

# 16. Side to Side Charge



Move into position  
alongside the opponent



One foot on the  
ground, arm in tight



Shift body weight  
towards opponent

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

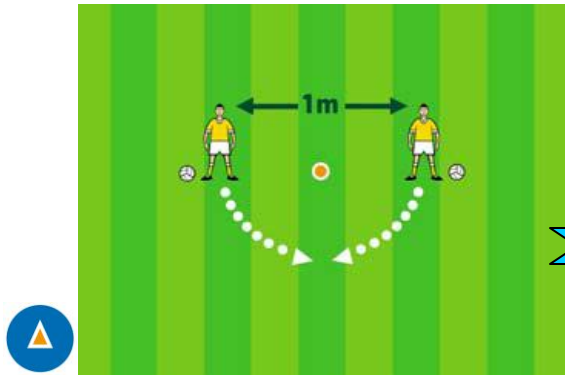
## Look out for:

- Not shifting body weight
- Charging from front or back
- Not keeping one foot on the ground

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play.

# Side to Side Charge

## Practice the Technique



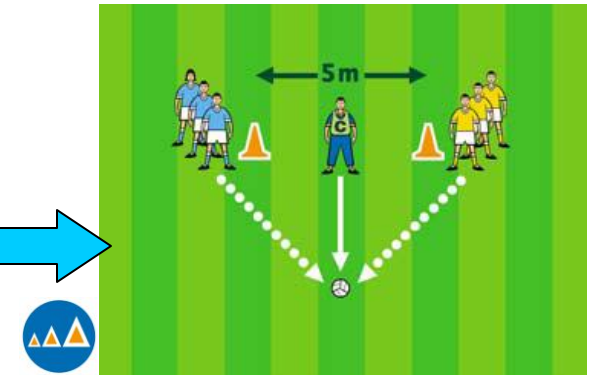
### Imitation Charge

Each player steps towards each other and performs the Side to Side charge on the whistle



### Tackle Bag Charge

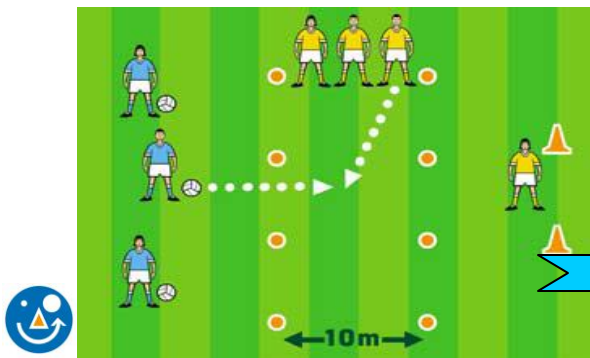
Players in turn jog through the formation practicing the Side to Side charge



### Charge and Lift

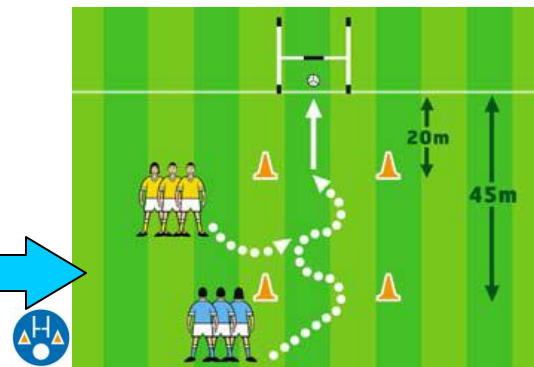
Coach rolls the ball for players to run on and contest using the Side to Side Charge

## Develop the Skill



### Charge Zone

Defenders and attackers enter the grid where defenders use the Side to Side charge on the attacker.



### One on One

Attacker attempts to get past the defenders and score, while defenders use the Side to Side charge on them

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill