



HOW TO...

We'd love to see photos of you and your friends practicing Honey Monster's football tips. Email your pics to comic@honeymonster.co.uk

BE A FOOTBALL WHIZZ

SLIDING TACKLE

- IT'S NOT JUST DEFENDERS WHO NEED TO BE ABLE TO TACKLE. EVEN FORWARDS SHOULD BE ABLE TO MAKE A SLIDING TACKLE.
- MAKE YOUR SLIDING TACKLE FROM A SQUARE POSITION WITH YOUR LEG GOING OUT TO THE SIDE.
- TACKLE WITH THE FOOT THAT IS FURTHEST FROM THE BALL TO GIVE YOU EXTRA REACH AND REDUCE THE CHANCE OF GIVING AWAY A FOUL.



*** PRACTICE DRILL:** IN A NARROW SPACE, ONE PLAYER ACTS AS WINGER AND TRIES TO RUN WITH THE BALL TOWARDS THE TOUCHLINE WITHOUT BEING TACKLED. THE DEFENDER CHASES AFTER HIM AND TRIES TO MAKE A SLIDING TACKLE, PUTTING THE BALL INTO TOUCH.

PENALTY

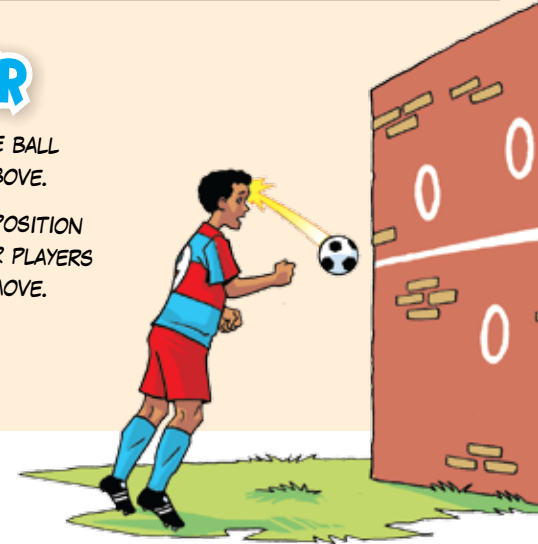
- IF THE PENALTY IS PLACED HIGH TO THE CORNER, IT CANNOT BE STOPPED BY THE GOALKEEPER EVEN IF HE ANTICIPATES IT, AS THERE IS NOT ENOUGH TIME TO REACT.
- A KICK PLACED IN THIS AREA COULD HAVE A 100% STRIKE RATE, BUT THE SHOT IS VERY TRICKY TO PULL OFF AND THEREFORE A BIGGER GAMBLE.

• THE MARKED AREAS ARE THE BEST PLACE TO AIM THE PENALTY KICK. THE KEEPER CAN REACH THIS SHOT BUT IF THE BALL IS WELL STRUCK, LOW DOWN AND JUST INSIDE EITHER POST IT IS A MUCH EASIER TARGET TO SCORE IN.



ATTACKING HEADER

- POSITION YOUR FOREHEAD AND EYES OVER THE BALL SO THAT THE BALL CAN BE ATTACKED FROM ABOVE.
- BALANCE IS IMPORTANT - GET YOUR FEET INTO POSITION EARLY SO THAT THEY ARE BEHIND THE BALL. BETTER PLAYERS SHOULD WORK ON MEETING CROSSES ON THE MOVE.
- FOR POWER, KEEP YOUR UPPER BODY IN A STRAIGHT LINE, YOUR SHOULDERS PUSHED FORWARD AND YOUR BACK ARCHED BEFORE ATTACKING THE BALL. MUCH OF THE POWER ALSO COMES FROM YOUR NECK MUSCLES.
- PRACTICE DRILL: THROW THE BALL AGAINST A WALL AND HEAD THE REBOUND DOWN BELOW THE WHITE LINE. MAKE CIRCULAR TARGETS TO AIM FOR AS YOU IMPROVE.



BENDING THE BALL

- USE THE OUTSIDE OF YOUR FOOT TO SWERVE THE BALL AWAY FROM YOU, OR THE INSIDE OF THE FOOT TO BEND THE BALL INWARDS.
- SWERVE IS PRODUCED BY KICKING THE BALL OFF-CENTRE ON THE OPPOSITE SIDE TO WHERE YOU WANT THE BALL TO BEND.
- TO BEND THE BALL INWARDS (RIGHT TO LEFT) USE THE INSIDE OF YOUR RIGHT FOOT AND MAKE CONTACT WITH THE RIGHT SIDE OF THE BALL.
- TO MAKE THE BALL BEND AWAY FROM YOU, (LEFT TO RIGHT) KICK THE BALL ON THE LEFT SIDE USING THE OUTSIDE OF YOUR FOOT.



• TO IMPROVE YOUR SKILL, SWIVEL ON YOUR NON-KICKING FOOT AS YOU KICK THE BALL.