Running With The Ball

Grid Area: 30 x 5 yards

10 yards

10 yds
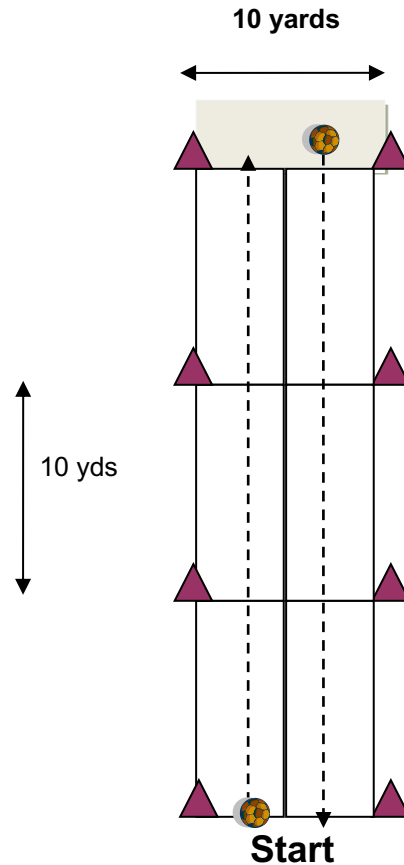
Start

Challenge:	To run the 1st ball as quickly as possible to the top box and then bring the 2nd ball back to the starting line. All this must be done without crossing over the sidelines
Start:	The time starts when the player makes the 1st ball leave the line
Finish:	The time stops when the player and the 2nd ball cross the finish line. The ball must pass through the finish gate no more than 2 feet off the ground.
Scoring:	Time recorded.
Retesting:	Player is allowed to retest if the ball leaves the area