



## Introduction to Side Stepping

### Equipment required:

8 - 12 cones

### Aim:

To teach core principles of good footwork along with making players comfortable pushing off either foot when accelerating or changing pace.

### Action:

Players to accelerate and decelerate into the cones in a zig zagging motion for about 15m. Players to concentrate on short sharp feet when approaching the cones as this will allow better balance and a quicker transition of weight to the appropriate foot you are eventually going to accelerate from.

### Progression:

Player to carry a football while performing the same actions as above.

