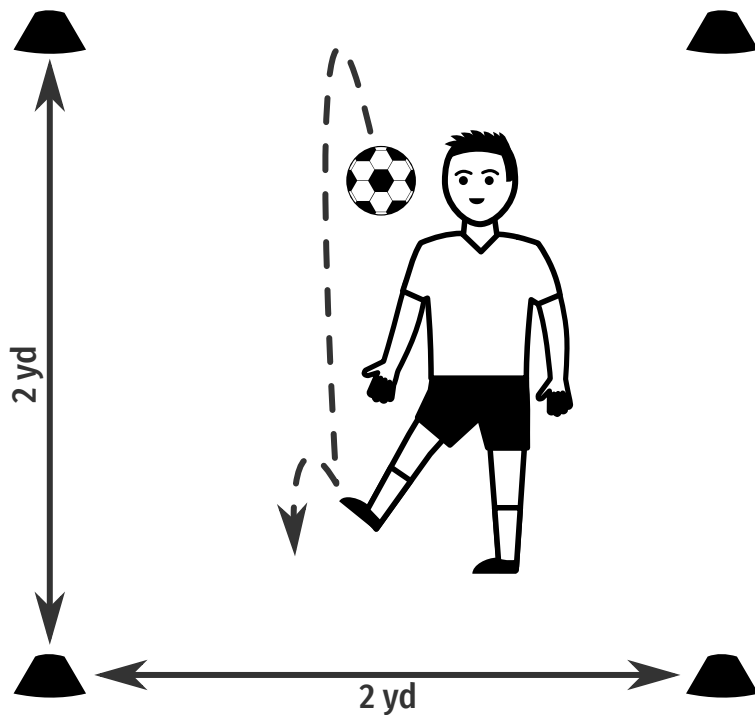


Control Foot

4 Cones, 1 Ball

OBJECTIVE: Control ball with foot in box as many times as possible in 30 seconds.



Rules

1. Toss ball above head.
2. Touch ball once on either foot before it hits ground.
3. Trap ball on ground with bottom of either foot.
4. Pick up ball & repeat, touching ball on alternating foot.

Exceptions

1. U6: Toss ball above waist.