

# How to Do Freestyle Football Tricks

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Co-authored by **25 contributors**

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Ever seen those outstanding freestyle tricks done by outstanding football players? Well with some practice and great patience you can be the one on the spotlight!

## Steps



- 1 Being a freestyler requires a lot of hard work and extremely a lot of patience, so make sure that is met. <sup>[1]</sup>



**2** Yoga is Really Helpful and Stretching your Legs and Shoulders Make you Flexible and Make it easier for you



**3** The Key is Practicing DO all The Tricks for a Month and After That You WILL Be Good at it in a month.



**4** Get a soccer ball( not pumped too hard ) and start practicing juggling. The key to that is to try to keep the ball below your hip and put a backward spin on it. Juggling helps your ball control and the speed of your legs.<sup>[2]</sup> Practice juggling for 1 hour every day for about a month, most likely you are going to be an expert in juggling and you are able to do 100 keep-ups no sweat (if you practice).



**5** After you master juggling you should start with basic freestyle tricks like stalling the ball which is holding the ball on your foot (pull the ball back as if your are about to start juggling, but instead balance it on your foot. <sup>[3]</sup> This move is a basic freestyle trick that leads up to other tricks. Once you master this trick you can work up to harder better tricks.



**6** Another basic trick is Around the World (ATW) when you flick the ball up go around it, and start juggling after you are done. This is not as easy as it sounds. For this trick you need a lot of speed and again a lot of patience. You should begin with the motion of it, and try doing it as fast as possible.<sup>[4]</sup> When you think you are ready, out a ball in the play. Again practice for an hour a day for about 2 months and you can master this. But this trick is a lot harder than juggling so you need more patience. (\*You can do this trick from juggling or from a stall, in both cases you should start going around the ball right after you flick it up, for juggling ATW, you should hit the ball from the right side of your foot for right legged people, and from the left side of your foot for left legged people.)





**7** Another basic trick that will get you the oohs and aahs is the neck stall. Similar to foot stall you balance it on your neck. You can do this trick from a foot stall, you flick it up this time about half a meter higher than your head. Then you cushion the ball on your neck keeping your back straight on a 90 degree angle and keep your arm pointing back keeping your elbows straight.<sup>[5]</sup> The key move in this trick is to cushion the ball on your neck, meaning you take the power of the ball away by going down at the same time as the ball only a bit slower than it so the power can be absorbed to your back/neck. Practice this trick for about half an hour every day for 2 weeks and you can perfect it. This trick is much easier than ATW.



**8** After you have perfected these 3 tricks, step your game up and link them all together. For example you can begin by juggling then going to a foot stall, then do ATW, followed by another foot stall and then a neck stall. If you are able to do all these three moves and keep the ball off the ground, you are going to be given respect.



## Community Q&A

#### Question

### How can I start juggling?



Community Answer

First, try to hold the ball in your hand and then keep on hitting it from your feet and catch it. If you are a beginner, practice putting backspin into it. Then, keep on kicking up and catch and kick up and catch, not kick it twice, and catch and twice and catch then three times and catch and three times and catch and so on until 20. After that, just learn flick-ups, which should be fairly simple.

Helpful 70 Not Helpful 21

#### Question

### How do I do an overhead kick?



Community Answer

You need to jump while putting your weak foot up, then swing your strong foot over your head and try to make good solid contact. This requires a lot of patience and practice.

Helpful 55 Not Helpful 20

#### Question

### How can I create a goal for my team?



Community Answer

Look for runs behind the defense to put your teammate through on goal so the/she has a chance to score.

Helpful 43 Not Helpful 22

#### Question

### How do you do a rainbow flick?



Community Answer

For the right footed people: First put the ball between two legs, having the left foot forward and the right foot backward. Then hold the ball like that and walk forward or run forward by first picking up your right leg, then lift up your left leg. Try continuously for two weeks and you will get the idea and be doing the rainbow flick. For the left footed people, reverse the legwork.

Helpful 81 Not Helpful 37

#### Question

### How do I do freestyle football tricks? Should I practice actual football or freestyling first?



Community Answer

You should definitely practice the actual game first, as flashy tricks will get you respect but won't necessarily result in the ball flying into the back of the net. Always start with the basics and build from it.

Helpful 38 Not Helpful 13

#### Question

### How do I perform scorpion kicks?



**LFCFifa TQ72**  
Community Answer

Get a friend to pass a ball into the air. Then, jump into the air like you are going for a diving header, but have your two feet up and facing the same way as your body. You may or may not reach the ball. This is one of the hardest things to do in football.

Helpful 42 Not Helpful 17

#### Question

### How do I score on free kicks in football?



Community Answer

Use complete focus and look at where the you want the ball to go. It is better to do it in the corners (top or bottom) as the goalkeeper can't normally expect it.

Helpful 30 Not Helpful 14

#### Question

### How can I get promoted from a defender to a winger?



Community Answer

You don't necessarily need to get promoted from a defender to a winger. Your coach puts you where he thinks you will perform your best. If you are really interested in playing as a winger, speak with your couch. Ask him what you need to do training-wise in order to prepare for such a role, and how to succeed in it.

Helpful 53 Not Helpful 37

#### Question

### What are some easy, but cool skills to learn?



Community Answer

The scissors are very easy and so is the reverse kick.

Helpful 27 Not Helpful 18

#### Question

### How do I do a curve shot or flick?



Community Answer

Hit it at the bottom part of the ball, using your toe.

Helpful 25 Not Helpful 27

[See more answers](#)



## Tips

- You should do freestyle with the lightest shoes you can find.
- There are also special balls professional freestylers use to better perform tricks.



## Warnings

- Always stretch before beginning or you can pull a muscle
- Do all these tricks on a non-slippery surface

## References

1. ↑ <https://medium.com/the-freestyle-works/the-3-ps-of-freestyle-football-b43b09b8afce>
2. ↑ <https://www.soccerxpert.com/soccertips/id1202.aspx>
3. ↑ [https://www.youtube.com/watch?v=U\\_anz6xf1Pk](https://www.youtube.com/watch?v=U_anz6xf1Pk)
4. ↑ [https://www.youtube.com/watch?v=ty\\_GmwChx4Q](https://www.youtube.com/watch?v=ty_GmwChx4Q)
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582 votes - 79%

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