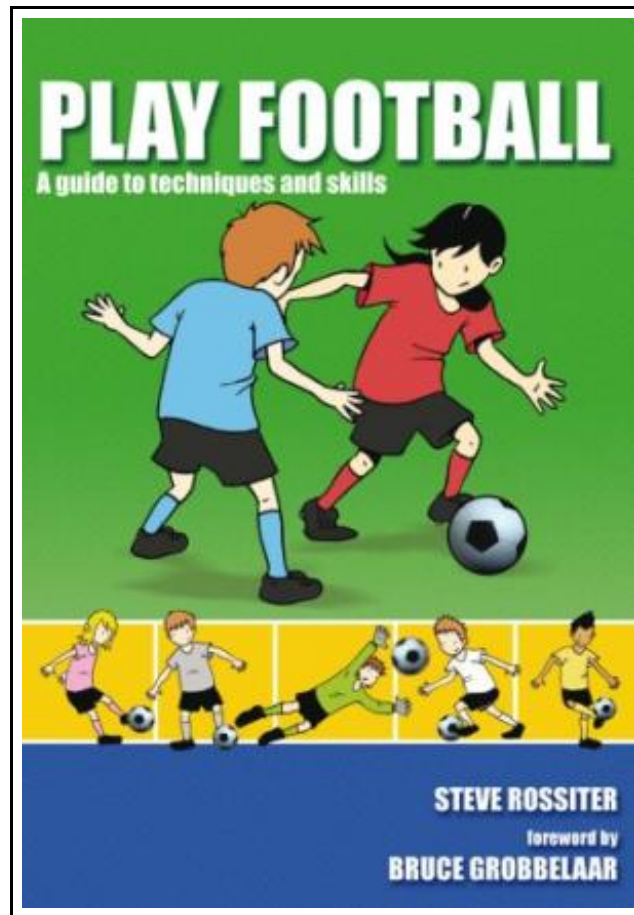


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Melrose Books. Paperback. Book Condition: new. BRAND NEW, Play Football, Steve Rossiter, Bruce Grobbelaar, 'Play Football' is a guide to football techniques and skills full of clear illustrations. It is intended for players of all ages but is particularly helpful for beginners, and adults wishing to coach beginners. Meet a friendly team of young players who will demonstrate step-by-step control and kicking techniques and show you simple and exciting routines to practise those techniques. Learn to pass the ball along the ground, kick it into the air and control it with different parts of your body. With practise, you can understand how a small change in contact on the ball makes it do different things. Learn to put backspin on a lofted kick so that it will sit up when it lands, and to cut across the ball with a glancing contact so that it bends through the air. There are easy ways to improve your dribbling skills and each player demonstrates their favourite dribble so you too can become a wizard dribbler. The team show you how to pass the ball and move in team play, with tips on how to get the best out of attacks and protect your goal when defending. They demonstrate shooting skills and methods to beat the goalkeeper. The players show you how to pass the ball and tackle successfully and safely. Our goalkeeper, Tom, shows you how to save the ball, catch it, throw it and kick it. With practise you can develop good technique and play the game with confidence and composure.



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