

SECTION 3

1v1 FACING AN OPPONENT SITUATIONS

Step Around

Description

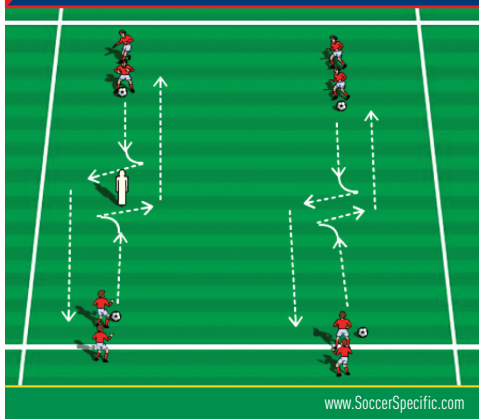
Step around the ball with either foot and plant it at the other side of the ball. Now sprint out with the ball in the opposite direction, taking the ball away with the outside of the same foot.

Coaching Points

- Fake to strike but step around the ball with a low body position.
- Use upper body to unbalance opponent.
- Protect the ball and speed up out of the move.
- Get your leading shoulder low and knees bent to assist acceleration out of the move.



Practice 1



- Players drive forward and perform The Right Foot Step Around Move at the mannequin in the centre.
- Players then pass the ball to the opposite players for them to continue the practice. They then follow their pass and join opposite queue.

Variation: Players drive towards each other and beat each other in the centre with the step around move. This encourages the players to keep their head up and focus on timing and distance.

Progression:

- Use left foot move.
- Add passive defender in the centre.

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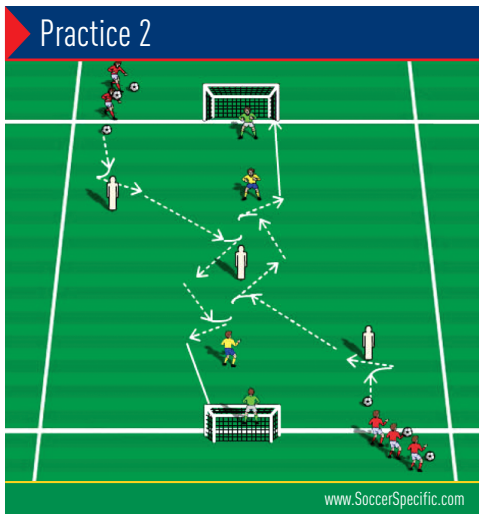
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Practice 2



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- Players drive forward and beat the first mannequin with the left foot step over move.
- Both players then continue to attack and beat the centre mannequin with the right foot move.
- The players then fake a 1v1 situation and beat the passive defender using the right foot move and finish on goal.
- Both players then join the opposite group.

