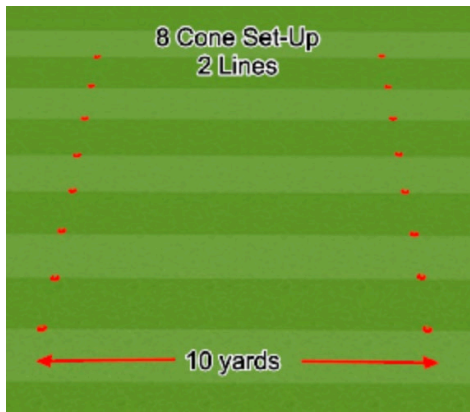




## Livermore Fusion SC TopYa Challenge: Week of April 6

Complete and upload your FIVE dribbling skills and submit to TopYa! For Your Scores

### Dribbling Stage 3 – Explosive Change of Pace



SKILL 1  
Biomechanics of  
Explosiveness - Inside of  
foot only

STATUS  
Not Started

★  
8 Points



#### DESCRIPTION

Using only the inside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode as shown in video instructions over to the next side at a diagonal angle and dribble the same way through the second side.



SKILL 2  
Biomechanics of  
Explosiveness - Outside  
only two touches

STATUS  
Not Started

★  
7 Points



#### DESCRIPTION

Using two touches of the outside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode as shown in video instructions over to the next side at a diagonal angle and dribble the same way through the second side.



SKILL 3  
Biomechanics of  
Explosiveness - Inside  
touch roll

STATUS  
Not Started

★  
8 Points



#### DESCRIPTION

Using an inside touch roll, dribble the ball through all 8 cones in the first line without touching any of them. Then explode as shown in video instructions over to the next side at a diagonal angle and dribble the same way through the second side.



SKILL 4  
Biomechanics of  
Explosiveness - Inside  
outside

STATUS  
Not Started

★  
8 Points



#### DESCRIPTION

Using two touches - one inside and one outside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode as shown in video instructions over to the next side at a diagonal angle and dribble the same way through the second side.



SKILL 5  
Biomechanics of  
Explosiveness - One foot  
only

STATUS  
Not Started

★  
8 Points



#### DESCRIPTION

Using only one foot - right or left, dribble the ball through all 8 cones in the first line without touching any of them. Then explode as shown in video instructions over to the next side at a diagonal angle and dribble the same way through the second side.