



Curriculum – Camp

Activity # - 2607

<b>Topic:</b>	Turning	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Application of different turning techniques to change direction		



**Organization:**

1. 25 x 25 yard circle area set up as shown
2. 2 teams
3. 1 ball for each player inside the area

**Instructions:**

1. Players in the middle have a ball and dribble towards a target on the outside of the circle
2. A pass is played to the outside player and they look to receive, turn and dribble through the gate behind them
3. Once through the gate the player performs a turn and comes back through the gate and plays the ball back to the player inside the circle
4. The player inside receives and looks to play to a new target on the outside

**Coaching Points:**

1. Receive on the back foot
2. Execution of the turn
3. Accelerate out of the turn
4. Accuracy of the pass

**Progression:**

1. P – Outside player turns and then looks to beat the player who passed to them 1v1 to break into the circle and rotate positions