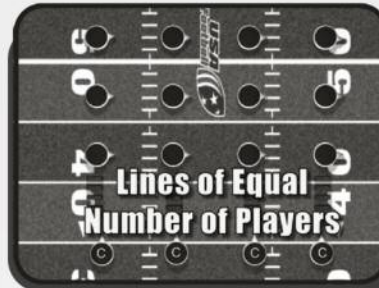


Step Over



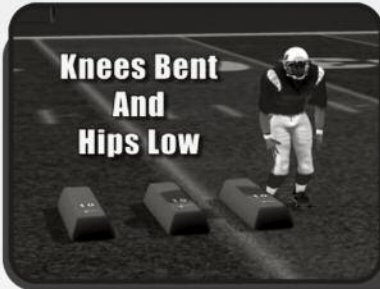
01 ★

Coach lines up 5 dummies 18-to-24 inches apart.



02 ★

Form lines of equal-numbered players.



03 ★

Knees Bent And Hips Low

Start in balanced 2-point stance with knees bent and hips low.



04 ★

Use Different Movements

On whistle, use different movements to navigate over dummies.



05 ★

Movements Include
High Knees
Bunny Hops
Side Hops
Shuffle Steps

Movements include high knees, bunny hops and shuffle steps.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.