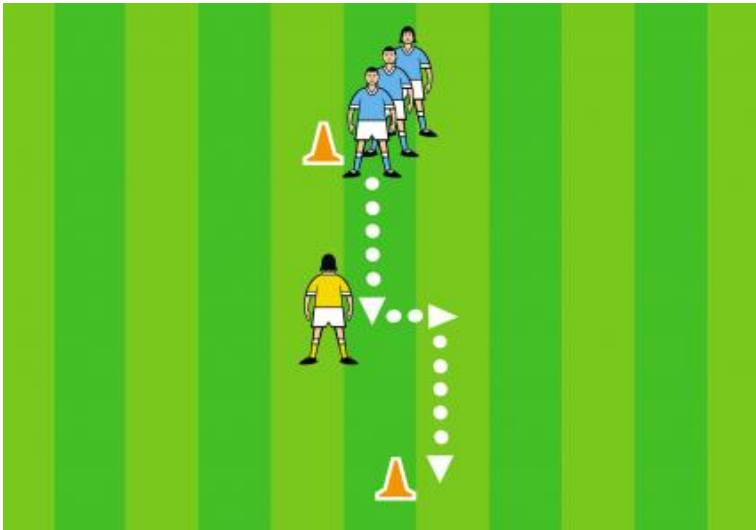


LEVEL 1
THE SIDE STEP - SIDE STEP 2
 — FOOTBALL



This basic drill to practice the Side Step technique off both feet introduces a static opponent

Organisation

- Place 2 cones approximately 10 apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and side step the middle player and continue to the far cone
- The middle player does not move or attempt to block the sidestepping player
- The players should practice sidestepping off both the left and right feet

STEP Variation

Equipment - To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the side step

EQUIPMENT LIST

Cones

Football

Notes
