



User Information

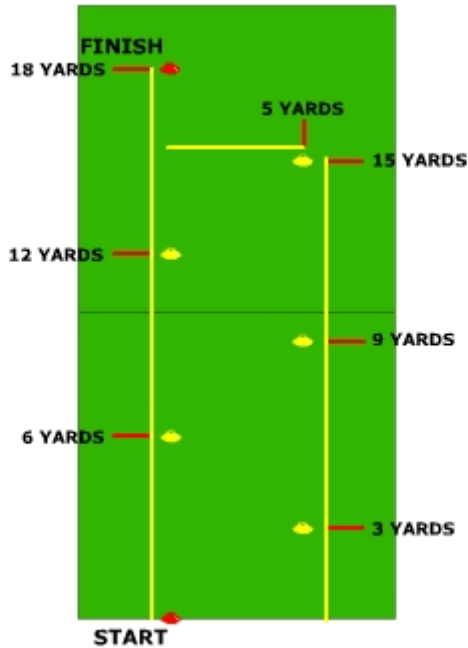
member name:
 member type:
 member level:

Date:

club name:
 position played:
 country:

Dribbling Slalom







Measurement/Organization



Number Of Players

 1 Player(s)
  1 STR(s)
  0 Server(s)

Equipment

 x 7
  x 0
  x 1
 x 1
  x 1
  x 0

Objective

To dribble around the yellow cones without touching them in quickest time.

Rules

1. The start position is the left side of the red cone on the base line.
2. The player cannot start until the Skill Tester Referee (STR) calls go!
3. The player must dribble towards the right side of the yellow cone.
4. The player must dribble around the yellow cones as quickly as possible.
5. A 5 second penalty is added to the final time if a cone is missed out.
6. A 5 second penalty is added to the final time if the ball hits a cone.
7. The player must finish to the left side of the red cone.
8. The STR stops the clock when the player stops the ball with the sole of the foot level or past the red cone.
9. Record time.

Tips

1. Be on your toes ready for a quick start when the STR calls go!
2. Keep the ball close to your body.
3. Use the inside and outside of your feet for close control to and around the cones.
4. Keep your head up to be aware of the cones and the ball.
5. When dribbling towards the left side of the red finish cone, keep the ball close to you before stopping it.

RECORD TIME

TIME BEFORE PENALTIES + PENALTY SECONDS = FINAL TIME
 + =