Football Visual Aid – Key Stage 1 & 2

1) **Dribbling**: The basic dribble involves propelling the ball in front of oneself with a series of small kicks. It is best practised by starting slowly and building up speed.

![Dribbling Image]

2) **Step Over**: The step over is a dribbling move, or feint used to trick a defensive player into thinking the offensive player, in possession of the ball, is going to move in a direction they do not intend to move in.

![Step Over Image]

3) **Outside Hook**: Use this type of dribble when attempting to change direction quickly.

![Outside Hook Image]

4) **Inside Hook**: Use this type of dribble when attempting to change direction.

![Inside Hook Image]
5) **Stop Turn:** Place one foot on top of the ball to halt its path. Then stop your run as quickly as possible and turn your body to move away with the ball.

6) **Cruyff Turn:** Shape as if to pass or cross but then drag the ball behind your standing leg with the inside of foot. Turn your shoulders and your hips so that you are back in line with the ball and then race away.

7) **In-step Pass:** Use this when attempting to play accurate passes over shorter distances.

8) **Outside of foot pass:** Ball can be played along the floor or in the air. This pass can instead of using the weaker foot and enables the passing player to pass the ball into the path of a team mate.
9) **Drive Pass/Long Pass**: This pass can be so effective because of the pace put on the ball and to lift it over defenders.

![Drive Pass/Long Pass](image)

10) **Control of an oncoming ball**: Players can use different parts of the body to control a driven or instep pass. The effect is that the ball is cushioned by the receiving player so that the ball can then be dribbled or passed.

![Control of an oncoming ball](image)

11) **Instep Shot**: This strike can be used when attempting to direct the ball at a specific part of the goal (accuracy).

![Instep Shot](image)

12) **Driven Shot**: This strike can be used when a player is further from goal and attempting to connect with the ball with increased power.

![Driven Shot](image)
13) **Volley:** The ball is struck whilst still in the air. This shot can be used to gain dip and to make the ball ‘move/change direction’.