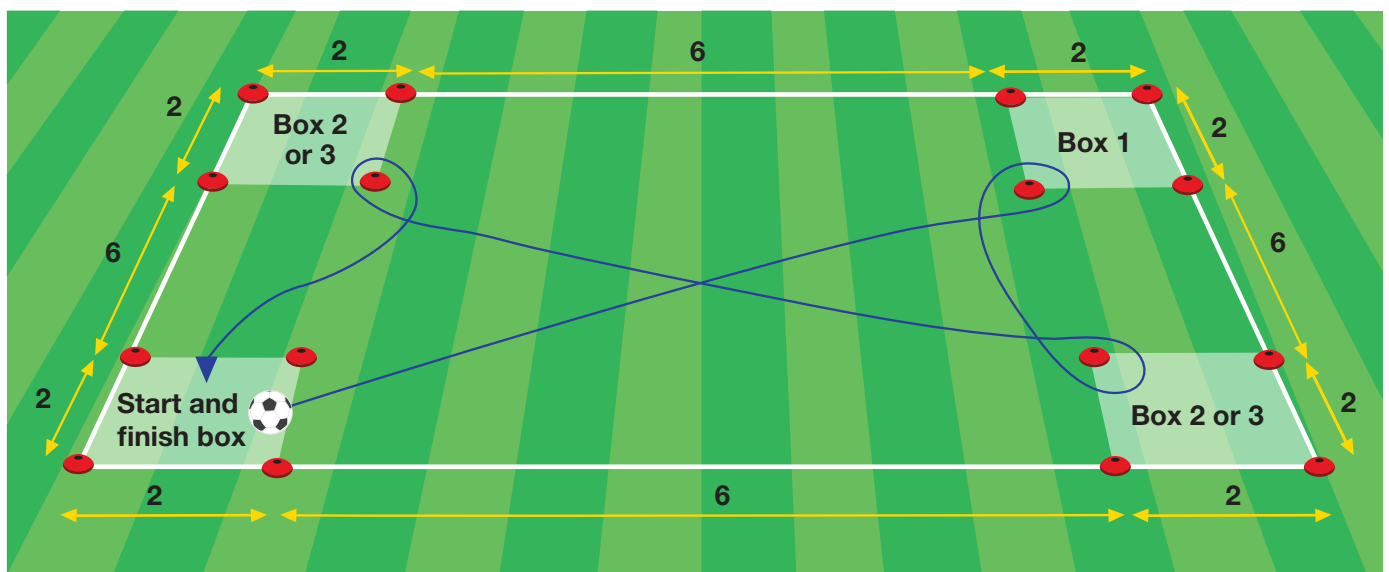


Turning Skills Challenge

Instructions

- Player must first dribble the ball to the box on the diagonal, turn once they are in that box before heading for a second box.
- Once the player gets to that box they need to complete a turn in that box, followed by a turn in the final box.
- Player then needs to return to the finish box and complete the challenge by stopping the ball.
- Player can go in any direction (to the left or right box) after they have completed the first box.



Scoring system

- Coach times the player.
- Time stops when the player stops the ball in the finish box.
- The ball must cross the line of each turning box (1, 2 & 3) before the player can turn and head for the next box. If a player fails to do this then the attempt is void.
- This challenge is purely based on time with no additional bonuses.

Dimensions

- The challenge dimensions are as per the image (all in yards).