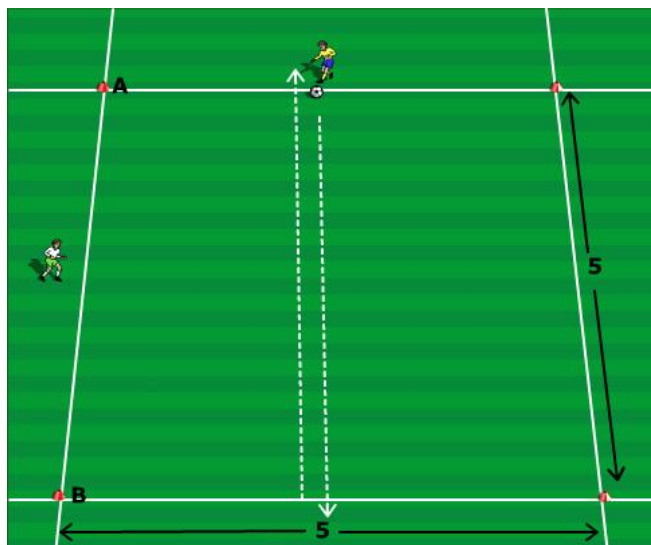




The Turning Challenge



Organization:

1. 5 x 5 yard area (set up as shown)
2. 1 player

Equipment:

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

Instructions:

- Set up a 5x5 yard square
- The player starts centrally on one of the sides
- The challenge starts on the coaches command
- The player has 30 seconds to complete as many turns as possible
- The entire ball must cross the line in order for the turn to be counted
- The player can select any turning technique
- The total number of turns are recorded