

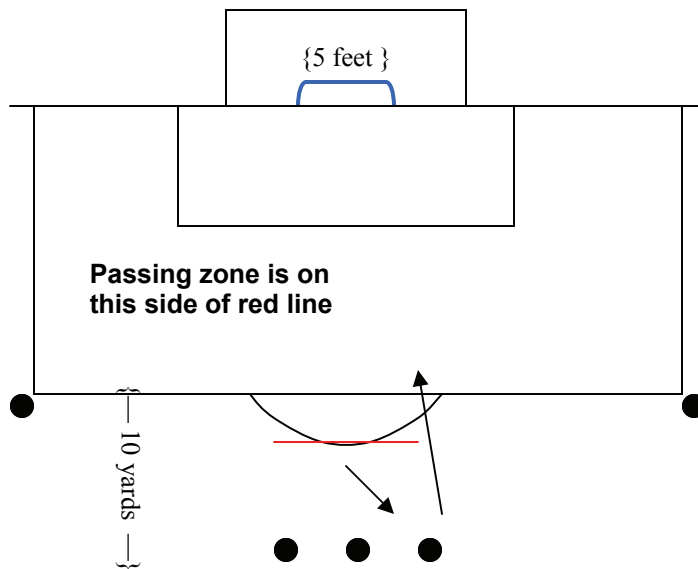


SKILL : Passing



Set up:

- 5 balls,
 - 1 gate (or 2 cones),
 - stop watch
 - witness
-
- 5 balls are placed as in the picture: 2 balls on corner of 18 yard box, and 3 balls 10 yds. outside the box.
 - A small gate of 5 feet wide and 2 feet tall (blue color) is placed in middle of regulation size goal.
 - You can also use two cones instead of the gate.



The penalty box above is a regulation size box, 44 yards wide and 18 yards deep.

Note:

You must have a coach (or another 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.

Directions:

Player must start on top of the 'D' where the red line is. He will race to get one of the balls, turns and dribbles it past the top of the 'D' / red line. From that point on he is allowed to pass it into the 5 foot wide gate. Then he goes to get the 2nd ball, until all 5 balls have been passed into the gate. Time is stopped when the last ball crosses the goal line.

Other rules:

- At what time the player decides to pass each ball is his choice as long as he is past the 'D' / red line. In other words he can dribble all the way to the gate and pass the ball then.
- He must pass 3 of the 5 balls w/ one foot and the other 2 balls with the other foot.
- The two corner balls cannot be passed directly into the gate, but must be touched at least twice.
- Obviously, more passes completed is better than a faster time.