

FEINT AND SIDE STEP

The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space.

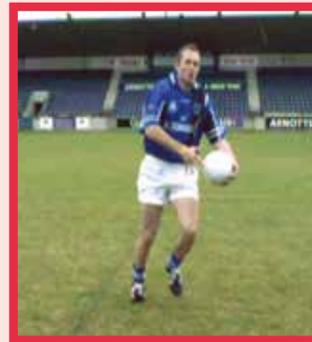


Run directly towards opponent.

KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Feign movement to one side. Shift body weight to that side.



Push back off planted foot to change direction.



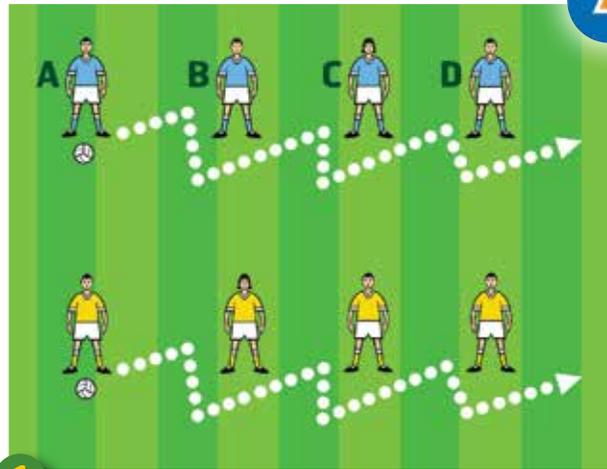
Accelerate away quickly.

LOOK OUT FOR THESE COMMON ERRORS

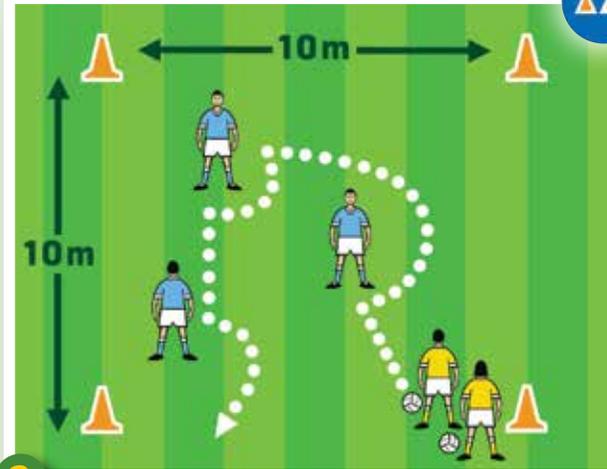
- Stepping to one side too early
- Accelerating away too slowly
- Not transferring weight to one side



FEINT AND SIDE STEP PRACTISE THE TECHNIQUE



1 AROUND THE MAN
Player A feigns and side steps each player in turn.

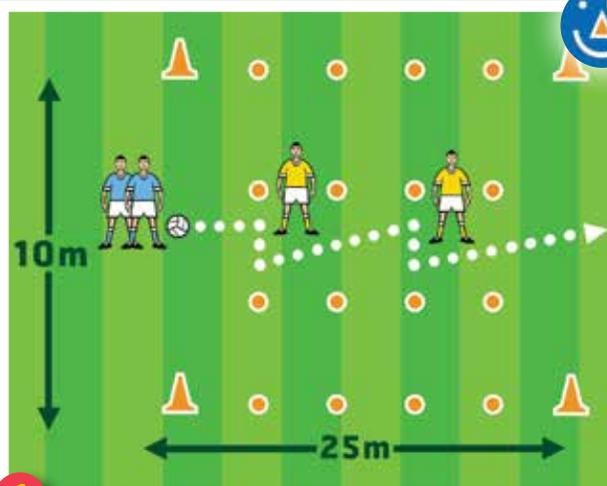


2 1, 2, 3 FEINT
Players in possession feign and side step each of the defending players.

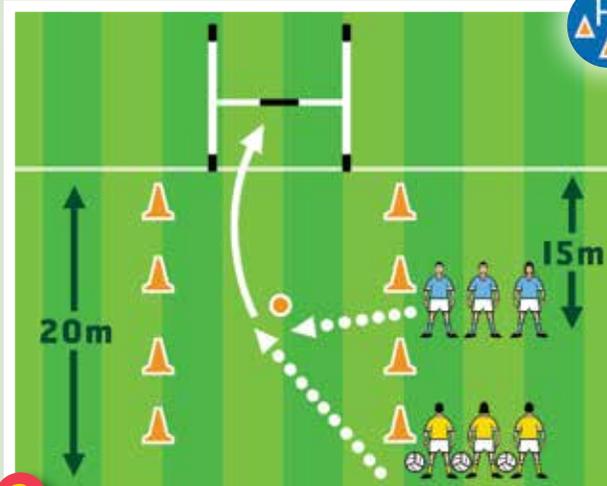


3 ALONG THE LINE
Player attempts to feign and side step opponent and move past opponent.

FEINT AND SIDE STEP DEVELOP THE SKILL



1 PASS THE GUARDS
Players in possession attempt to solo through grid, side stepping opponents.



2 CHASE AND SCORE
Players in possession attempt to pass opponents and score.

VARIATIONS

The **STEP** method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine