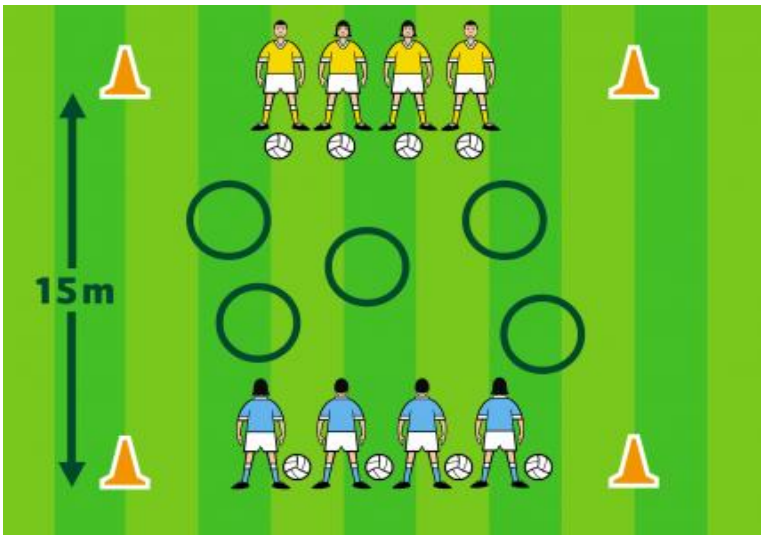
LEVEL 3

THE SIDE STEP - STEP IN TIME

— FOOTBALL



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This is a fun game to develop the side step

Organisation

- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within the grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

STEP Variation

Task - To increase the difficulty of the drill, allow players to tackle for the ball

EQUIPMENT LIST

- Cones
- Football
- Hoop

Notes