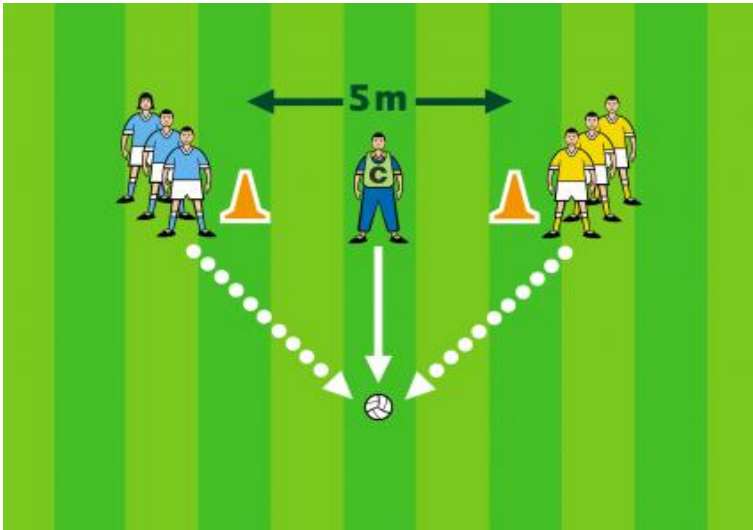


LEVEL 3

# SIDE TO SIDE CHARGE - CHARGE & LIFT

— FOOTBALL



## EQUIPMENT LIST



Cones



Football

This advanced drill to practice the side-to-side charge requires the players to charge an opponent in a contest for possession

### Organisation

- Divide the players into pairs, the players approximately 5m apart
- On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball using the side-to-side charge
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique
- The players should switch sides on every go

### STEP Variation

Task – To increase the difficulty of the drill the coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

### Notes

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