



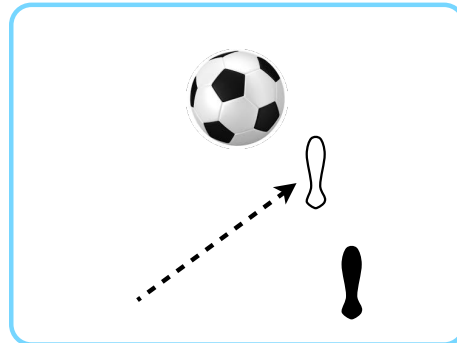
# ★ RECREATIONAL ★ COACHING CURRICULUM

## INSIDE HOOK TURN

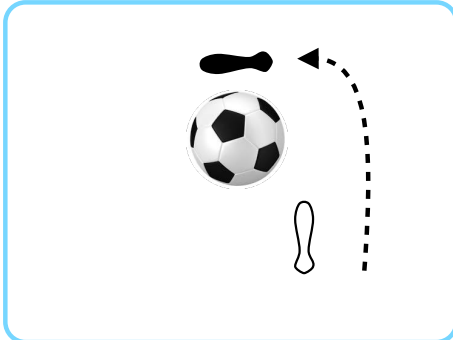
**STEP 1:** The ball should be directly in front of the player as they dribble and before executing the turn.



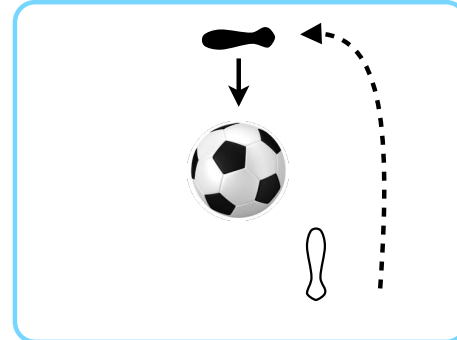
**STEP 2:** The player's non-kicking foot should step across the front of the ball.



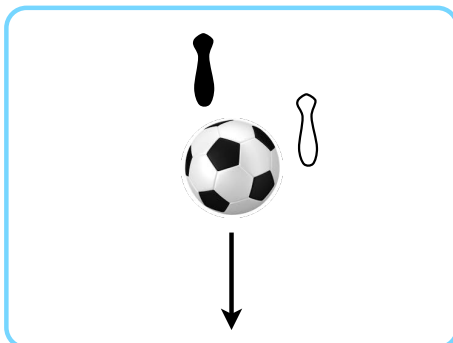
**STEP 3:** The player's kicking foot should reach around the outside of the ball.



**STEP 4:** In the same motion as step 3, the player should strike the front of the soccer ball with the inside of the foot.



**STEP 5:** As the player strikes the front of the ball with the inside of the foot, they should turn 180 degrees.



**STEP 6:** After the player turns 180, they should accelerate away from the defender and into space.