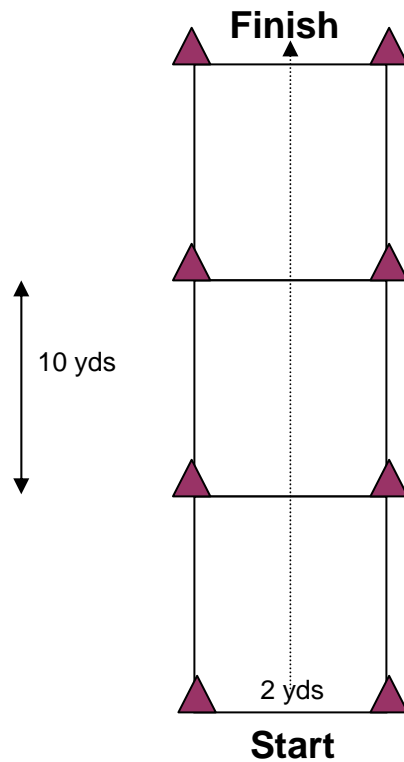


Running With The Ball

Grid Area: 30 x 2 yards

Cones: 8



Challenge: To run the ball as quickly as possible from the starting line until the ball crosses the finish line.

Start: The time starts when the player plays the ball out from his/her feet and crosses the start line.

Finish: The time stops when the ball and the player cross the finish line. The ball must pass through the finish gate no more than 2 feet off the ground.

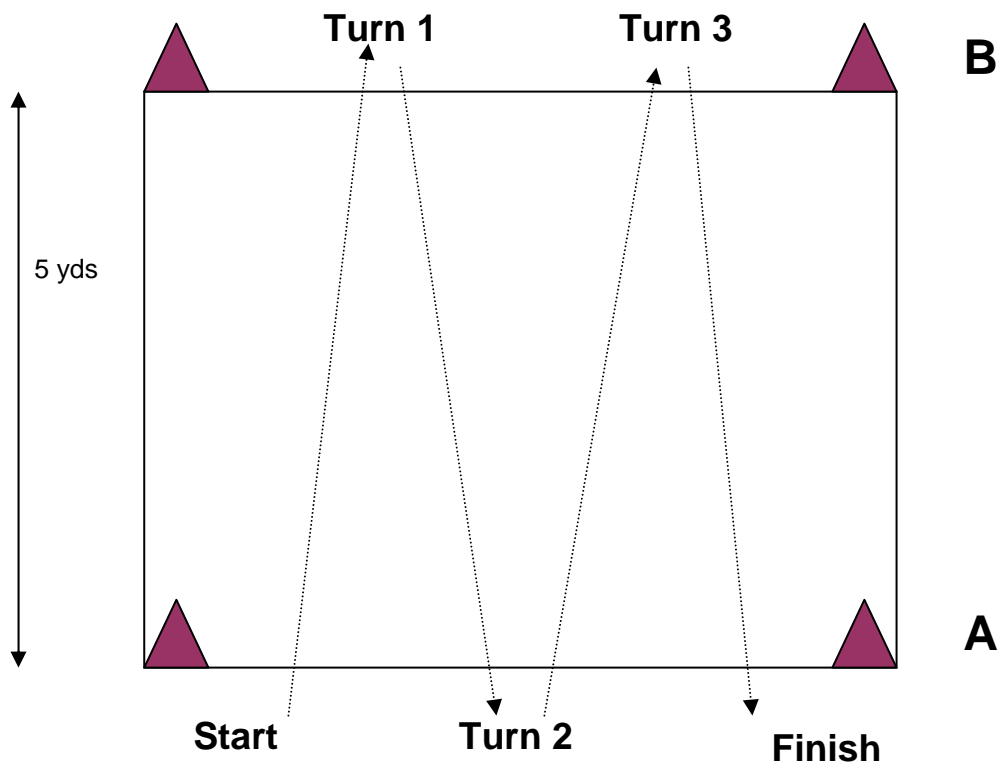
Scoring: Time recorded.

Retesting: Player is allowed to retest if the ball leaves the area

Turning and Changing Direction

Grid Area: 5 x 5 yards

Cones: 4 placed in each corner



Challenge:

To complete three repetitions of three turns with the ball as quickly as possible using three different turns to change direction. Turns should be the same per attempt.

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 with 1 foot on or past Line (A). This exercise needs to be repeated 3 times, selecting a different turning technique each occasion

Scoring:

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

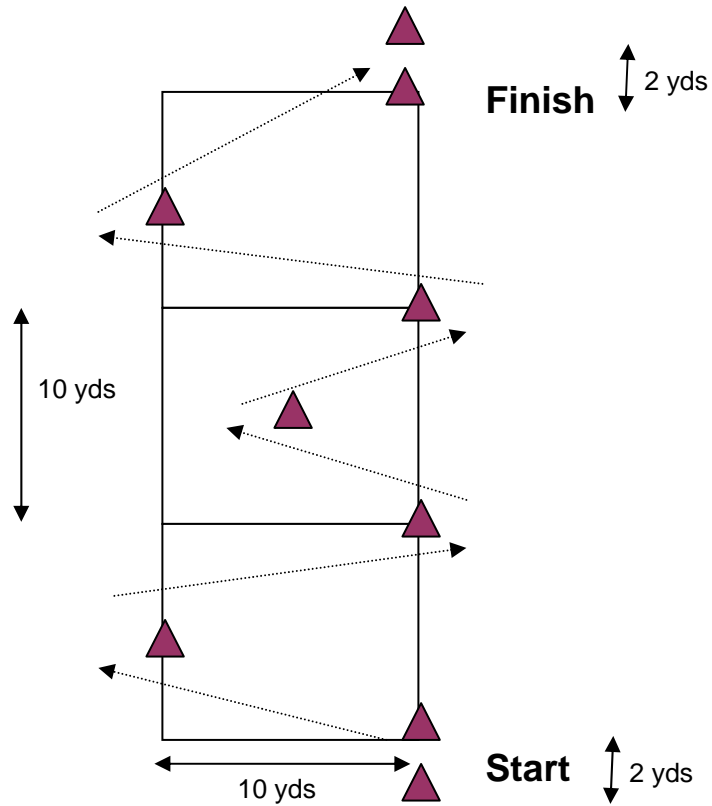
Retesting:

Player is allowed to retest if the ground affected the test

Dribbling and Control

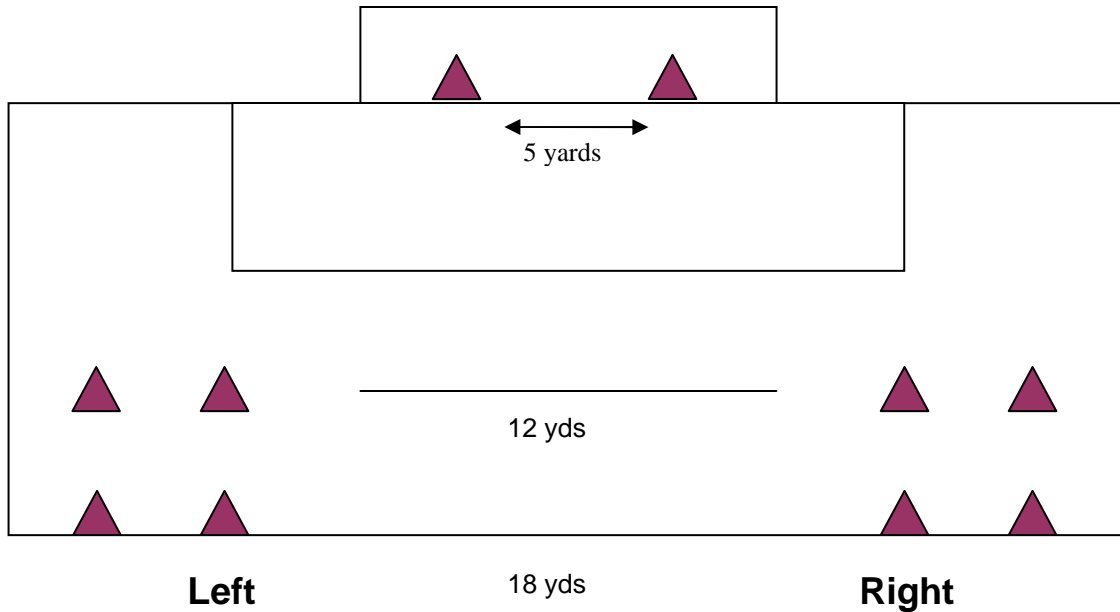
Grid Area: 30 x 10 yards

Cones: 9 w/2 gates, 2 yards apart



- Challenge:** To control and dribble the ball as quickly as possible around the cones from the start to the finish gates.
- Start:** Time starts when the player dribbles the ball between the cones across the starting line.
- Finish:** Time ends when the player and the ball crosses the finish line
- Scoring:** Time recorded.
- Retesting:** Player is allowed to retest ONCE (for a maximum of two attempts) if he/she fails to dribble around any of the cones, does not stop the ball after finish, or he/she falls, trips, or slips. If no score after retest, then no score is given.

Passing



- Challenge:** To gain the highest number of points by passing the ball into the back of the goal/net furthest away from the player shooting (far post).
- Start:** Player begins from 18-yard line and touches ball forward. He/she must pass the ball before the ball crosses the discs marked at the 12-yard 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. Using the toe is allowed but strongly discouraged as it reduces the chances of accuracy.
- Scoring:** Player receives 3 points if the ball crosses into the goal between the far post and the middle cone. Player receives 2 points if the ball crosses into the goal in between the two cones. Player receives 1 point if the ball crosses into the goal between the near post and the near cone. **NOTE:** If the ball hits the post, and comes back into play the player receives 1 point. Player receives zero points if the ball crosses over the cross bar or goes wide of the near and far posts.