



SKILL :

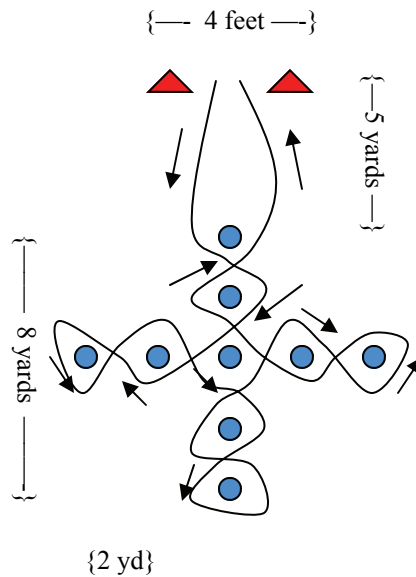
Mixed Dribbling



Set up:

A ball,
2 cones,
9 tall flags (4 ft.+),
A stop watch
A witness

- The red cones are the start / finish line. Red cones are 4 feet apart.
- Distance betw. start line and first blue flag is 5 yds.
- Distance betw. each blue flag is two yards.



Directions:

Player must dribble ball from the start line in a figure 8 formation through the flags. Player must cover each of the 4 'arms' of the cross. His choice which way to go first. The timer stops when player traps the ball dead on finish line.

Other rules:

- Player can use his choice of foot or feet during the course.
- Player cannot 'miss' a gate. However, he can correct any 'mistakes' while on the course and continue thereafter.

Note:

You must have a coach (or another person/adult) witness your record breaking attempt in order for Top Flight to post your times / scores online. Best way to send us a new record is by VIDEOTAPING it. We will post record breaking video online.