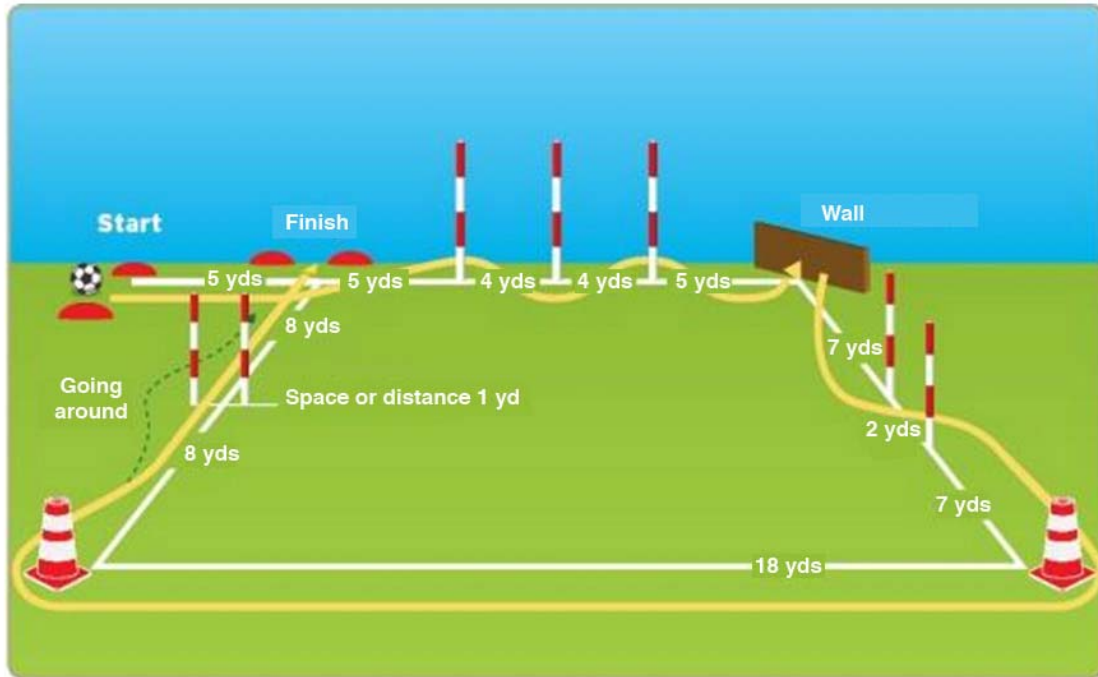


Station 1

Speed Dribble



Objective:

Start at the "Start" and follow the course. The direction is shown. Dribble the ball through the sticks, pass the ball against the wall and after receiving dribble through the gate around the two cones and with the instep, pass the ball through the 1 yard goal, move left or right of the posts and retrieve the ball before crossing the finish line.

Organization:

It's a timed run. Each player has two tries, the best time counts. The time stops when the player with the ball on his/her foot crosses the line.

Scoring:

Under 18 seconds	60 points
18 - 20 seconds	50 points
21 - 23 seconds	40 points
24 - 26 seconds	30 points
27 - 30 seconds	20 points
31 and more seconds	0 points