

## Max's Masterful Ball Skills

Get Moving with Max! Master Your Ball Skills Today!

- **Keep your eyes on the ball at all times to improve your aim and reaction speed.**
- **When dribbling with your feet, use small, gentle taps to keep the ball close to you.**
- **Bend your knees slightly to help you stay balanced and ready to move in any direction.**
- **For accurate passing, point your toes or your hands towards the person you want to reach.**
- **Practice makes progress! Spend five minutes each day controlling the ball to build your confidence.**

*Did you know? Did you know? Max the monkey loves ball games because they help his brain and body work together! When you track a moving ball with your eyes, you are training your brain to react faster, which helps you in all sorts of sports.*

**Key vocabulary: Dribbling · Passing · Control · Aim · Balance · Focus**