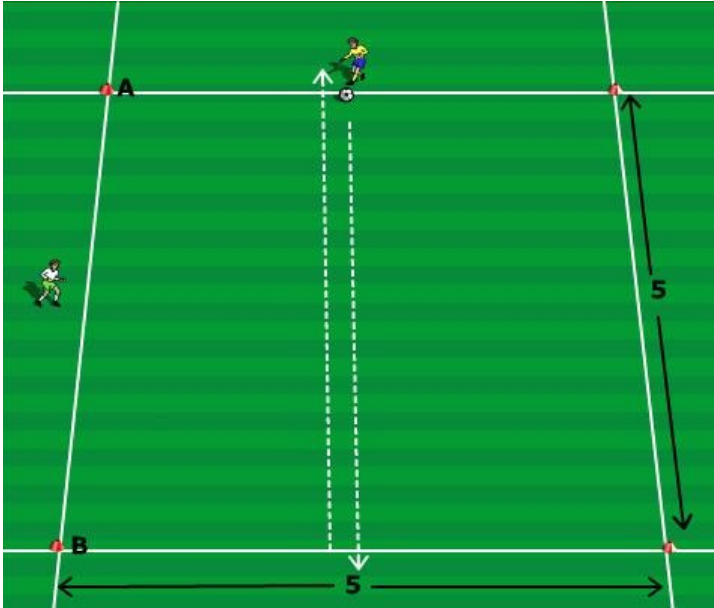




THE TURNING CHALLENGE



Organization:

- 5 x 5 yard area (set up as shown)

Equipment:

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

Instructions:

1. The player starts centrally on one of the sides
2. The challenge starts with the coach's command
3. The player has 30 seconds to complete as many turns as possible
4. The entire ball must cross the line for the turn to be counted
5. The player can select any turning technique
6. The total number of turns is recorded