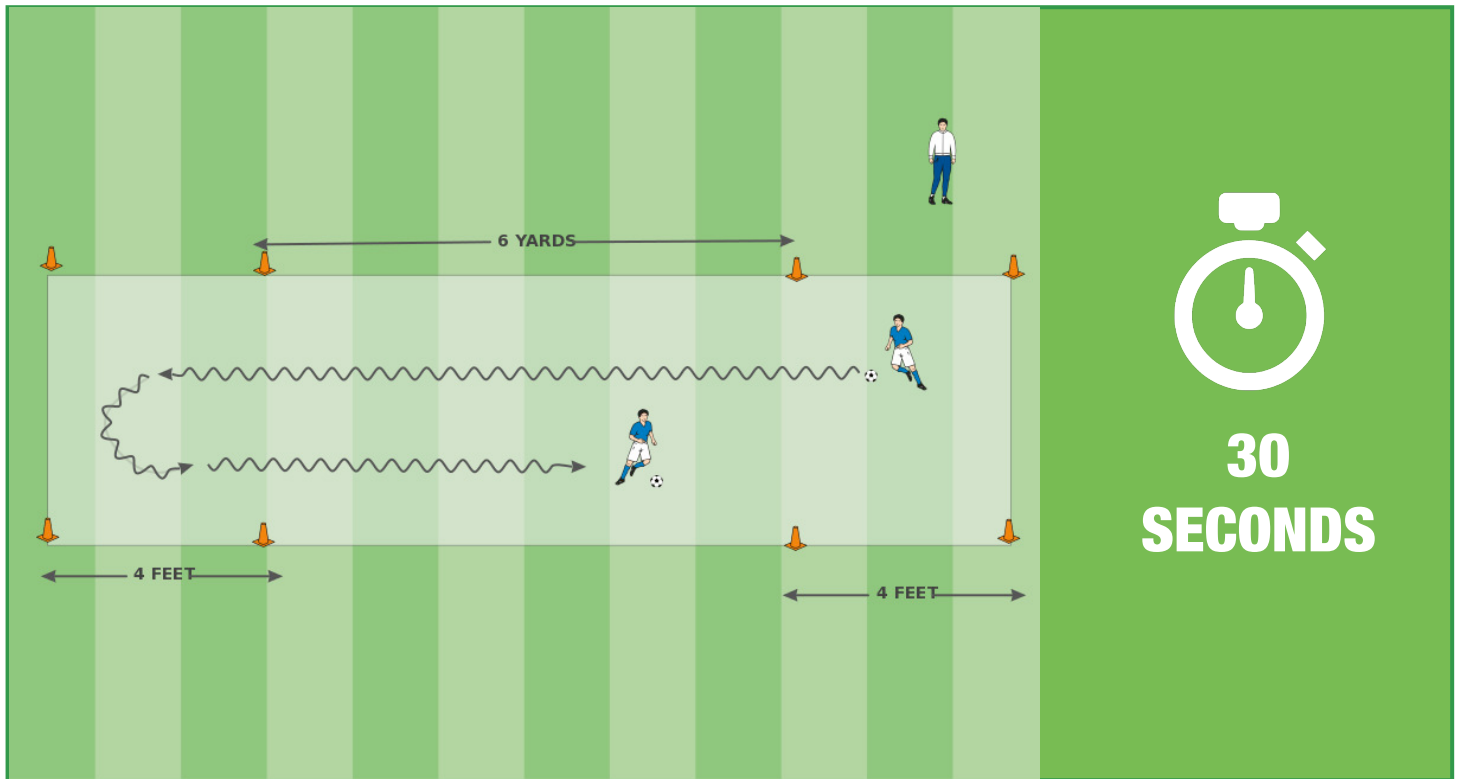


DRIBBLE & STEP ON TURN IN THE BOX



TEST INSTRUCTIONS

Set up 2 x 4 foot squares which are 6 yards apart. The player starts in one of the four foot squares the player must dribble into the four foot square at the opposite end, they must execute a Step On Turn inside the box. They will then dribble straight back to the square at the opposite end and make a Step On Turn inside that box. They will repeat this as many times as they can in 30 seconds.

SCORING THE TEST

Every time the player successfully executes a Step On Turn inside one of the four foot squares at either end without hitting any of the cones they score 1 point. If the player finishes halfway between the two sets when the time expires add a 1/2 point to their score.

TEST RULES

If the players hits or knocks down a cone they do not score a point on that turn.
 If the players ball goes through and past the square on any attempt they do not score a point on that turn, the turn must be completed in the box .Player may dribble using either foot.
 Players must execute a Step On Turn to score a point if they use any other turn or method of stopping and turning they do not score a point on that attempt.