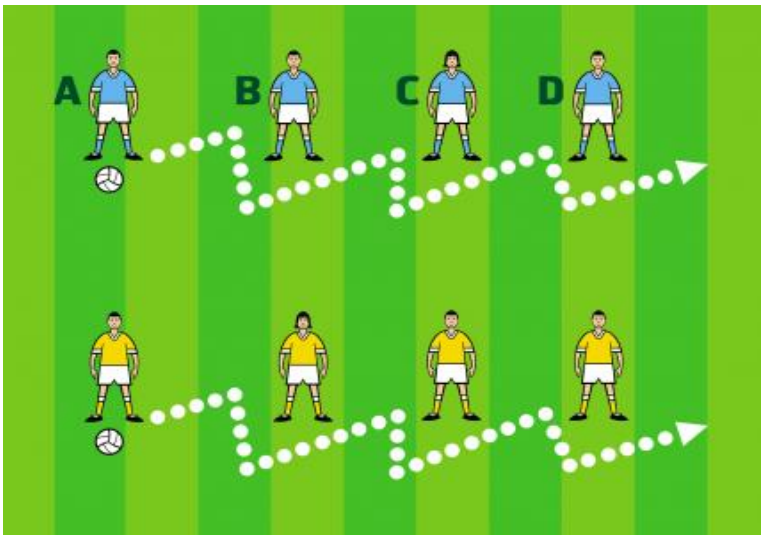
LEVEL 1

FEINT AND SIDE STEP - AROUND THE MAN

— FOOTBALL



C Y

This is a basic drill to practice the Feint technique

Organisation

- Divide the players into groups of 4
- The players form a line approximately 3 to 4 meters apart, the first player facing the others
- Player A, with ball in hand, feigns past each player in turn while walking
- Players B, C and D remain stationary throughout
- Once player A reaches the end of the line all the players move forward and the ball is passed to Player B to repeat the drill
- Each player in turn moves to the top of the line and repeats

STEP Variation

Task - As the players become proficient introduce jogging to increase the speed of the drill

EQUIPMENT LIST

- Cones
- Football

Notes