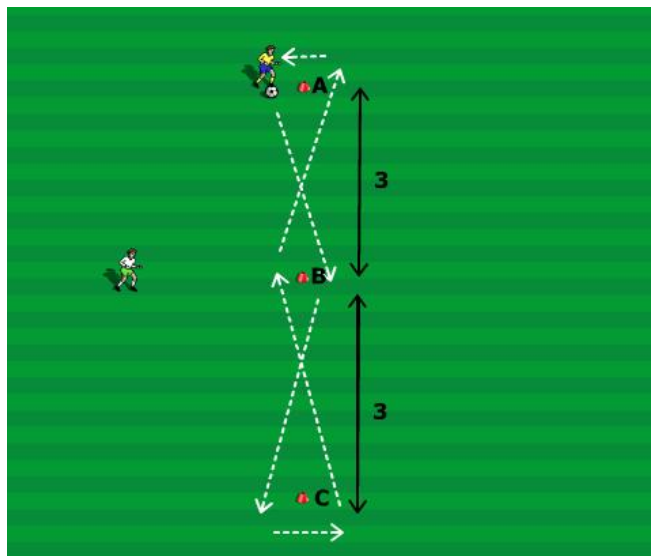




## The Dribbling Challenge



### Organization:

1. 6 yard line marked with three cones (set up as shown)
2. 1 player

### Equipment:

1. Tape measure
2. 1 ball
3. 3 disc cones
4. Stopwatch
5. Clipboard
6. Score sheet

### Instructions:

- Set three markers three yards apart
- The player start on one side
- The challenge starts on the coaches command
- The player must dribble around the cones
- The player scores a point for each cone they pass without touching
- The player has 30 seconds to score as many points as possible
- The players total score is recorded