

Side to Side Charge



Move into position alongside the opponent



One foot on the ground, arm in tight



Shift body weight towards opponent

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

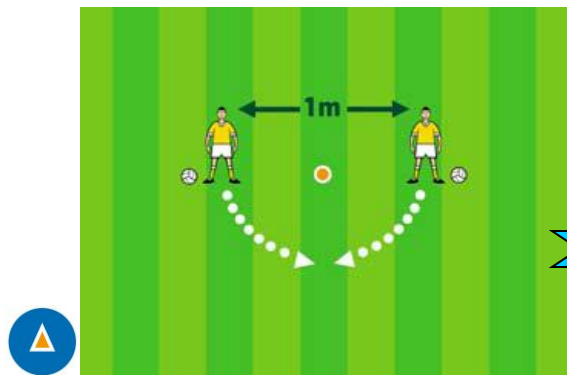
Look out for:

- Not shifting body weight
- Charging from front or back
- Not keeping one foot on the ground

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play.

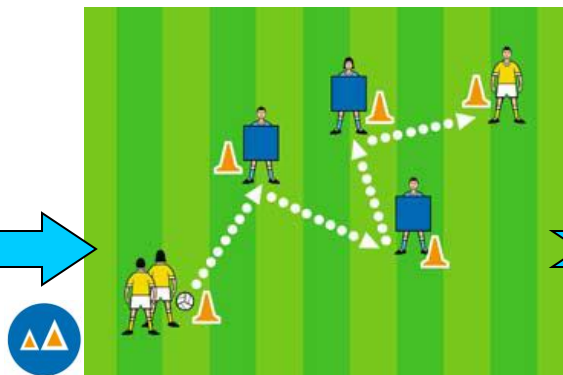
Side to Side Charge

Practice the Technique



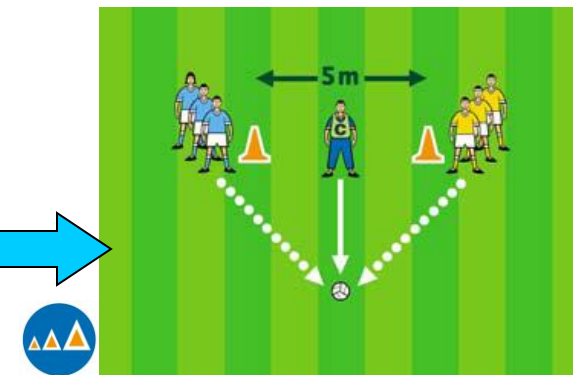
Imitation Charge

Each player steps towards each other and performs the Side to Side charge on the whistle



Tackle Bag Charge

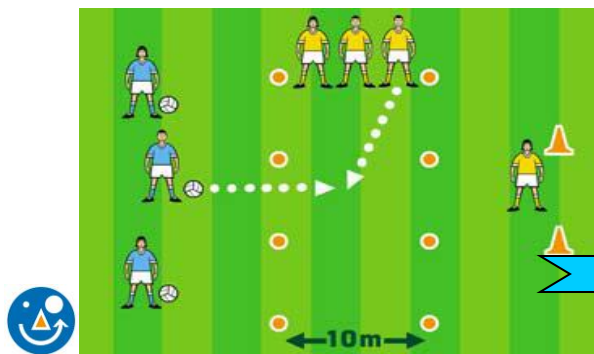
Players in turn jog through the formation practicing the Side to Side charge



Charge and Lift

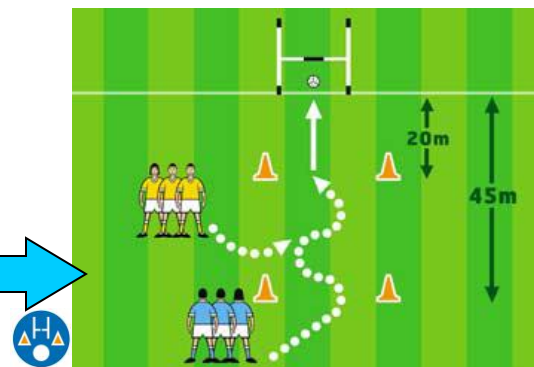
Coach rolls the ball for players to run on and contest using the Side to Side Charge

Develop the Skill



Charge Zone

Defenders and attackers enter the grid where defenders use the Side to Side charge on the attacker.



One on One

Attacker attempts to get past the defenders and score, while defenders use the Side to Side charge on them

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill