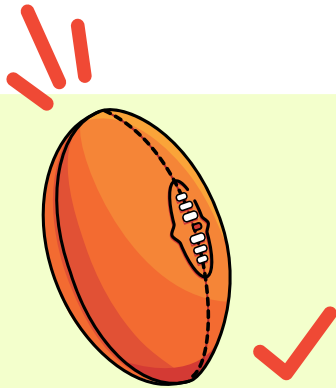


FOOTY SKILLS

HOW TO KICK

IN 4 EASY STEPS!

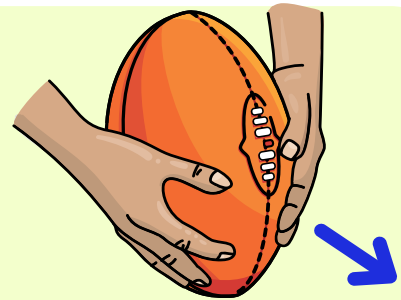
1



Vertical ball

Hold the ball vertically over your preferred kicking leg.

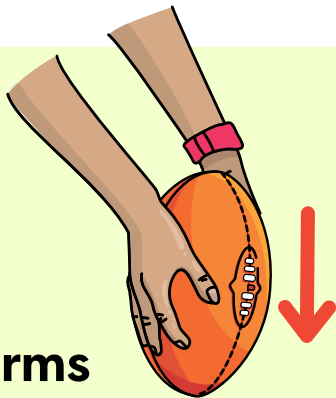
2



Laces forward

Grip the ball loosely using both hands, with the laces forward outward.

3



Relax arms

Relax your arms and then guide the ball down with one hand over your preferred kicking leg.

4



Point toes

Bring your foot towards the ball, whilst pointing your toes. The aim is to hit the ball with your shoelaces.