



# “Fruit Ninja”

*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Ball Control & Turning

**Primary Objective:** To build confidence and speed when executing changes of direction and receiving the ball

**Duration:** 10 minutes

## The Basics



### Organization

- 20yd x 20yd grid with a single cone gate at one end.
- 2 cone gates perpendicular to the first, about midway into the grid.
- Individual cones spread randomly at the opposite end of the grid.
- Group split into 2 teams, one standing to left of cone gate, one standing to right.
- 1 ball per team.

### Activity

At the coach’s signal, the first player for each team dribbles ball through the North cone gate, then through a middle (vertical) cone gate, stops their ball in front of one of the randomly spread cones, picks up the cone, turns and returns through North cone gate, stopping ball at endline, adding cone to her team’s pile.

Next player takes ball and process repeats until all cones are picked up. Team with the most cones wins!

Ball must come to a complete stop when picking up cone and finishing bringing cone to team. Insist on precise execution of moves through the vertical cones.

To get all players involved at once, set out a single cone at the North endline for each player, another single cone for each player midway in the grid, and change the game so that they each must make a coach-determined move around the mid-grid cone on the way to the “fruit” cones and back. Player with most cones at the end wins.

- Require players to perform a different move when getting through the vertical cone gate in the grid (cut, feint-cut, scissors, step-over, pull-back)
- For older/high skill players, once cone is picked up, player turns and delivers a pass toward the North cone gate for the next teammate who runs through the North gate to take a positive first touch, and then continue.
- For more turning practice, add an additional vertical cone to the vertical cone gates, which will require players make 2 turns before dribbling to “fruit” cones.

## Coach Pts

## Mods

## Progression