



FRANK'S SKILLS CHALLENGE

DRIBBLING & TURNING

ORGANISATION

Take the Challenge:

Set up the cones - study the diagram!
 Always start with the ball at the centre cone.
 Start the stopwatch - you've got 60secs!
 Dribble the ball into a square, turn with the ball inside the cones and dribble back to the middle.
 Now visit each of the other squares in order, either moving clockwise or anti-clockwise.
 The time stops when the ball gets back to the middle cone, after turns have been made in all four squares.

Points to remember:

Turns must be made inside the square, try not to touch the cones.
 Turns can be made with the ball on the move or when stationary and with either foot.
 You lose 15 points every time the ball hits a cone, except the middle starting cone.
 Complete to challenge in under 60 seconds for more points.

SCORING

You total score is made up of the time remaining + 100 points, minus 15 points for every cone the ball touches.

Scoring Part 1: Start with 60 seconds on the clock. Your score is the time left after you've visited all 4 squares and returned to the centre cone.
 Example: You take 55 seconds, your score for Part 1 is 5.

Scoring Part 2: You start with 100 points and for every cone you hit with the ball whilst turning you lose 15 points.

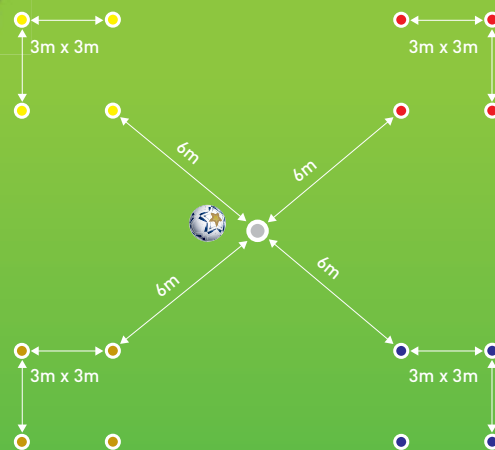
Example: The ball hits 2 cones, $2 \times 15 = 30$.
 Your score for Part 2 is: $100 - 30 = 70$.

Total Score = Part 1 + Part 2

Example: $70 + 5 =$ Total score of 75.



BRONZE



Start with 100 points.
 Every time the ball hits a cone you lose 15 points.

Frank's Tips: 1 Metre = 1 big step. Use bags, jumpers etc. for cones. Practice with both feet to improve technique. If needed, remove the time limit or reduce the distance to the squares to help young disabled players. Remember the more you practice the better you'll get!

WRITE YOUR TOTAL SCORE BELOW:

Go back to the website at www.TheFA.com/Skills and enter your score. You may be awarded a Skills Certificate.

Why practice?

Improves your ability to dribble with the ball and turn in small spaces.



TheFA.com/Skills