



# Drill Library



**Topic:** 1 v 1

**Drill Name:** Step on

**Age Group:** U/8 to U/9

**Objectives:** A 1 v 1 activity that increase coordination and spatial awareness  
While improving social interaction

**Diagram:**



**Description:** The step on is a move that enables a player to change direction while protecting the ball from an opponent. The player dribbles the ball towards the end cone (pretend defender). Player then steps on the ball with favorite foot, then steps over the ball to create a shield between the ball and the defender. Player then accelerates away from the defender.

**Progressions:** Cone is replaced with a passive defender to create limited pressure

**Coaching Points:** Players use their body to create a shield between the defender and the ball. The take away is with the opposite foot.