









## SIDE STEP Technique

SIDE STEP:Key Teaching points		Common Errors	
1	<ul style="list-style-type: none"> <li>Run directly towards the opponent</li> </ul>		<p>Not transferring the weight to the planted foot</p> 
2	<ul style="list-style-type: none"> <li>When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so</li> </ul>		<p>Playing the ball during the side step: this may slow down the player or leave the ball open to interception by the opponent</p> 
3	<ul style="list-style-type: none"> <li>Then, push hard off the planted foot to spring to the other side</li> </ul>		<p><i>To correct, the ball is played by bouncing or toe tapping before approaching the opponent</i></p> 
4	<ul style="list-style-type: none"> <li>Plant opposite foot and continue forward in the new direction (with eventually a bounce, a toe kick or a punt /hook kick or score)</li> </ul> <p><i>Note that the player should only use 4 steps in which to perform the technique</i></p>		<p>Taking too many steps to get past the opponent</p> 
		<p><i>Thanks to the Irish Sport Council</i></p>	