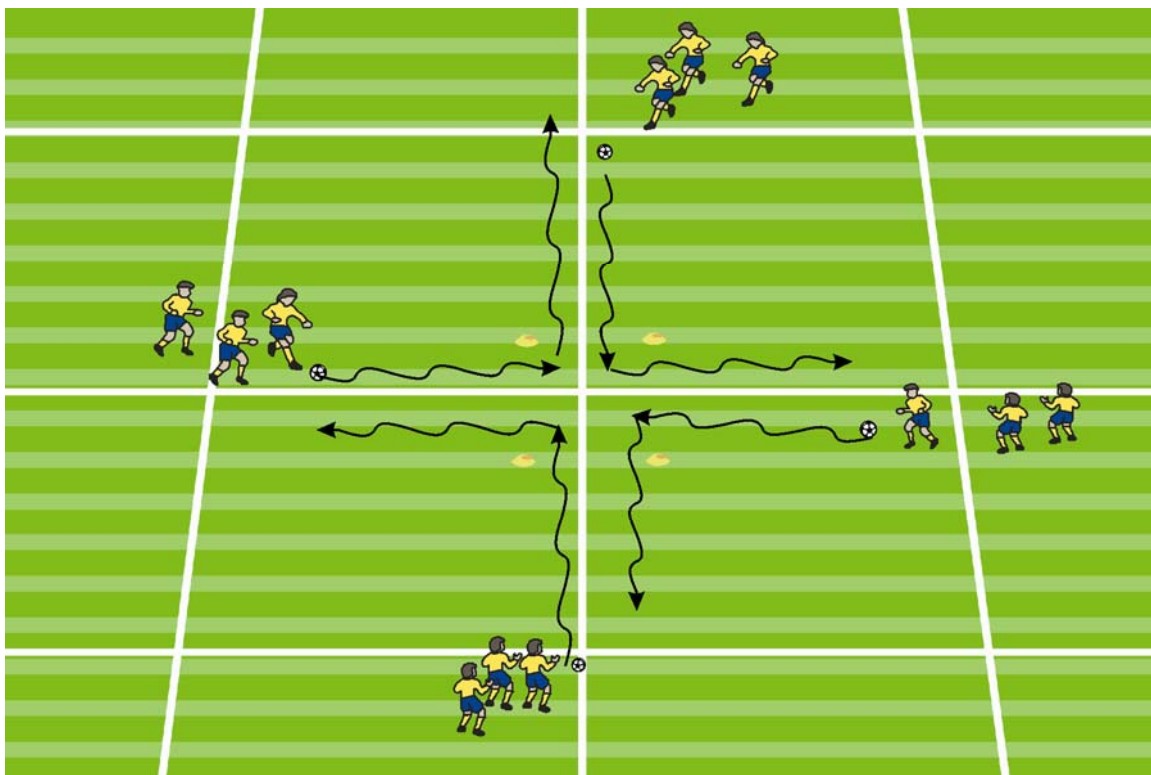


## Square Turn



### Organization:

Four groups are positioned at the half way point of each side of a 20 yard grid. Each player has a soccer ball. The first player in line begins by dribbling towards the four cones in the center of the grid. The dribblers must make a sharp turn and exit the square to the left. Once they exit the square they dribble to the back of the next line to their left.

### Progression:

1. The players must now turn to their right.
2. The players must now use a specific turn - Outside hook, inside hook, Step Over etc.

### Coaching Points:

Slow down as you approach the square and decide what turn you will use in advance.  
 Cut the ball as close to the cone as possible.  
 Accelerate away from the turn.