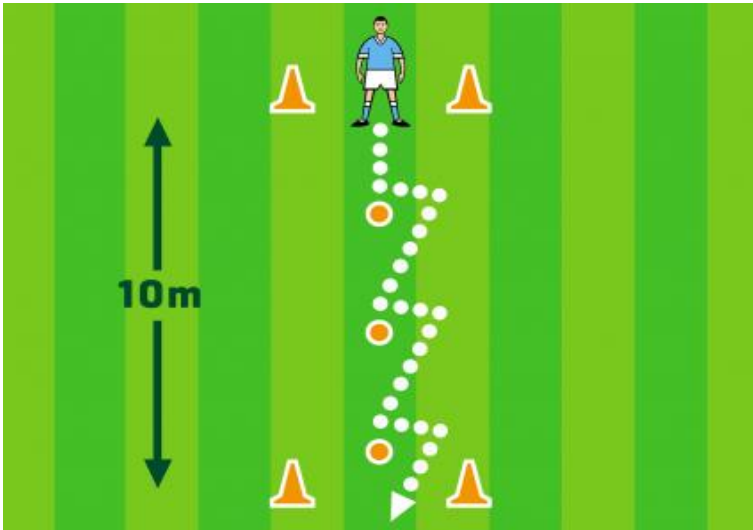


LEVEL 1

FEINT AND SIDE STEP - IN & OUT

— FOOTBALL



This is a basic drill to practice the feint technique

Organisation

- Mark out 6 cones 1 to 2 meters apart down the centre of a channel
- Beginning at one end of the channel each player in turn feigns around each cone
- Initially the players should be encouraged to perform the technique slowly to focus on each of the key points

STEP Variation

Task - As the players become more competent the pace should be increased, first to a jog and eventually to running speed

Equipment - Introduce a ball once the players are comfortable performing the technique without a ball

EQUIPMENT LIST

Cones

Notes
