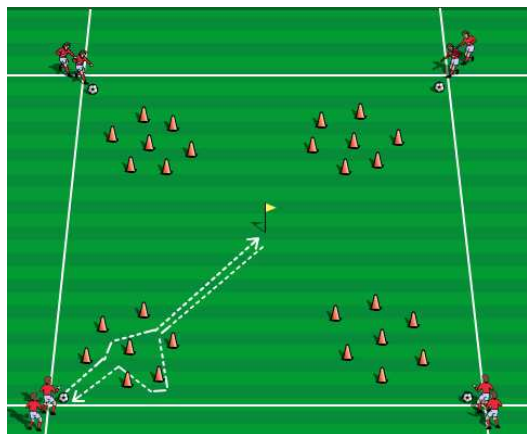




Curriculum – Camp

Activity # - 2606

Topic:	Turning	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Close control when dribbling and execution of turning techniques		



Organization:

1. 20 x 20 yard area set up as shown
2. Group is divided across the four corners of the area
3. 1 ball per corner

Instructions:

1. On the coaches command the first player in each corner dribble through the cones towards the central marker (flag)
2. When the player reaches the center they perform a turn and head back towards their corner
3. Players must dribble through the cones each time attempting not to hit them
4. The first player back scores a point (without hitting any cones)
5. The next player then gets ready to go

Coaching Points:

1. Close control
2. Slowed approach
3. Quality of the turn
4. Acceleration out of the turn

Progression:

1. P – Players now finish in the corner to their right after turning around the central marker
2. R – take away the cones