

2. Standing up straight, use the inner side of your right foot to kick the ball forward.

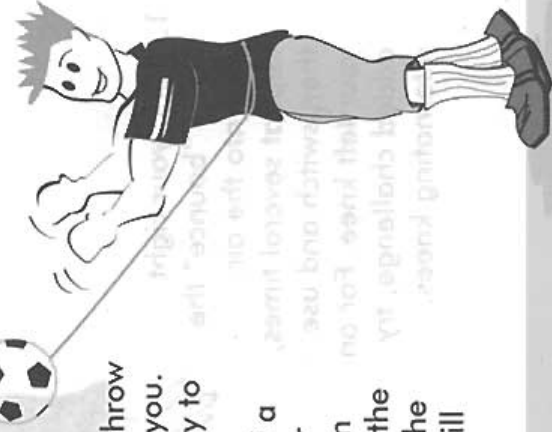
Keep in mind that in soccer you frequently use the inside of your foot to kick the ball, not your toes.



3. Lying on your back, try to kick the ball in the air using your right foot only, then try the left.



4. Standing straight, throw the ball in front of you. On the rebound, try to catch it. You can bounce the ball off a wall or the floor, or simply into an open space. Remember, the harder you throw the ball, the faster it will come back to you!



Practice your soccer skills and improve your game!

With Kickback Gertie you can practice a variety of soccer moves without having to chase your ball.

Using the elastic cord and clamp, fasten securely around your waist, and you're ready to go!

Try these skills:



1. Using your right knee, "bounce" the ball into the air. Repeat several times, then switch and use your left knee. For an added challenge, try alternating knees.