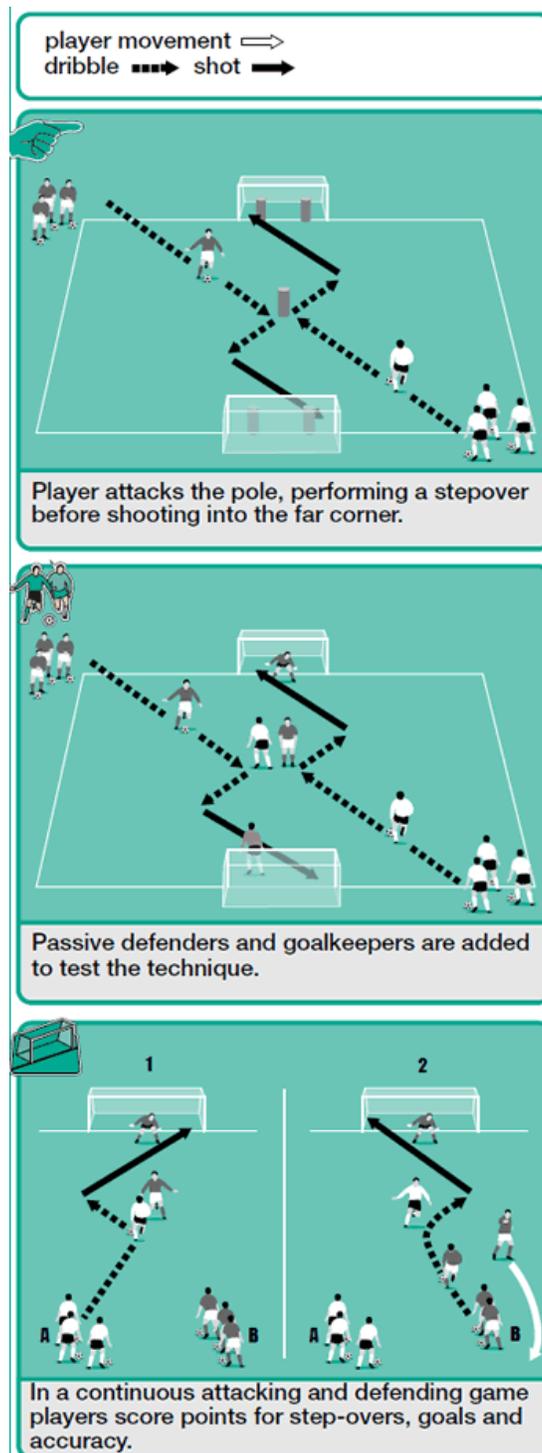


Step-over and shoot

If attackers are having trouble losing defenders, they can wrong foot the opponents between them and the goal by using a simple stepover to create space for a shot.

In this session by Tony Carr, the Academy Director of West Ham United, players learn how to wrong foot the last defender by dribbling towards them, and then using a stepover to create space for a shot.

This is the sequence and technique you are coaching your attackers to use in a match. Mastering the stepover and shoot will give them the added skills to use in a 1v1 situation.



Use an area 40 yards by 20 yards with a pole or triangular cone placed in the centre of the pitch. Using poles or corner flags, create target zones in the corners of the goals.

What your players have to do

Split players into two groups, starting from opposite corners of the pitch to the right of each goal.

The first player from each group sets off at the same time by dribbling towards the central pole, performing a stepover (roll one foot over the ball then step over it with the other foot) to the right and then shooting into the corner of the goal.

After shooting, the players join the back of the other line and the second players set off.

Move the groups so they start from the corners of the pitch to the left of each goal and practise their stepovers to the left.

How to advance it

Replace the pole in the middle with a pair of passive defenders (players who have just taken a shot can be the defender for a turn). You can also remove the poles in each goal and add a goalkeeper at either end.

Put it into a game situation

Two teams of four players line up 20 yards to 25 yards from goal. The first player from team A must use his skill to beat the first player from team B and score past the goalkeeper (bottom picture, left).

After shooting, the first player from team A becomes the defender in the 1v1 and tries to stop the second player from team B (bottom picture, right).

Award points for successfully completing the stepover, for scoring, and bonus points for scoring across the goalkeeper in the corner. The team with the most points wins.