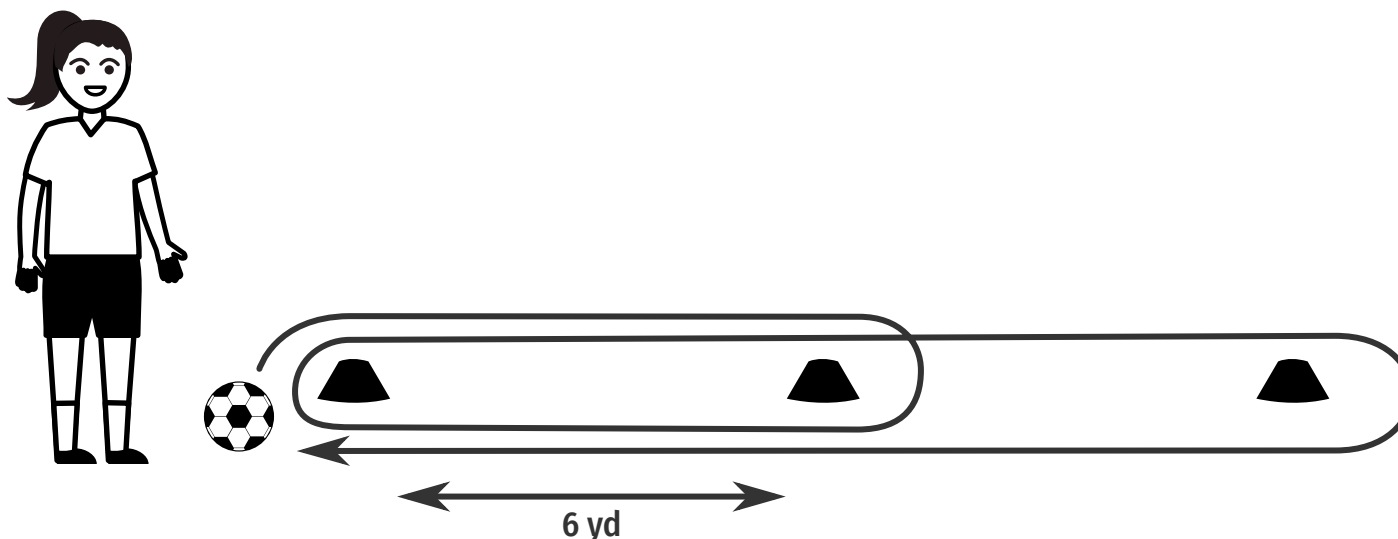


Dribble 3 Cone

3 Cones, 1 Ball

OBJECTIVE: Dribble around as many cones as possible in 30 seconds.



Rules

1. You may dribble with either or both feet. Start with ball behind 1st cone.
2. Dribble around 2nd cone, then back around 1st cone, then around 3rd cone, then back around 1st cone. Repeat.
3. If you touch or miss a cone, keep going. That cone just won't count.

SportTech IQ™