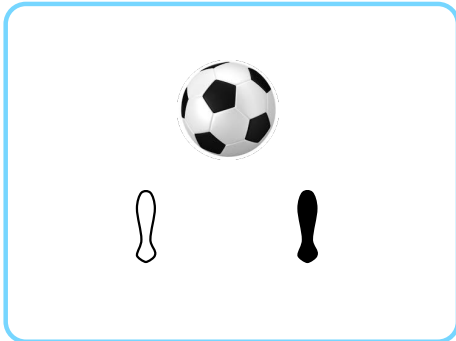




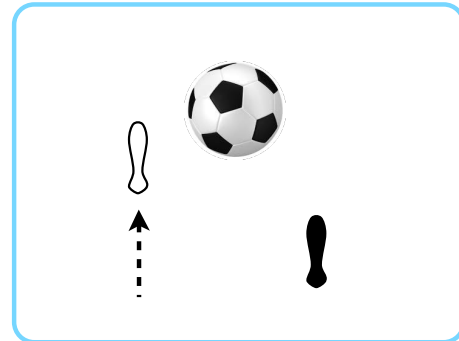
★ RECREATIONAL ★ COACHING CURRICULUM

PULL BACK TURN

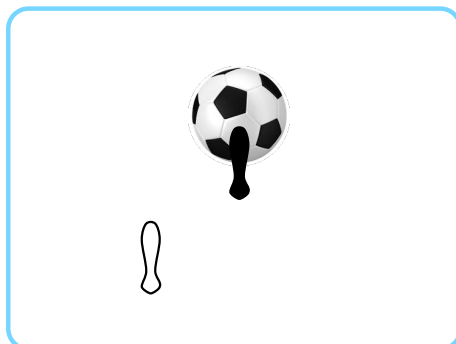
STEP 1: The ball should be directly in front of the player as they dribble and before executing the turn.



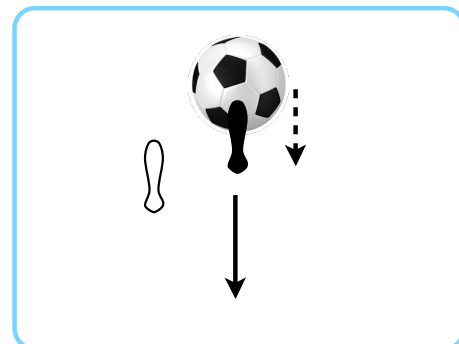
STEP 2: The player's non-kicking foot should step to the outside of the ball.



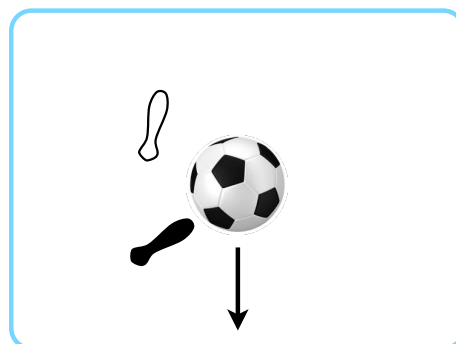
STEP 3: The player should place the sole of the turning foot on top of the ball.



STEP 4: Quickly after placing their foot on the ball the player should pull the ball backward.



STEP 5: The player's turning foot should come off the ball and step back, allowing the ball to run backward.



STEP 6: After allowing the ball to run backward the player should turn and accelerate away.

