

# LEVEL 1

## THE SIDE STEP - SIDE STEP

— FOOTBALL



**This is a basic drill to practice the side step technique off both feet**

### Organisation

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and sidesteps each marker, sidestepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

### STEP Variation

Task – To increase the difficulty challenge the players to perform the drill while jogging

### EQUIPMENT LIST



Cones



Football

### Notes

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