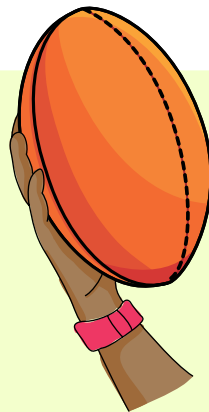


FOOTY SKILLS

HOW TO BOUNCE

IN 4 EASY STEPS!

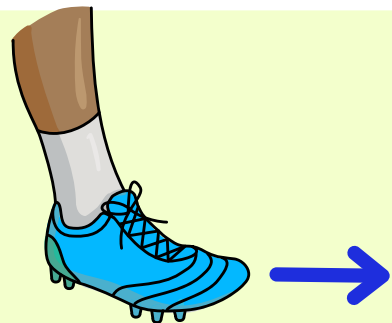
1



Good grip

Hold the ball slightly on the laces with your dominant hand.

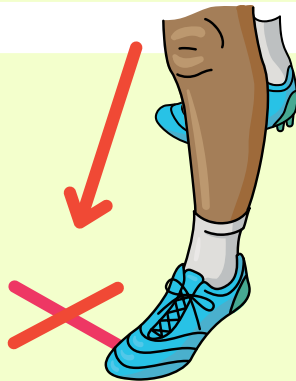
2



Step forward

Step forward with the opposite foot from your dominant hand.

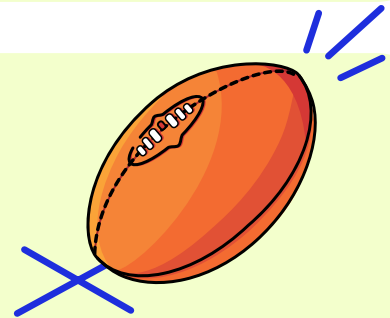
3



Aim in front

Aim the ball in the front of your body to make it easier to catch when it bounces back.

4



Push down

Push the ball down with your dominant hand as you step forward. Push far enough in front of you so the ball bounces back into your hand.