

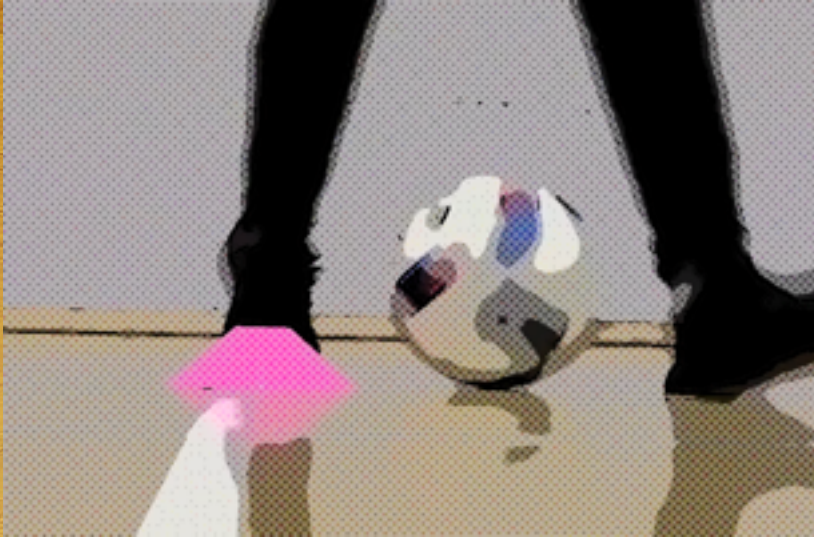


PE SKILL SCHOOL

CHALLENGE #15

FOOTBALL DRIBBLING CHALLENGE!

HOW MANY CONES CAN YOU GET ROUND 30 SECONDS?



RULES!

- 1) Place 3 cones or markers 5m apart, in a straight line.
- 2) Start at one end.
- 3) Dribble the ball in a 'Figure 8' direction.
- 4) Complete as many as you can in 30 seconds.

TIPS!

- Use all the parts of your foot.
- Keep the ball close to you at all times.
- Keep your weight central.



WHAT'S YOUR STANDARD?



12 15 18