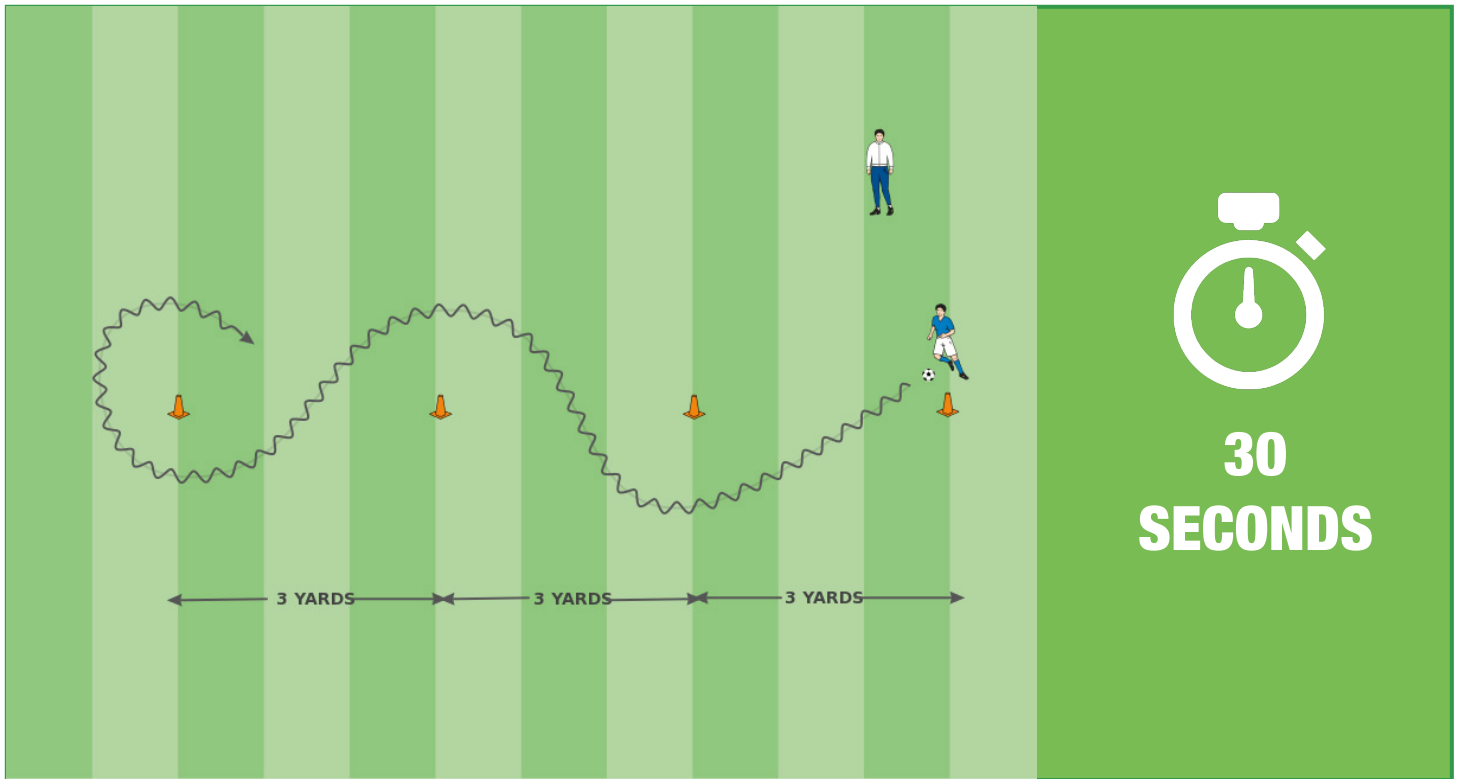


WEAVE THRU THE CONES



TEST INSTRUCTIONS

Set up four cones the distance between the cones 3 yards. The player will start next to one of the cones at one end. The player must dribble in and out of the cones to the far end they will then make a turn around the far cone and dribble back through the cones weaving in and out. They will repeat this as many times as they can in 30 seconds.

SCORING THE TEST

Every time the player successfully goes through the cones without hitting any of them and executes a turn at the far end they will score 1 point. If the player finishes halfway between the two sets when the time expires add a 1/2 point to their score.

TEST RULES

If the player hits or knocks down a cone they do not score a point on that turn. Player may dribble using either foot in-between the cones and they may execute any turn to go around the last cone.