Physical Development – Video Links – KS3

<https://www.youtube.com/watch?v=krSBbunxdUg> - Keeping a football up (keep-ups / Juggling)

<https://www.youtube.com/watch?v=oYjvvQ7RWMM> – Tips for defending 1v1 (football)

# <https://youtu.be/L8taGwfp2sU> - 15 BEST Skill Moves to Beat Defenders in REAL GAMES