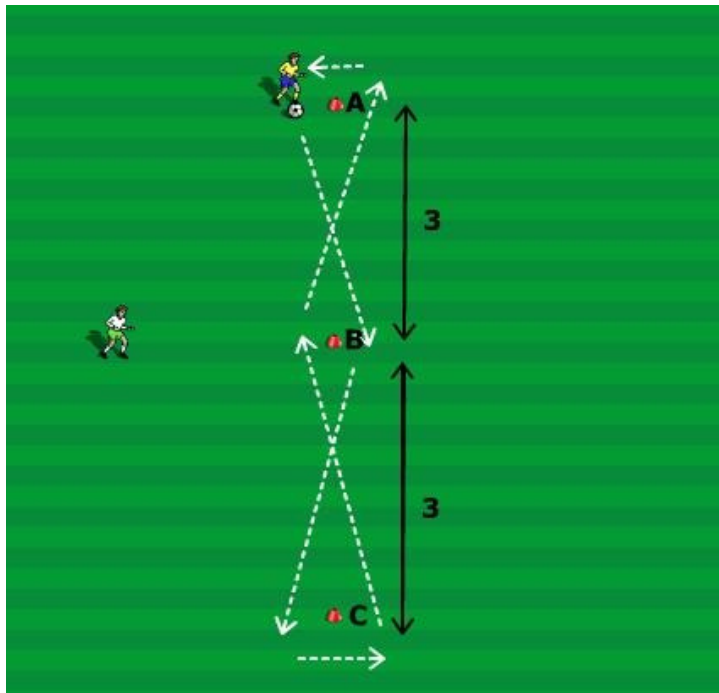




THE DRIBBLING CHALLENGE



Organization:

- Use a tape measure to set 3 cones in a line, 5 yards apart. (See Image)

Equipment:

- Tape measure
- 1 ball
- 3 Disc cones
- Stopwatch
- Clipboard
- Score sheet

Instructions:

1. The players start behind cone A
2. The challenge starts with the coach's command
3. The players must dribble around the cones in a figure-8 pattern
4. The player scores a point for each cone they pass without touching
5. The player has 30 seconds to score as many points as possible
6. The player's total score is recorded