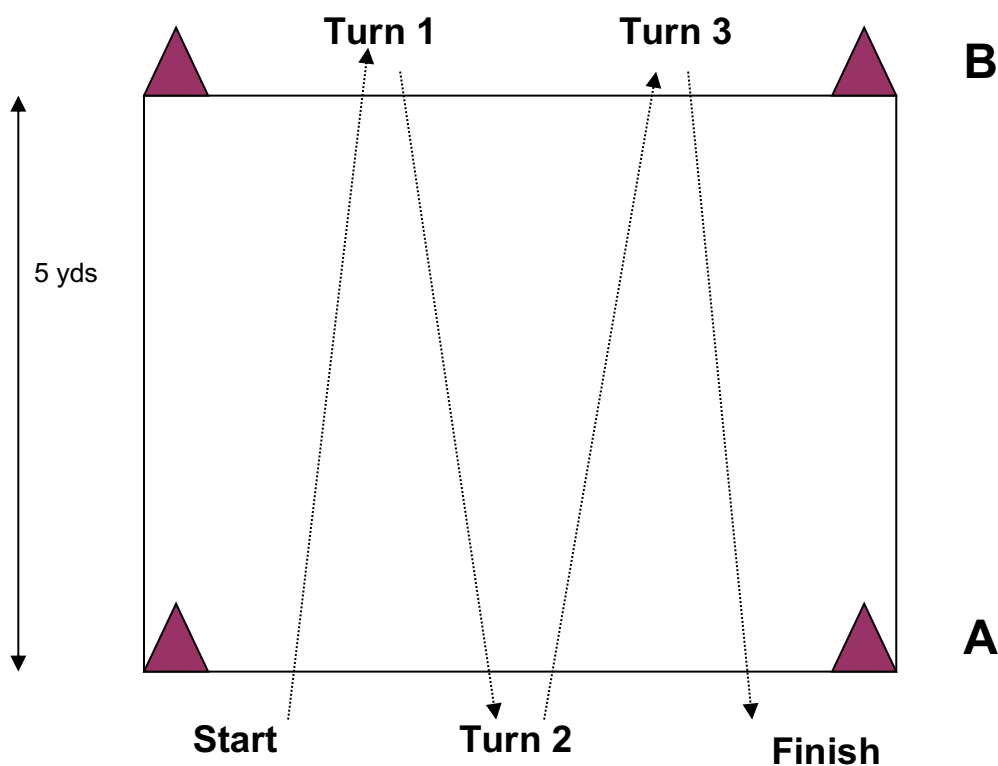


## Turning and Changing Direction

Grid Area: 5 x 5 yards



**Challenge:** To cross each line and complete three of the same turns with the ball as quickly as possible. The exercise is repeated 3 times with the player using a different turn each time

***The three turns that are used are inside and outside cut and pullback.***

**Start:** Time starts when the player plays the ball over the Line A

**Finish:** Time ends when the player completes three repetitions of one turn, and stops the ball on or past Line (A).

**Scoring:** All three turning times are added together to get a total time.

**Retesting:** Player is allowed to retest if the ground affected the test