

Head it like Ferdinand



1 Think about the speed and height of the ball



2 Be confident. Don't be scared about getting hurt



3 Keep your eyes open and focus on the ball



4 Head through the ball, using your head, neck and shoulders



Foundation

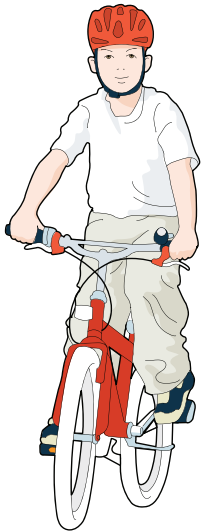
KUMHO TYRES



GREATER MANCHESTER
POLICE



Use your head



- 1 Always wear a helmet when riding your bike
- 2 Make sure it's the right size for you
- 3 Ask an adult to check that it's fitted correctly

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