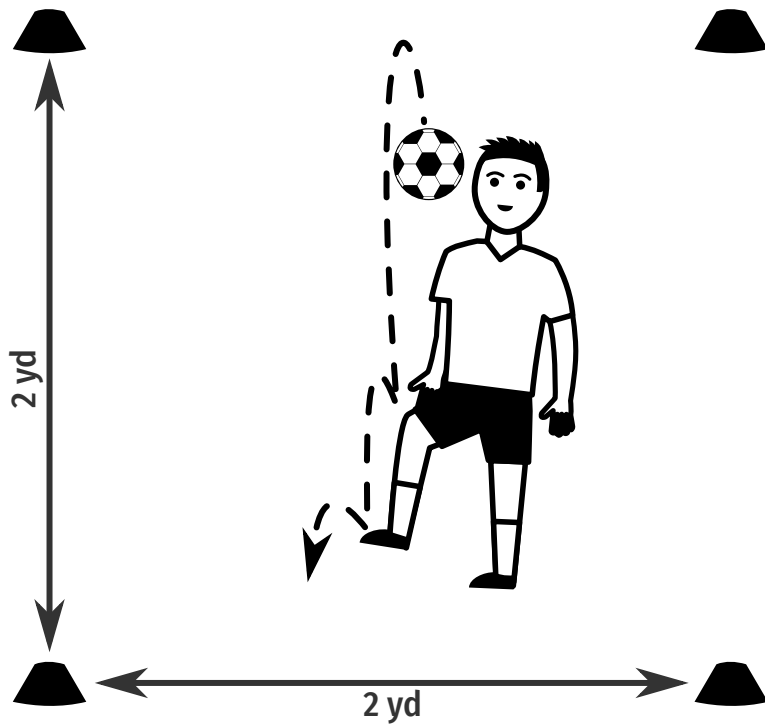


# Control Thigh

4 Cones, 1 Ball

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



## Rules

1. Toss ball above head.
2. Touch ball once on either thigh.
3. Then touch ball once on the top of either foot.
4. Trap ball on ground with bottom of either foot.
5. Pick up ball & repeat, touching ball on alternating thigh.

## Exceptions

1. U6: Toss ball above waist.