



How fast can you dribble a soccer ball 15 meters?

Equipment Needed:

- Soccer ball
- Cones
- Stopwatch
- Score Card or something to track your score
- Measuring tape

Rules:

- Measure out 15 meters (49 feet)
- Place cones or object at the starting line and at the finish line
- Complete 10 turns
- Record your time each turn
- Record your fastest time

Modifications:

- Smaller/larger soccer ball
- If you do not have a soccer ball, you can use another round object to dribble
- If you do not have cones, use any other stationary object to mark start/finish line
- If you do not have measuring tape, take 20 big steps

