

## DRIBBLE INSIDE HOOK THRU CONES



### TEST INSTRUCTIONS

Set up two at each end that are 4 feet apart and 6 yards away from each other. The player will start next to one of the sets of cones. The player must dribble to the opposite end and make a turn through the cones using the inside of their foot and then dribble back to the cones at the other end and dribble in-between the two cones with the inside of the foot. They will repeat this as many times as they can in 30 seconds.

Right footed players will go anticlockwise for this challenge, left footed players will go clockwise.

### SCORING THE TEST

Every time the player successfully goes around one of the cones at the end and makes a turn without hitting the cone they score 1 point. If the player finishes halfway between the two sets when the time expires add a 1/2 point to their score.

### TEST RULES

If the players hits or knocks down a cone they do not score a point on that turn.

Player may dribble using either foot in-between the cones but they must use the inside of the foot to turn through the cones.