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Bicycle kick soccer video

For a Bengali film, see *Bike Kick* (2005). For a professional wrestling move, see *Professional Wrestling Attacks § Bicycle Kick*. Forward Ruben Mendoza, of the U.S. men's national soccer team, performs a bicycle kick. In the association of football, a bicycle kick, also known as an overhead kick or a scissor kick, is an acrobatic kick in which a player hits a ball in the air in the air. This is achieved by throwing the body backwards into the air and, before descending to the ground, creating movements with the lower limbs so that the ball gets the striking leg in front of the other. In most languages, the manoeuvre is named either for the cycling movement or by the scissor movement it resembles. Its complexity, and unorthodox performance in competitive football matches, makes it one of football's most famous association skills. [A] Bicycle kicks can be used defensively to clear the ball of the goalie or hit offensively on the opponent's goal in an attempt to score. Bicycle kicking is an advanced football skill that is dangerous for inexperienced players. His successful performance is largely limited to the most experienced and athletic players in football history. Workers from Chile's Pacific seaports likely pulled off the first cycling kicks at football matches, possibly as early as the late 19th century. Advanced techniques such as cycling kicking have evolved from South American adjustments to football style introduced by British immigrants. Brazilian footballers Leónidas and Pelé popularised the skill internationally during the 20th century. The bicycle blow has since achieved such wide appeal that in 2016, 2017 was the year of the 20th century. As an iconic skill, cycling kicks are an important part of the association's football culture. Performing a cycling kick in a competitive football match, especially in achieving a goal, usually attracts a lot of attention in sports media. The cycling kick is shown in works of art, such as sculptures, films, commercials and literature. Controversy over the invention and naming of moves has added to praise for the blow in popular culture. The manoeuvre is also admired in similar balls, especially in variants of football such as futsal and beach soccer. Name Real Madrid defender Sergio Ramos (in white) used a bicycle kick against rivals Athletic Bilbao in a La Liga match in 2010. The bicycle kick is known in English by three names: a bicycle kick, an overhead kick and a scissors kick. The term cycling kick describes the action of the legs while the body is in the air, resembling a pedal on a bicycle. [3] The manoeuvre is also referred to as an overhead blow, relating to a ball overhead,[4] or a scissor blow, reflecting movement Scissor blades come together. [5] Some authors distinguish scissors kick as a similar bicycle kick, but done sideways or at an angle; [6] other authors consider them the same move. [7] In languages other than English, his name also reflects the action he recalls. Sports journalist Alejandro Cisternas, of Chilean newspaper *El Mercurio*, compiled a list of those names. [8] In most cases, they refer to a blow with scissors such as movement, such as French *ciseaux retourné* (returned scissor) and Greek *Psilidaki*, or to his bicycle-like action, such as the Portuguese *pontapé de bicicleta*. [8] Other languages describe the nature of the action: German *Fallrückzieher* (fall backwards), Polish *przewrotka* (blow to the tumble), Dutch *omhaal* (pull reversal) and Italian *rovesciata* (reverse kick). [8] Exceptions to these naming patterns can be found in languages indicating the move by reference to a location, such as Norwegian *brassespark* (Brazilian kick). [8] [9] This exception is most significant in Spanish, where there is a fierce controversy between Chile and Peru — as part of their historic sporting rivalry — over the naming of a cycling kick; The Chileans know him as Chilean, while the Peruvians call him *chalaca*. [10] [B] Nevertheless, the move is also known in Spanish by the less tendency names of *tijera* and *tijereta* - both of which refer to the manoeuvring scissor movement. [16] Execution of the Cycling Impact Execution Phase. R = right foot. A successful performance of a cycling kick generally requires great skill and athleticism. [17] To perform a bicycle kick, the ball must be in the air, so that the player can hit while doing the backflip; the ball can come into the air towards the player, such as a cross, or the player can move the ball into the air. [18] The non-kicking leg should rise first to help start the body while the kicking leg makes the jump. [19] During the jump, the back of the body should move backwards until it is parallel to the ground. [20] As the body reaches peak height, the kicking leg should crack towards the ball because the non-impact leg is lowered simultaneously to increase the force of the impact. [21] Vision should stay focused on the ball until the foot hits it. [22] Hands should be used to balance and reduce the impact of falls. [5] Bicycle kicks are mainly done in two situations, one defensive and the other offensive. A defensive bicycle kick is done when a player facing his side's goal uses the action to clear the ball in the direction opposite their side's goalie. Sports historian Richard Witzig considers the defensive bike to be a desperate move that requires fewer goals than its offensive variety. [2] An offensive bicycle kick is used when a player has the back of an opposing goal and is near the goalie. According to Witzig, the offensive. the kick requires concentration and a good understanding of the location of the ball. [2] Bicycle strokes can also be done in midfield, but this is not recommended because safer and more accurate passes can be done in this zone. [2] Peruvian winger Juan Carlos Oblitas scores by bicycle against Chile at the Estadio Alejandro Villanueva, during a Copa América match in 1975. The crosses preceding the offensive kick with the bike are of dubious accuracy – German striker Klaus Fischer reportedly stated that most crosses before being hit by a bicycle are bad. [23] Moreover, performing a bicycle blow is dangerous, even when done correctly, as it can harm a startled participant in the field. [24] For this reason, Peruvian defender César González recommends that the player performing the bicycle kick have enough space to perform it. [25] For a player using a manoeuvre, the greatest danger occurs during a fall; severe fall may injure the head, back or wrist. [26] Witzig recommends players trying to land on the upper back, using their hands as support, and at the same time roll over to the side to minimize the impact of the fall. [2] Witzig recommends footballers try to execute a bicycle kick with a focused and determined state of mind. [2] The performer should maintain good form when performing moves and must at the same time show exceptional accuracy and precision when hitting the ball. [27] Brazilian striker Pelé, one of the sport's renowned players, also finds the manoeuvre difficult and recalls scoring only a few times out of his 1,283 career goals. [28] Due to the complexity of the action, a bicycle kick and, according to sportswriter Elliott Turner, prone to audience awe were noted. [1] An inadequately executed bicycle kick can also expose a player to ridicule. [29] History Football lore has a number of legends relating to when and where the bicycle hit was first performed and who created it. [30] [31] [C] According to Brazilian anthropologist Antonio Jorge Soares, the origin of cycling stroke is important only as an example of how folklore is created. [32] Popular opinion continues to discuss its exact origin, especially in the locations where the manoeuvre was supposedly created (e.g. [33] [34] [D] Nevertheless, the facts and dates available speak a simple narrative, indicating that the invention of cycling kicking took place in South America, during an era of innovation in the tactics and skills of the association's football. [8] [30] [38] [39] Excerpt from Peru *El Comercio* reporting match between HMS *Amphion* crew

