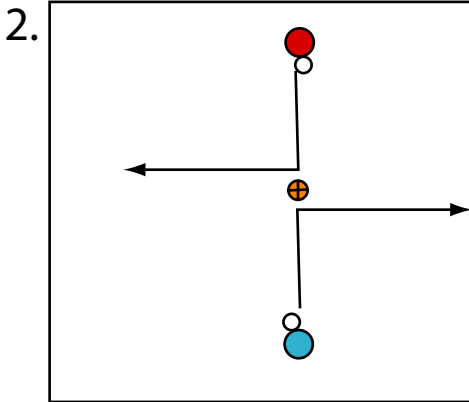


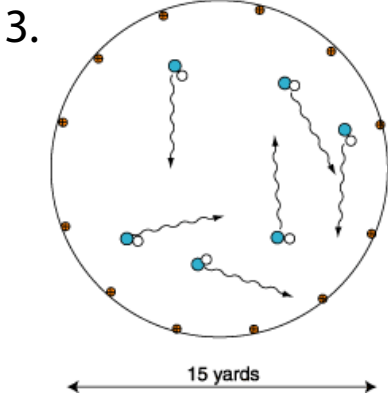
# Practice #5 (turning)

## 1. Fast Foot Skills (10 minutes)



## 2. Turning Demonstration & Practice (5 min.)

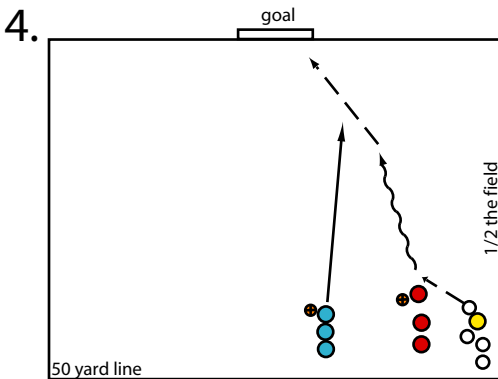
**Procedure** - Have two kids stand 7 to 10 yards on either side of cone. On command, have the children dribble to the cone and then turn out at a 90 degree angle. Have the kids make turns with the insides and the outsides of the feet.



## 3. Skill Related Game (5 min.)

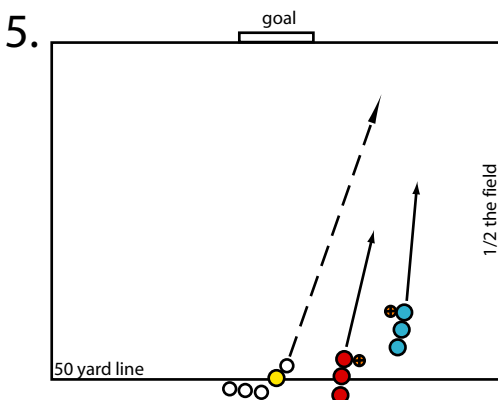
**Procedure** - On command, all the players try to keep position of their ball while attempting to tick all the other player's balls out of the circle. The last person in possession of their ball is the winner.

**Key coaching points** - Emphasize that each player should keep in constant motion and keep their body between the ball and any other players attempting to steal their ball.



## 4. Chase (5 min.)

**Procedure** - Form two lines behind two cones, one on the 50 yard line and one five yards closer to the goal. The line of kids closer to the goal are attackers and the other line of kids are defenders. The coach passes the ball out in front of the attacker. The attacker gains possession and dribbles at speed toward the goal and shoots. The defender's job is to win the ball from the attacker before the attacker has a chance to shoot. The coach can manipulate the situation or player match up by using the placement of the initial pass to the attacker. A poor pass can give the advantage to the weaker defender.



## 5. 1 v 1 Challenge (10 min)

**Procedure** - Form two lines behind two cones, one on the 50 yard line and one five yards closer to the goal. The line of kids closer to the goal are defenders and the other line of kids are attackers. The coach stands on the fifty and kicks the ball into the corner of the field. Since the line of defenders is closer to the ball than the line of attackers, the defender should arrive at the ball first. The defender's job is to gain possession and turn back toward the on coming attacker. The defender should try to dribble past the attacker and return the ball to the coach. The attacker's job is to win the ball and score.

## 6. 3 v 3 Scrimmage (10 minutes)