

**SQUISH:**

* **Stand with your arms out to the side (like a plane) to keep your balance**
* **Gently place your foot on top of the ball to stop it moving**

**KICK:**

* **Take your foot off the ball and turn it sideways**
* **Use the inside of your foot to kick the ball to your partner – DON’T KICK TOO HARD!**



SOCCER: SQUISH AND KICK