



# Dribbling

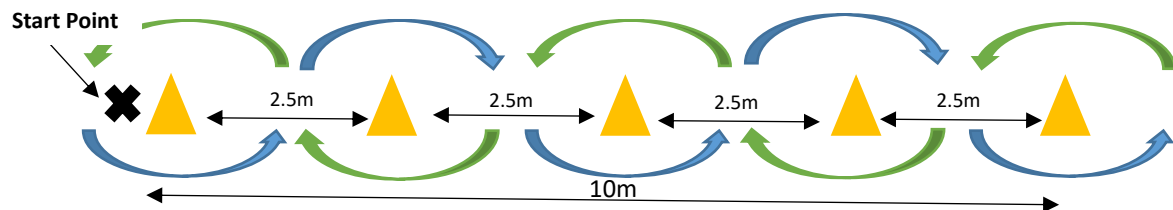
**Objective:** To record how many cones you can successful dribble through in 60 seconds.

## Equipment:

- Straight and flat distance of 10 metres
- Measuring tape
- Football
- 'Marker' x 5 (i.e. cones, water bottles, jumpers, tins)
- Stopwatch

**Process:** Measure out 10 metres, placing a 'marker' every 2.5m. Athletes should position themselves at the first start point.

On "Go", the timekeeper commences the stopwatch and the athlete should proceed to dribble the ball through the cones. Once they reach the fifth cone, they dribble around this and repeat the process in the opposite direction. The athlete continues this process until the 60 seconds have concluded.



The athlete receives 1 point for each cone that they successfully dribble around.

## Rules:

- The athlete has 60 seconds to complete the skill.
- The athlete can take three attempts, with the highest score submitted as their score.

**Score:** The total number of points an athletes receives in 60 seconds should be submitted as their score (e.g. 15 points)