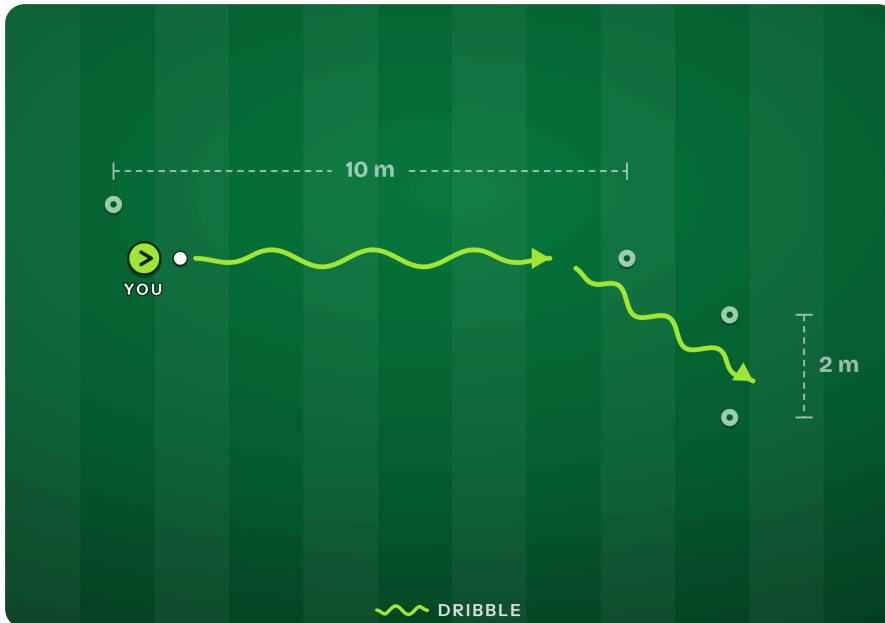




## Set up

- A ball
- 🚧 4 cones
- 🚧 Defender cone at 10 m
- ↕ A 2 m gate to one side

## Dose

- ↺ 4 on each side, 3 rounds
- 🚶 Walk back to recover

4 on each side, 3 rounds, walking back between reps: our own target, not an FA or FIFA rule.

## What it trains

1v1 deception: sell a fake with a step-over, then take the ball the other way and accelerate through a gate. The FA lists the stepover among its turns, and FIFA's ball-mastery practice has players feint one way and go the other.

## How it works

- 1 Set a start cone on flat grass. Put a defender cone 10 m in front of it, and a 2 m gate (2 cones) just past it, to one side.
- 2 Dribble from the start towards the defender cone.
- 3 About 1 m before it, circle the foot on the far side from the gate round the front of the ball and plant it wide.
- 4 Push the ball past the cone towards the gate with the outside of your other foot, and accelerate through the gate.
- 5 Walk back to recover. Do 4, then move the gate to the other side and do 4 with the other foot: that is one round. Do 3 rounds (our target).

## Coaching points

- 1 **Circle round the front**  
Come in as if to pass with the inside of your foot, then circle it round the front of the ball without touching it and plant it wide, so your body sways that way.
- 2 **Push it past the cone**  
Push the ball past the cone the other way with the outside of your other foot, then accelerate through the gate. FIFA notes that delaying before that touch can also deceive the defender.

× **Not this:** Stepping over too early, far from the defender. They have time to read the fake, recover and stay in front of you.

### ➤ HARDER

Try a double step-over, one with each foot, before the push. Then ask a partner to walk towards you as the defender instead of the cone.

### ➤ EASIER

Walk it first: with the ball still, circle your foot round the front of it and push it the other way with your other foot. Then add a slow dribble, and widen the gate to 3 m.

## 🛡️ Safety

- Flat, dry grass with clear space past the gate, never a road or a driveway.
- Your foot passes close over the ball, so go slowly until you can step over it cleanly without treading on it.
- Warm up first. Stop if anything hurts and tell an adult.

## 📅 Track 12 weeks (tick each session)

| W1                       | W2                       | W3                       | W4                       | W5                       | W6                       | W7                       | W8                       | W9                       | W10                      | W11                      | W12                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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## Watch Archie show it

[footballreach.com/drills/step-over-and-go](https://footballreach.com/drills/step-over-and-go)

Then take the free test at [footballreach.com](https://footballreach.com)

## MY NOTES