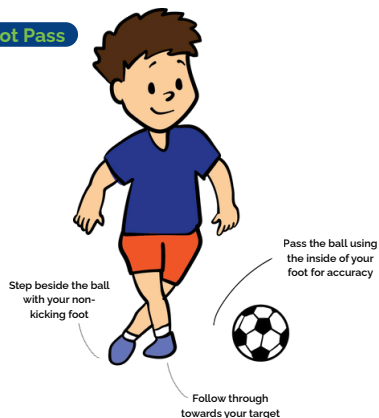


KICKING SKILLS

Inside Foot Pass



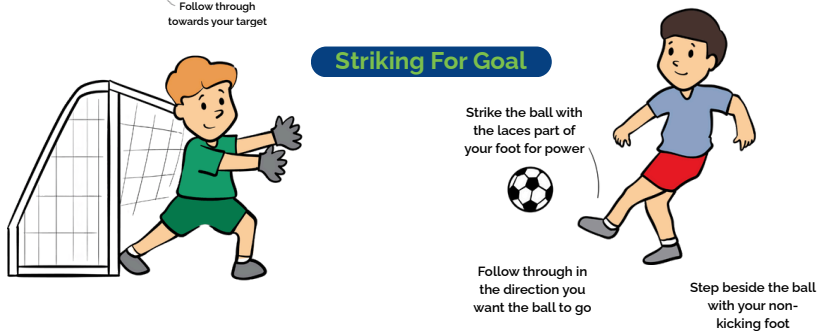
Control



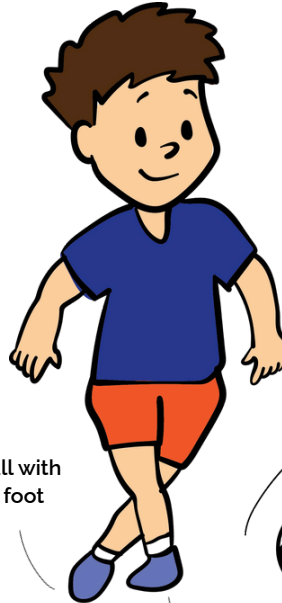
Dribbling The Ball



Striking For Goal



INSIDE FOOT PASS



Step beside the ball with
your non-kicking foot

Pass the ball using the
inside of your foot for
accuracy

Follow through towards
your target



DRIBBLING THE BALL

Keep your head up to
see space and
teammates



Use small touches with
both feet to keep the
ball close



CONTROL

Keep your body over the ball to maintain possession

Stop or "trap" the ball by placing the bottom of your foot gently on top



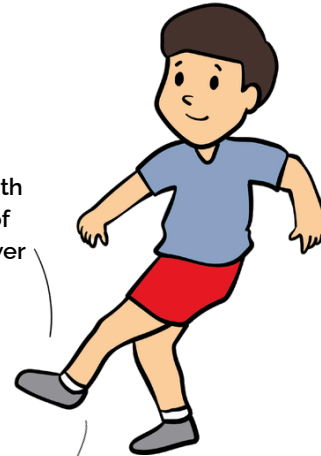
STRIKING FOR GOAL



Strike the ball with
the laces part of
your foot for power



Follow through in
the direction you
want the ball to go



Step beside the ball
with your non-
kicking foot

