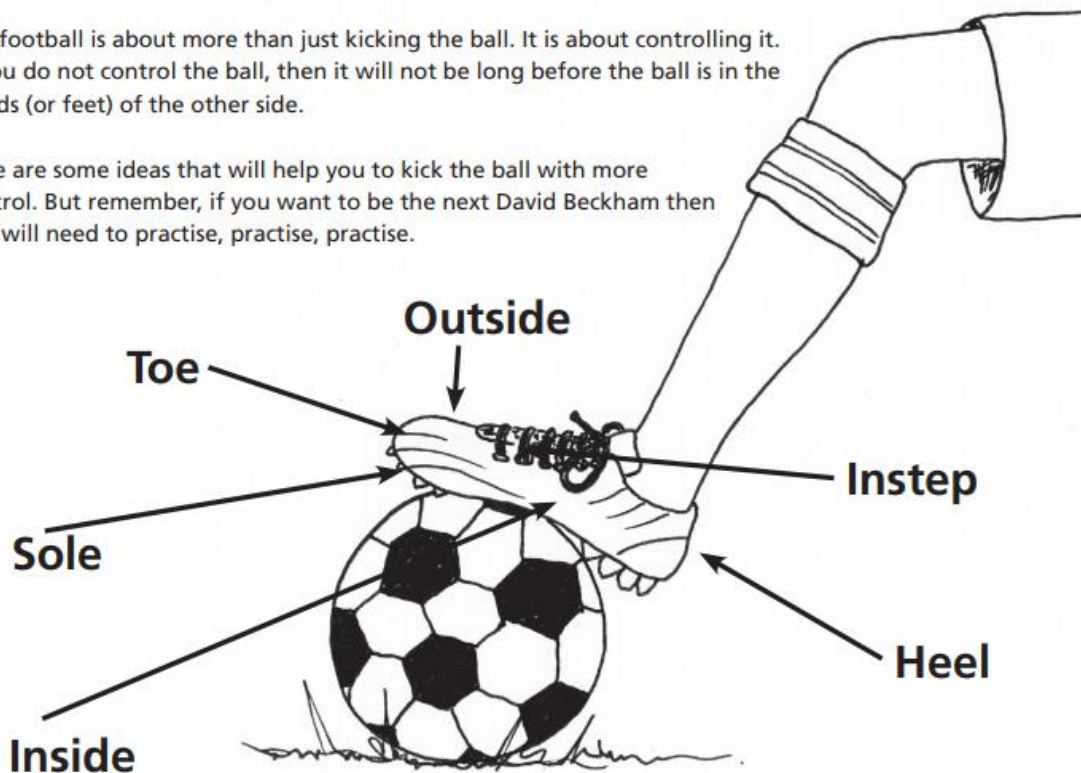


CAN YOU KICK IT?

Children from all around the world play football. It is a fun and easy game to play because all you need is a flat space and a ball.

But football is about more than just kicking the ball. It is about controlling it. If you do not control the ball, then it will not be long before the ball is in the hands (or feet) of the other side.

Here are some ideas that will help you to kick the ball with more control. But remember, if you want to be the next David Beckham then you will need to practise, practise, practise.



Inside the foot

Kicking the middle of the ball with the inside of your foot will make the ball travel low and straight. This is good for passing the ball to somebody on your team.

Instep of your foot

Try kicking the ball with the instep of your foot. Take a long run up to the ball. Spread out your arms like a bird to help you balance. Lean backwards and then kick the lower part of the ball. This is good for making the ball travel a long way.

Top Tip

Football is an exciting game so football practice should never be boring. Here is a fun game to play that will help to improve your footwork:

In this game you can only touch the ball twice. First, trap the ball. Then pass it. If you touch the ball three times, you are out.

And remember – you don't need the best football boots in the world to be a great footballer. In Brazil, footballers often learn to play the game barefoot on the beach. Your feet and eyes are the most important things, not how expensive your boots are.