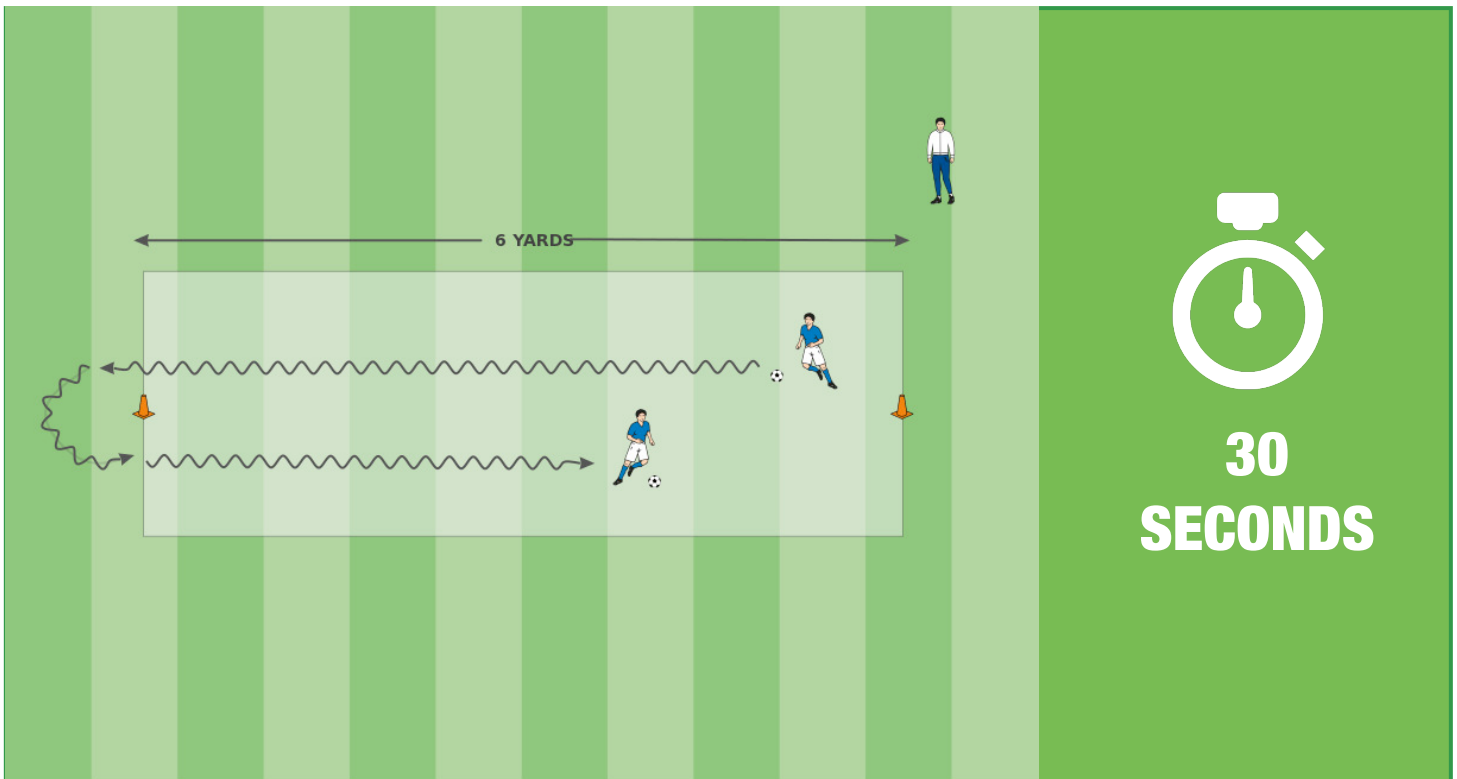


DRIBBLE INSIDE HOOK



TEST INSTRUCTIONS

Set up two cones that are 6 yards apart. The player will start next to one of the cones. The player must dribble past the cone at the opposite end, they will make a turn around the cone using the inside of their foot and then dribble back to the cone at the other end, dribble past the cone and make a turn with the inside of the foot. They will repeat this as many times as they can in 30 seconds.

Right footed players will go anticlockwise for this challenge, left footed players will go clockwise.

SCORING THE TEST

Every time the player successfully goes around one of the cones at the end and makes a turn without hitting the cone 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.

Player may dribble using either foot in-between the cones but they must use the inside of the foot to navigate around the cone.