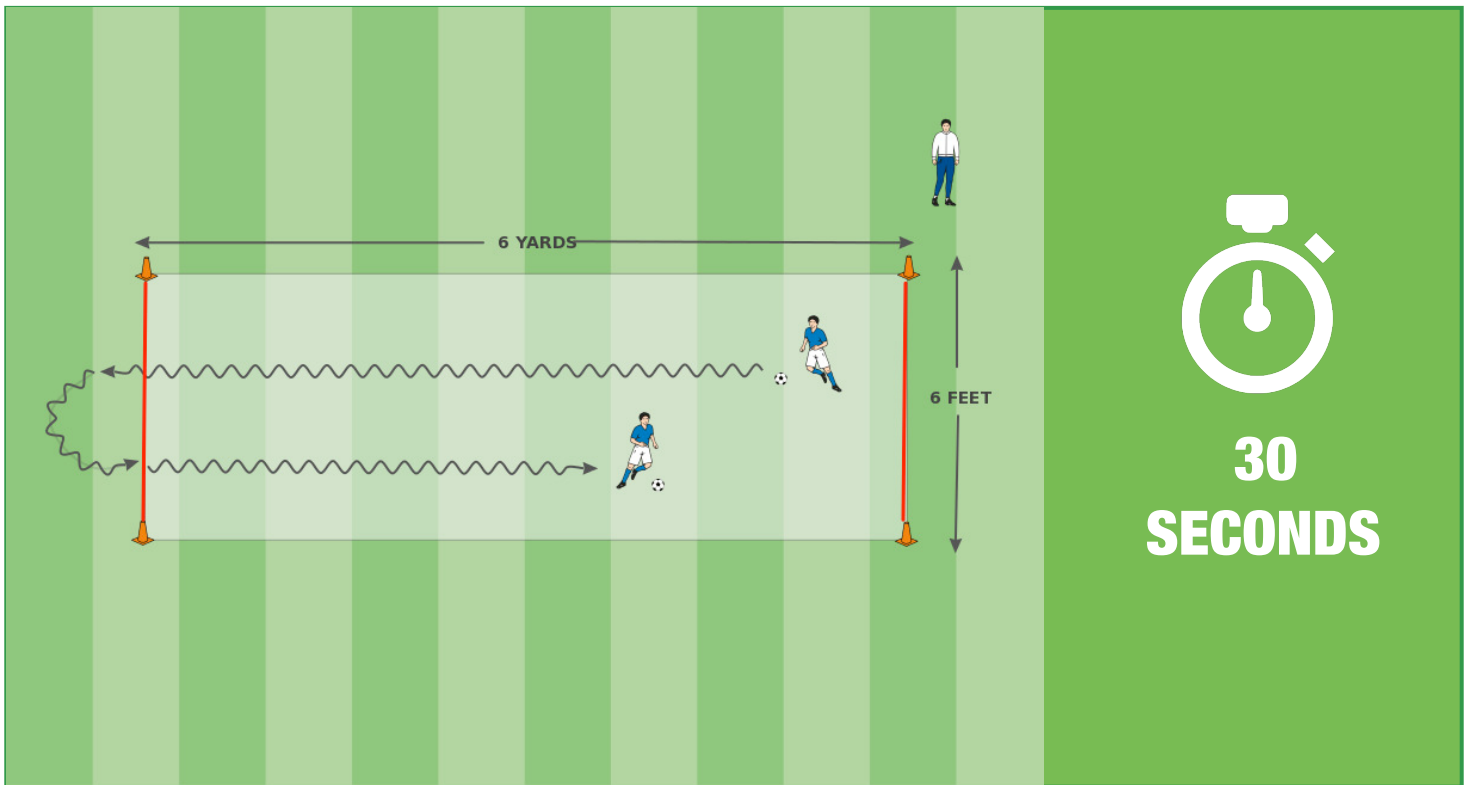


DRIBBLE & TURN



TEST INSTRUCTIONS

The player starts in-between the first two cones which are 6 feet apart. The Player must dribble the ball through the two cones at the opposite end, they must go over the red line and make a turn. They will then dribble straight back through the two cones where they started and make a turn. They will repeat this as many times as they can in 30 seconds..

SCORING THE TEST

Every time the player successfully goes through the set of cones at the end and makes a turn without hitting either of the cones 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.

Players may use any type of turn they wish to change direction and come back.