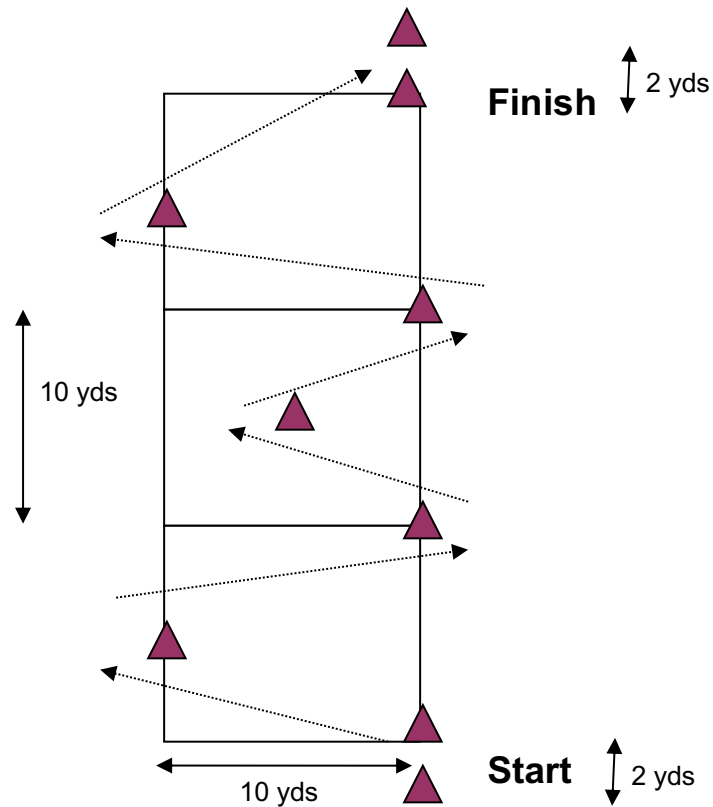


## Dribbling and Control

Grid Area: 30 x 10 yards



**Challenge:** To control and dribble the ball as quickly as possible around the cones from the start to the finish gates.

**Start:** Time starts when the player and ball goes through the starting gates.

**Finish:** Time ends when the player and ball goes through the finish gates.

**Scoring:** Time recorded.

**Retesting:** Player is allowed to retest ONCE. If he/she fails to run around any of the cones or he/she falls, trips, or slips. If no score after retest, then no score is given. If there is no score after the 2<sup>nd</sup> attempt, then no score is recorded