



Focus on Turning

McDonald's Skills Zone Challenge #3

This challenge is used to develop turning in a small space and works on your ability to change direction quickly. There are lots of different turns you can do that will help you get away from defenders and here is a great opportunity to practice them.

Minimum Equipment Required

- 1 ball.
- 4 cones or markers (drink bottles, sweatshirts, bags etc).

Set Up

- Use the cones to set up a 3x3 metre square (ask your coach or parent to help).

Challenge

- You have to make 5 turns as quickly as possible. Ask a friend to time or count out loud.
- Start on one side of the square. Start timing and dribble across to the other side.
- Turn around and dribble back.
- Repeat this twice – so you have turned and crossed a line 6 times (including the finish line).

Scoring

- Your score is the time that it takes you to complete the challenge.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz