

## FOOTBALL MATCH

Bent open hands (palms in, pointing up) held side by side at shoulder height; formation moves from side to side several times.

## TO DRIBBLE BALL

Supporting flat hand (palm down, pointing forward); working loosely clawed hand (palm down, pointing in) moves over supporting hand and off fingers closing to full "O" hand; formation moves forwards.

## OFFSIDE

Working "L" hand (palm in, pointing forward) moves forwards/up making small vertical inward circles.

## THROW IN

Cupped hands (palms in, pointing up) held above head; formation moves forwards.

## FREE KICK

Working N hand (palm down, pointing forward) rests on supporting N hand (palm down, pointing in) and brushes to supporting fingertips; then working index (palm down, pointing in) flicks towards supporting open hand (palm in, pointing up).



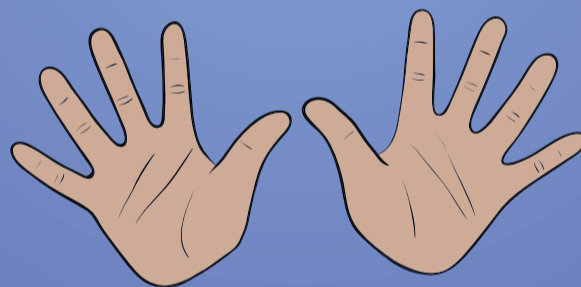
## FOOTBALL

Working "V" hand (palm back, pointing down) on back of supporting hand (palm down, pointing in), index finger kicks forward; then flat hands (palms down, pointing forward) move round to show shape of ball, finishing palms up.

# FOOTBALL

## CORNER KICK

Flat hands (palms in/back, pointing forward/in) fingertips touching, tap together twice; then working "V" hand (palm back, pointing down) on back of supporting hand (palm down, pointing in), index finger kicks forward.



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[www.signalong.org.uk](http://www.signalong.org.uk)  
[info@signalong.org.uk](mailto:info@signalong.org.uk)

## ASSISTANT REFEREE

Supporting index hand (palm back, pointing in); working index hand (palm back, pointing down) held nearer to body moves from side to side behind supporting index.

## MIDFIELD

Open hands (palms in, pointing up) held at chest height; formation moves forward.

## GOAL

Supporting hand (palm in, pointing up) thumb and little finger extended; working index hand (palm down, pointing in) moves sharply over supporting knuckles.

## WHISTLE

Working "C" hand (palm back, pointing in) held in front of mouth; index and thumb move to touch lower lip.

## SUBSTITUTION

"C" hands (palms forward, pointing out) move down in front of body; then full "C" hands (palms in, pointing forward) move in to cross over with working hand in front.