This isn't too bad and it covers both methods:

https://www.mashupmath.com/blog/multiplying-binomials-foil-math-box-method

I would use this link to libretexts and look specifically at the section "Multiply a Binomial by a Binomial Using the FOIL Method". This link also has the distributive method, but does not cover the area model.

https://math.libretexts.org/Bookshelves/Algebra/Elementary\_Algebra\_1e\_(OpenStax)/06%3A\_Polynomials/6.03%3A\_Multiply\_Polynomials