

7. Feint and Side Step



Run directly towards the opponent



Release ball into hand on kicking side



Quickly change direction



Accelerate quickly away

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

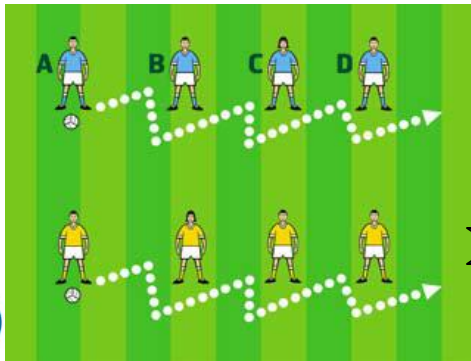


The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. The aim of the technique is to disguise the intended direction of movement in order to move into a more advantageous position

- Look out for:
- Planting the foot too early
 - Not transferring to one side
 - Accelerating away too slowly
 - Showing the ball too early

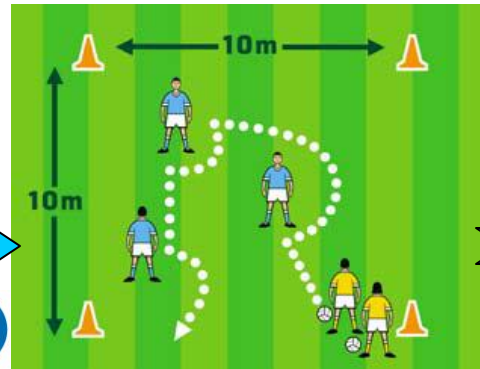
Feint and Side Step

Practice the Technique



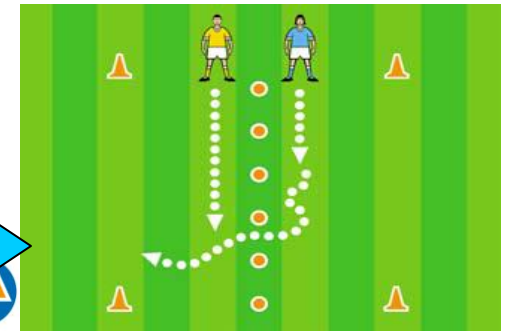
Around the Man

A Feigns past each player to the end, B follows and so on



1, 2, 3 Feint

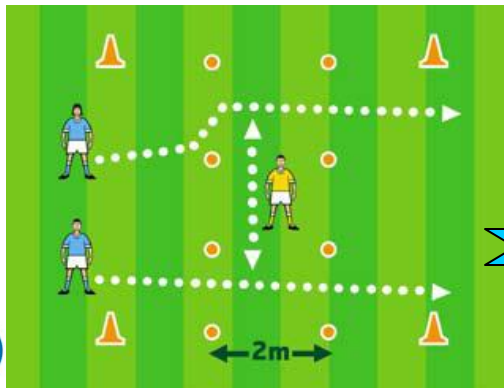
Players enter the grid, approach each defender, Feign and accelerate away.



Along the line

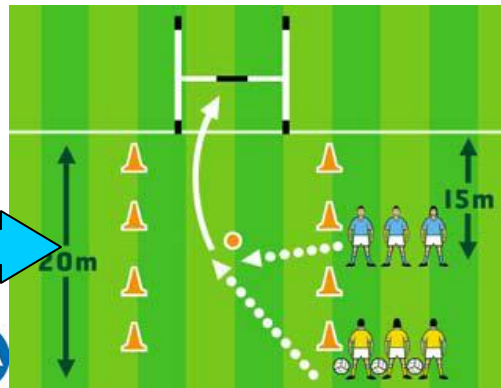
Attacker must Feign and pass the defending player accelerating through the cones to the other side

Develop the Skill



Tag

Attackers lose a life when the defender tags them by checking them in the zone



Chase and Score

Attacker moves forward and must Feint and Side Step the opponent before kicking for a point

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill