



SKILL :

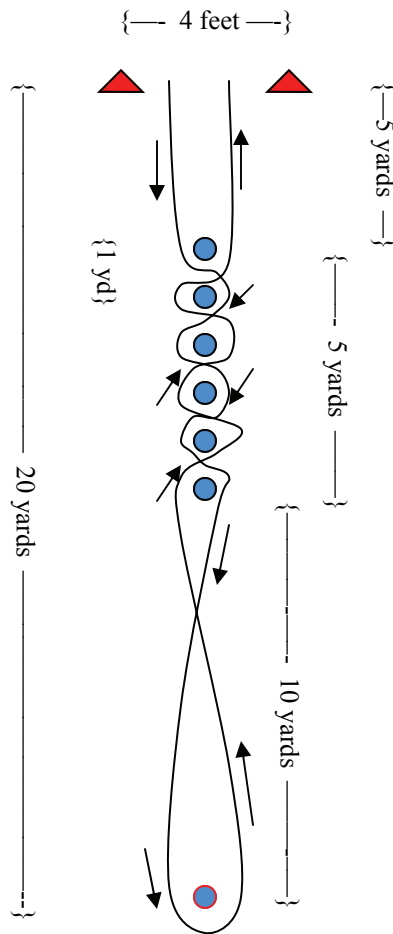
Straight Dribbling



Set up:

A ball,
2 cones,
7 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. the 6 blue flags in middle is one yard.
- Distance betw. 6th blue flag and last blue flag (red circle) is 10 yds.



Directions:

Player must dribble ball from the start line in a figure 8 formation through the 6 blue flags. Then he sprint dribbles the ball around the turn-around flag (red circle) and goes through the 6 blue flags in a figure 8 again. The timer stops when player traps the ball dead on finish line.

Other rules:

- Player must use the right foot only for dribbling on the way up through the course and the left foot only on the way back through the course (or vice versa), changing feet at the turn-around point.
- 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.