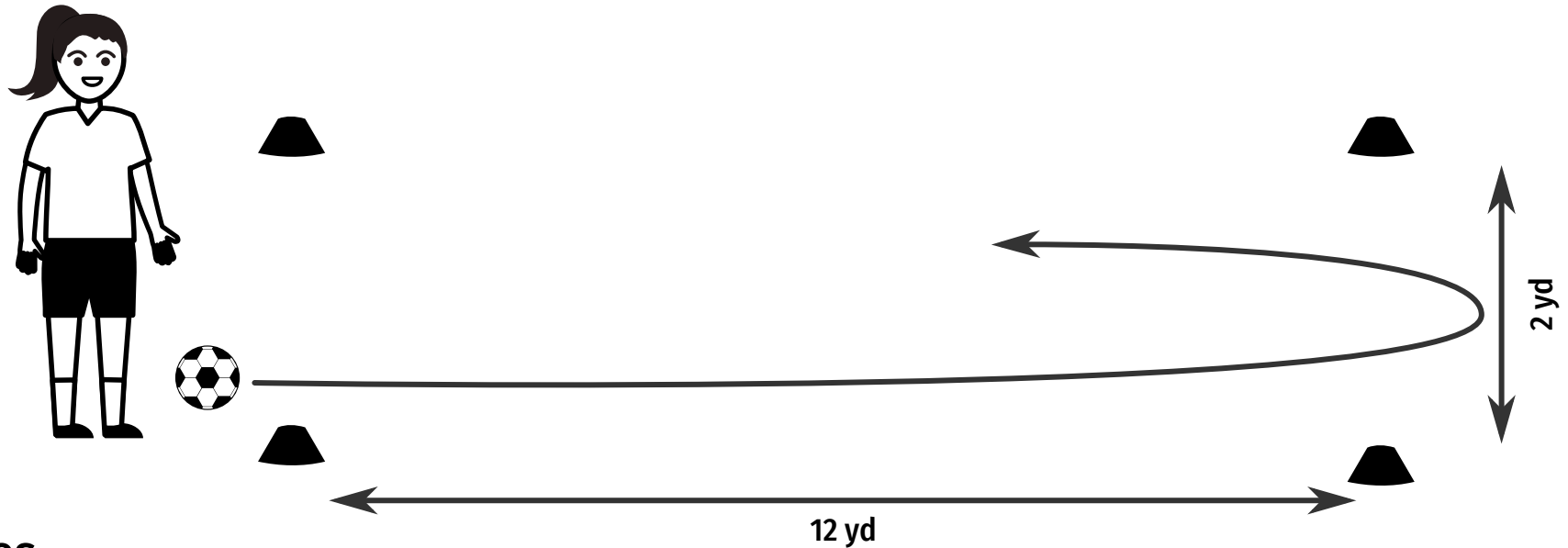


# Dribble Speed

4 Cones, 1 Ball

**OBJECTIVE:** Dribble past each pair of cones as many times as possible in 30 seconds.



## Rules

1. You may dribble with either or both feet. Start with ball behind 1st cone.
2. Once ball goes completely past other pair of cones, reverse direction
3. If you touch or miss a cone, keep going. That pair of cones just won't count.