



12m Dribble

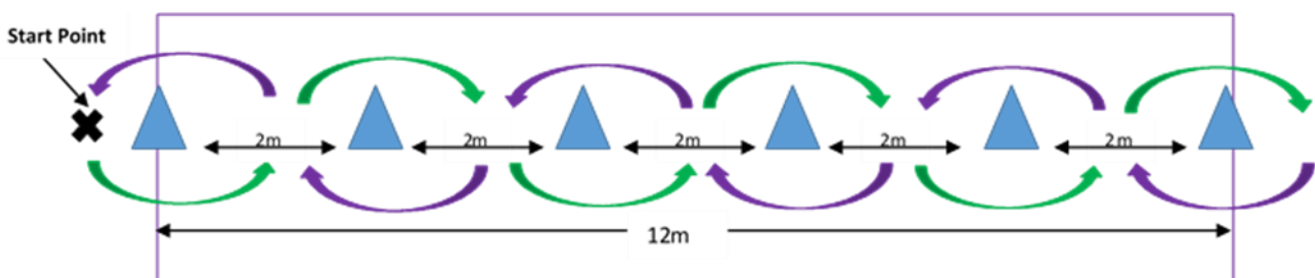
Objective: To record how many cones you can successfully dribble through in 60 seconds.

Equipment:

- Straight and flat distance of 12 metres
- Basketball
- Marker x 6 (i.e. cones, water bottles, jumpers)
- Stopwatch or phone
- Measuring tape

Process: Measure out 12 metres, placing a 'marker' every 2m. Athletes should position themselves at the first start point.

On "Go", the timekeeper starts 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 event.
- The athlete can take as many attempts as they wish, with the highest score submitted as their score.

Score: The total number of points an athlete receives in 60 seconds should be submitted as their score (e.g. 15). Only one score per athlete is required.