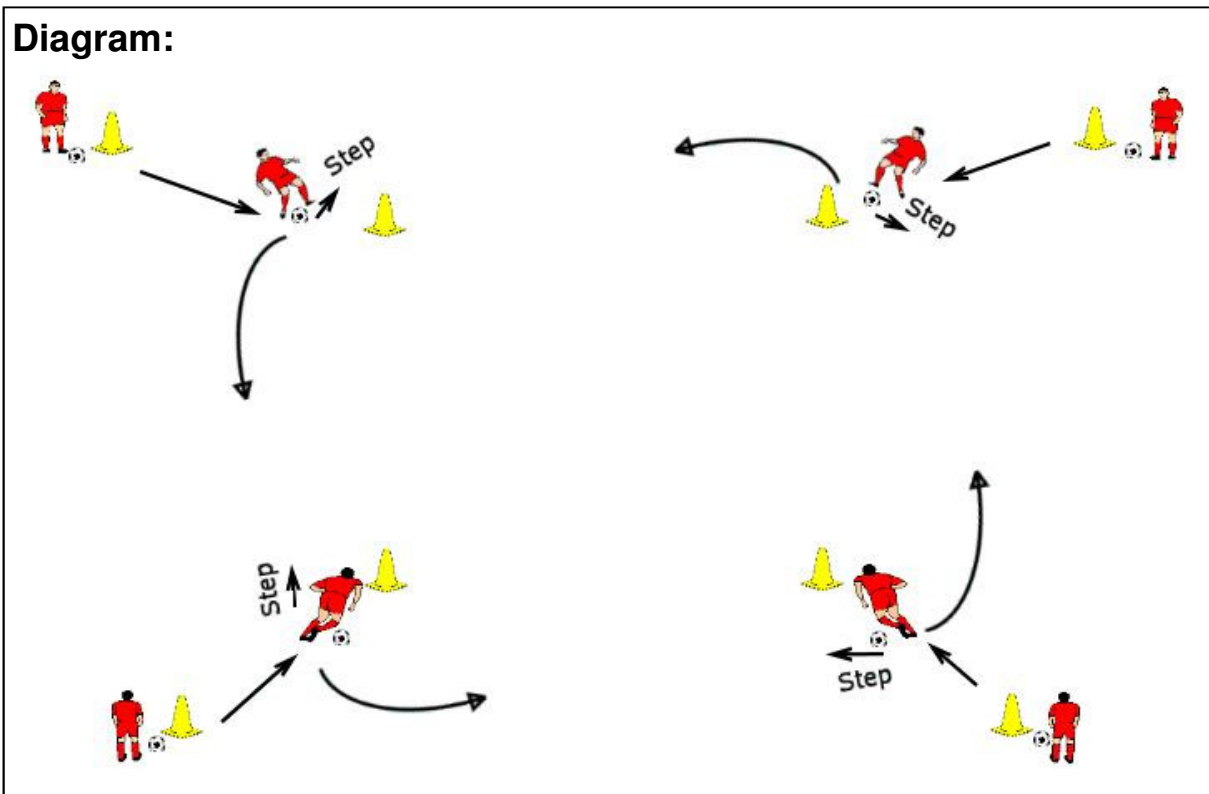


Topic: 1 v 1
Drill Name: Side Step

Age Group: U/8 to U/9

Objectives: A 1 v 1 activity that increase coordination and spatial awareness
 While improving social interaction

Diagram:



Description: The side step is a move that is creates a fake in order to beat an opponent. The player dribbles the ball towards the cone in the middle (pretend defender) and steps to the left creating the illusion that the player is going to go to the left, but then takes the ball with the outside of their right foot away into space.

Progressions: Cone in the middle is replaced with a passive defender to create limited pressure

Coaching Points: Players use the top half of their body to sell the fake. The take away is with the outside of the players other foot.