight; however, that did not stop him from following his dream and keep playing soccer. That is why now we recognize him as one of the best football players that have ever played the game.
- Besides being one of the best players in the world, Ronaldo Nazario is also a really good person and an amazing human being, due to the fact that even though he is a superstar he is still humble and recognizes that to be a great football player you need to be a great person first.
- Ronaldo Nazario has also done impressive work off the pitch, such as being an ambassador for the 2014 World Cup that took place in Brazil, being an ambassador for

Real Madrid and also creating foundations that give the kids the opportunity to try and make their dreams true by playing football professionally.

- Another thing that Ronaldo Nazario taught his supporters is that whenever you face problem after problem, you can never give up because nobody is going to work for you, you are the one that needs to put in the effort in order to achieve success and be proud of yourself.

RECOMMENDATIONS

At the end of this work, it is recommended that:

- Whenever people think that some football player might be winning thousands or millions of dollars, they should understand that those players before getting to where they are now they had to do a lot of sacrifices that normal people wouldn't be able to do.

- If you try to be a better player, sit down and start watching videos from great football players like Ronaldo Nazario, since he is an example of a player with good technique, good endurance, and good mentality.
- There could be millions of good role model out there in the world, but some of the best football players could be also really good role models, just like Ronaldo Nazario.
- Whenever you feel like quitting, think about what would had happened to professional football players if they quit whenever they thought things were going wrong. If you look up to any of them, you can see that everybody has problems, the thing is how fast can you overcome them.

BIBLIOGRAPHIC REFERENCES

https://www.marca.com/2011/02/14/futbol/futbol_internacional/1297671343.html

<https://www.google.com/amp/s/amp.rpp.pe/futbol/futbol-mundial/ronaldo-nazario-llego-a-un-acuerdo-para-comprar-un-club-de-espana-noticia-1147076>

https://www.google.com/amp/s/www.elconfidencial.com/amp/deportes/futbol/2018-09-01/la-historia-de-ronaldo-para-convertirse-en-empresario-y-querer-comprar-el-valladolid_1609014/

<https://www.google.com/amp/s/www.menshealth.es/amp/Adelgaza-con-la-dieta-de-Ronaldo>

<https://www.realmadrid.com/en/news/2017/05/ronaldo-nazario-presents-the-foundations-football-schools-in-asia>