

BEN NUTTALL'S



by Ben Nuttall

with Emma Roberts

Illustrated by Nigel Baines

Fox & Ink Books



RONALDO CHOP

Want to play like Cristiano Ronaldo? Nail this move he invented, and you're guaranteed to catch any defender off guard!

Start off by dribbling the ball. When you're ready for the trick, the next time you land your weak foot on the ground, do a little hop off of it.

1



Weak foot



2

Lift your strong leg up and a little to the side as you hop, then quickly bring the inside of the strong foot to the outside of the ball.



3

Use the inside of the foot to send the ball sideways, behind your weak leg. That's the chop. Then plant your weak foot into the ground. Try and plant it so your toes are pointing in the direction of the ball.



4

Quickly turn your whole body in that direction and follow the ball, leaving the defender scratching their head!

Ronaldo mainly uses the chop when he's got a defender beside or just behind him, and they're both running in a forward direction. When he changes direction, it takes a beat for the defender to work out what's happened - and by then, Ronaldo's long gone!





THE RONALDO CHOP

(REAL MADRID V AS ROMA, UEFA CHAMPIONS LEAGUE, 2016)

WE'RE 57 MINUTES INTO THIS LAST 16 GAME AND IT'S STILL 0-0. WHO WILL HIT THE BACK OF THE NET FIRST . . . ?

MARCELO TAKES THE BALL FOR REAL MADRID AND FINDS CRISTIANO RONALDO DOWN THE LEFT.



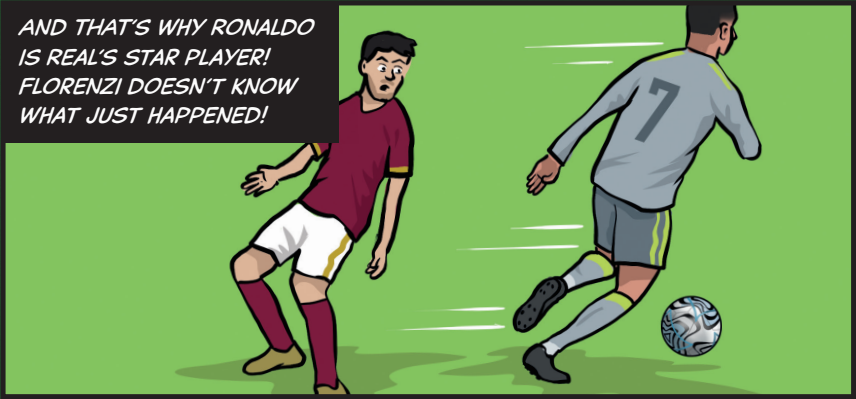
CR7'S OFF. HE'S MOTORING!



ROMA'S ALESSANDRO FLORENZI IS CLOSING IN . . .



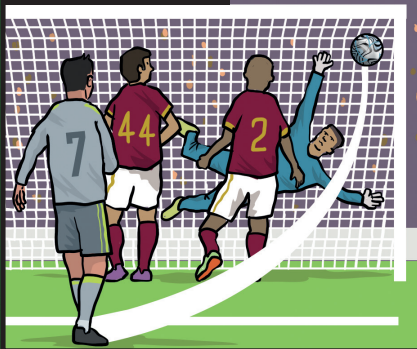
AND THAT'S WHY RONALDO IS REAL'S STAR PLAYER!
FLORENZI DOESN'T KNOW
WHAT JUST HAPPENED!



A DESPERATE ATTEMPT TO BLOCK THE
CR7 MAGIC FROM ROMA'S CAPTAIN . . .



TOP BIIIIIIINS!



This jaw-dropping goal was voted the best of the 2015/2016 tournament!



KNEE CATCH

This skill might seem simple, but it'll show you've got amazing control of the ball! Don't worry if it takes you a while to get it – practice is all part of becoming an amazing freestyler.

1

Bounce the ball in front of you. Keep it low – you only want it to bounce up to around knee height.



2

As the ball bounces up, bend your knees a bit and pinch them together to catch it.

It might take a few goes to get the timing right, but keep trying – you'll get there!

3



Release the ball from between your knees. You could just let it fall and bounce, or add some flair with a little jump as you release.

Go straight into a juggle if you're feeling flashy!

Bounce 



FREESTYLER FUN STUFF

Can you guess how many knee catches I did in 30 seconds to break the world record?

8 15 31

Answer on p125!

EXTRA-TIME CHALLENGE



Try putting this together with a Pullback Flick. See if you can flick the ball up and then do your Knee Catch!

