**The David Beckham Academy**

**Ball Control**

**Learning to control the ball well affects every move you make on the pitch. As with every skill, you’ll get better the more you practise. Work hard and make the ball your new best friend!**

**Practise juggling the ball: start by using either or both feet and allow yourself one bounce of the ball in between touches. Try to use fewer bounces until you can juggle successfully without any bounces at all. As you feel more confident, try to cushion the ball using your head, chest and thighs.**