

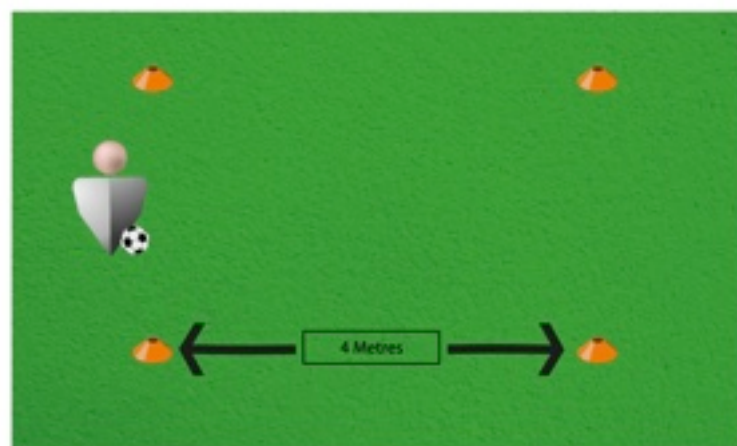


PE SKILL SCHOOL

CHALLENGE #9

FOOTBALL TURNING

HOW MANY TURNS CAN YOU DO
IN 30 SECONDS?



RULES!

- 1) Place 4 cones 4 metres apart to make gates.
- 2) The ball must go between the gate before you turn.
- 3) You can use any kind of turn.
- 4) Count how many turns you can do in 30 seconds.



TIPS!

- Use different parts of your foot to dribble the ball.
- Stop the ball quickly once through a gate.
- Make sure your weight is balanced at all times.
- accelerate quickly away from a gate.

WHAT'S YOUR STANDARD?



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