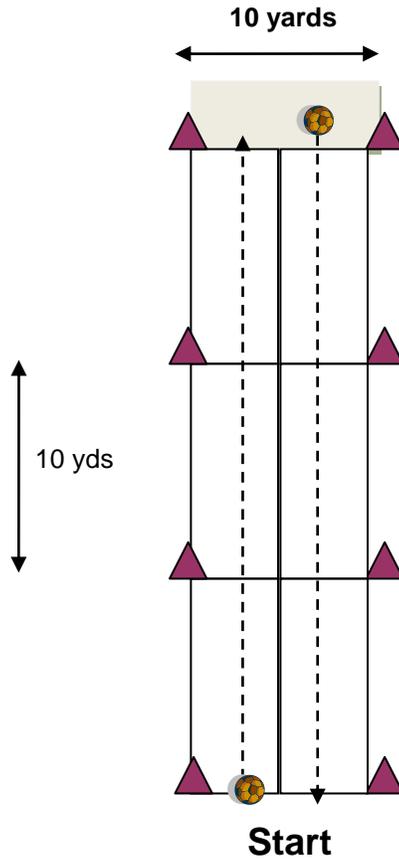


## Running With The Ball

Grid Area: 30 x 5 yards



**Challenge:**

To run the 1<sup>st</sup> ball as quickly as possible to the top box and then bring the 2<sup>nd</sup> ball back to the starting line. All this must be done without crossing over the sidelines

**Start:**

The time starts when the player makes the 1<sup>st</sup> ball leave the line

**Finish:**

The time stops when the player and the 2<sup>nd</sup> ball cross the finish line. The ball must pass through the finish gate no more than 2 feet off the ground.

**Scoring:**

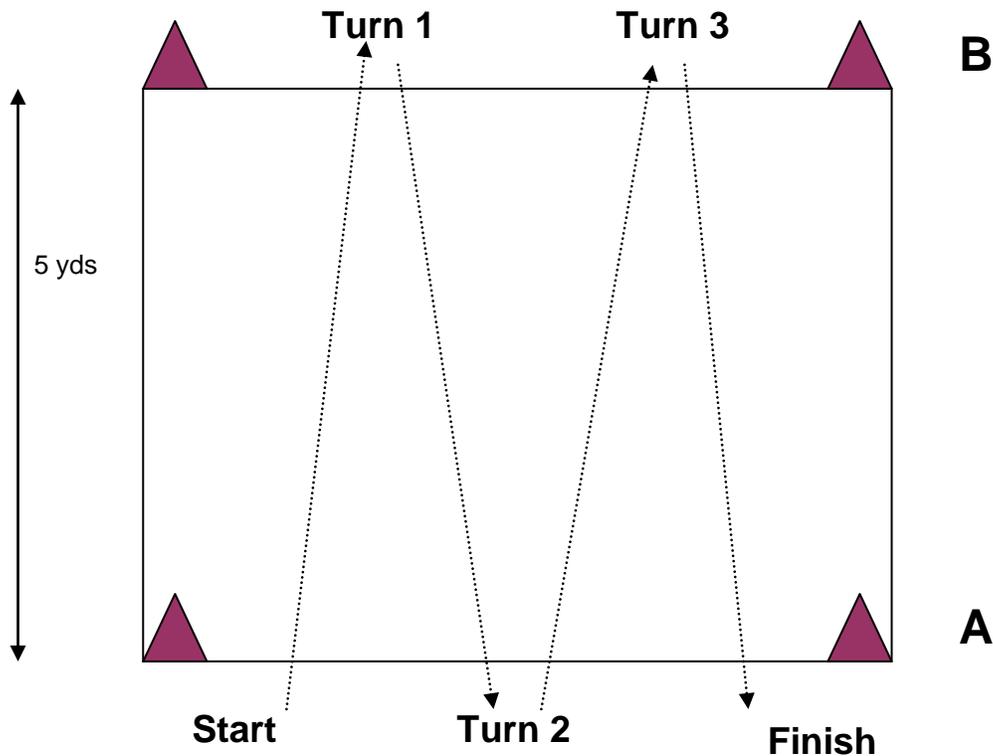
Time recorded.

**Retesting:**

Player is allowed to retest if the ball leaves the area

## Turning and Changing Direction

Grid Area: 5 x 5 yards



**Challenge:** To cross each line and complete three of the same turns with the ball as quickly as possible. The exercise is repeated 3 times with the player using a different turn each time

***The three turns that are used are inside and outside cut and pullback.***

**Start:** Time starts when the player plays the ball over the Line A

**Finish:** Time ends when the player completes three repetitions of one turn, and stops the ball on or past Line (A).

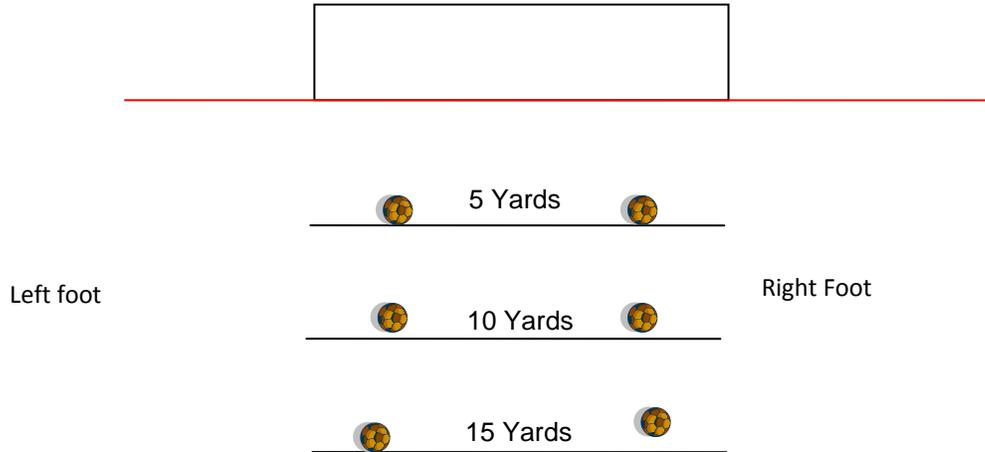
**Scoring:** All three turning times are added together to get a total time.

**Retesting:** Player is allowed to retest if the ground affected the test





## Kicking/Striking



- Challenge:** To gain the highest number of points by striking the ball over the line of a 6.5 x 12 feet wide goal before it touches the ground
- Start:** Player begins at the 5 yard cone and strikes one ball on the right foot and one on the left. Player then moves back to the next line
- Finish:** Player has three attempts with his/her right foot from the right side of the goal and three attempts with his/her left foot from the left side of the goal.
- Player can use any surface of the foot to pass the ball but must use their left foot on the left side and right foot on the right side. Using the toe is allowed but it will be noted by the evaluator that this incorrect surface was used.
- Scoring:** Player receives 1 point for ever ball that crosses the line without bouncing. Maximum of 6 points can be awarded
- Retesting** If a player slips and falls due to the surface or if they use an incorrect foot