



## Improving Turning The Ball

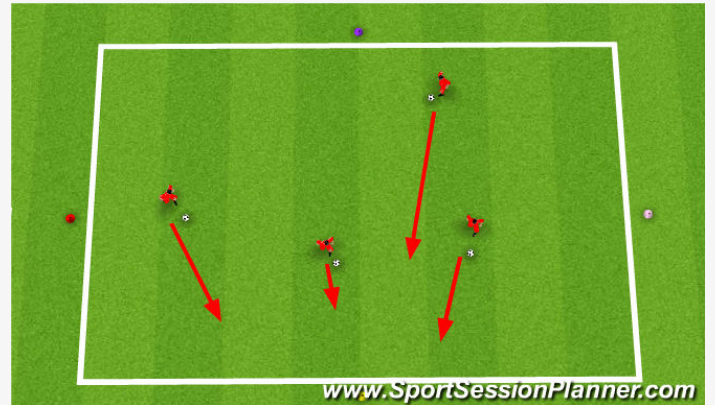
**Category:** Technical: Dribbling and RWB  
**Difficulty:** Beginner

Am-Club: Real Colorado  
Dave Roberts, Arvada, United States of America

### Candy Mountain (15 mins)

#### Ignition Activity: Candy Mountain

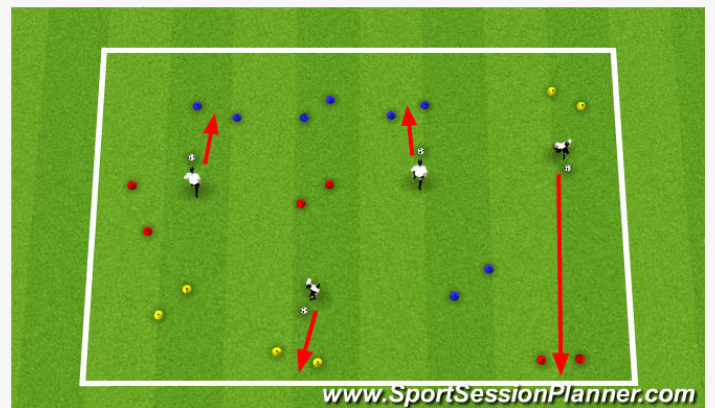
1. Place a different colored cone on each side of playing area
2. On coaches command players must go to that side of the playing area as fast as possible
3. Each side of the square can be a favorite candy to match the color of the cone (for example red for hot tamales, yellow for lemon drops, etc.)
4. Game can be played without the ball at first to work on motor skills



### Gates (15 mins)

#### Spotlight Activity: Gates

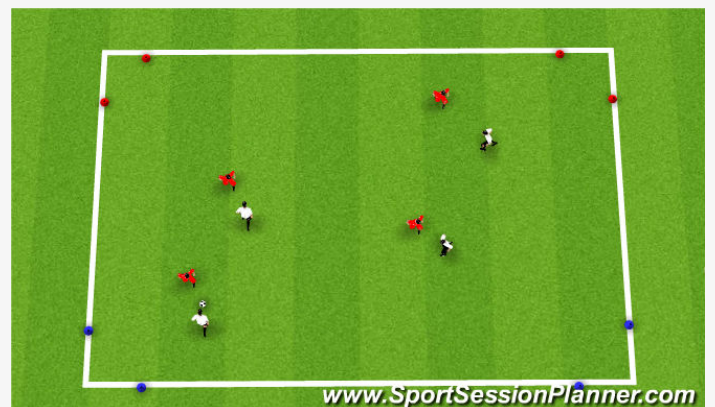
1. Every player has a ball
2. Create small gates with cones. Create more gates than players
3. Players dribble through the gates and collect points. Vary activity by having the coach walk around and block gates



### Corners (15 mins)

#### Spotlight Game: Corners

1. Each team is trying to dribble the ball through one of two corner gates
2. Vary activity by allowing the coach to help the players. Players can pass the ball to the coach
3. Teams can score in any corner but must move from one corner to the next in order to score



## Game (15 mins)

### Game

1. Set up an area with 2 goals. play an even-numbered game to 2 goals
2. Laws of the game are applied
3. No conditions are restrictions
4. Vary activity by having the coach help the team that has the ball to keep play flowing

