



Drill Library



Topic: 1 v 1

Drill Name: Step Over

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 over is a move that creates a fake in order to beat an opponent. The player dribbles the ball towards the cone in the middle (pretend defender) and steps over the ball to create an illusion that the player is going to take the ball that way, but then takes the ball away with the outside of the same foot into space.

Progressions: Cone in the middle is replaced with a passive defender to create limited pressure

Coaching Points: Players use the top half of their body to sell the fake. The take away is with the outside of the same foot