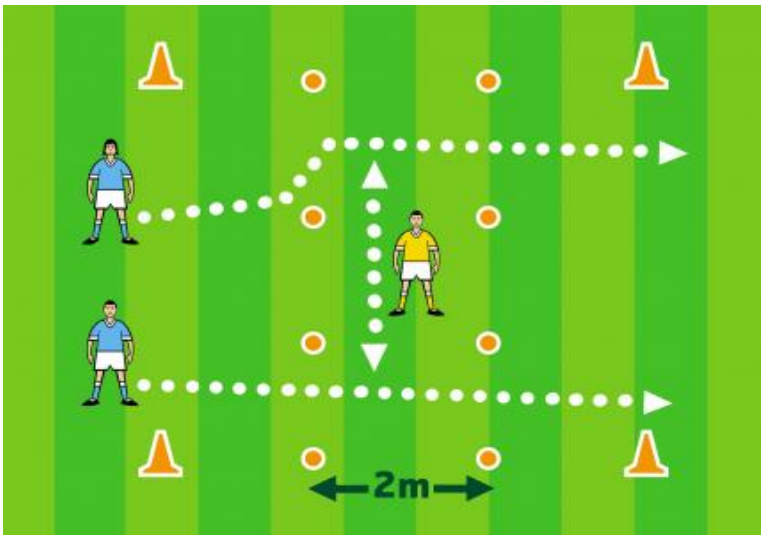
LEVEL 3

FEINT AND SIDE STEP - TAG

— FOOTBALL



C Y

This is a fun game to develop the feint, side step and checking techniques

Organisation

- Mark out a grid 15 to 20m by 10m
- Mark a zone approximately 2m wide across the centre of the grid
- Two attacking players are positioned at one end of the grid; one defending player in the centre zone
- The outer players must run forward together and pass through the centre zone while avoiding the defending player
- The defending players use the checking technique to block the attacking players
- The attacking players lose one life every time they are tagged by the defending playe
- When an attacking player loses all their lives they become the defending player

STEP Variation

Task – To increase the difficulty allow only one attacking player run at a time

EQUIPMENT LIST

- Cones
- Football

Notes