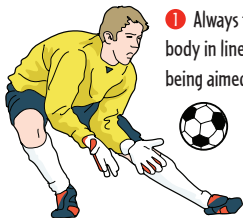


# Play it safe with Van der Sar



1 Always try to get your body in line with the ball being aimed at you



2 Work on your footwork – skip or jump on the cracks in the pavement

3 If you're catching above the waist, make a triangle with your hands at the back of the ball



4 Stretching to save?  
Keep your hands really strong



Foundation

KUMHO TYRES



GREATER MANCHESTER  
POLICE



# Be safe at all times



- 1** Always wear a seat belt in the front and back of a car



- 2** Put on protective clothing when you're riding, skating or rollerblading



- 3** If you're cycling, also wear a helmet to protect your head



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