



# Skill challenge, dribbling & turning

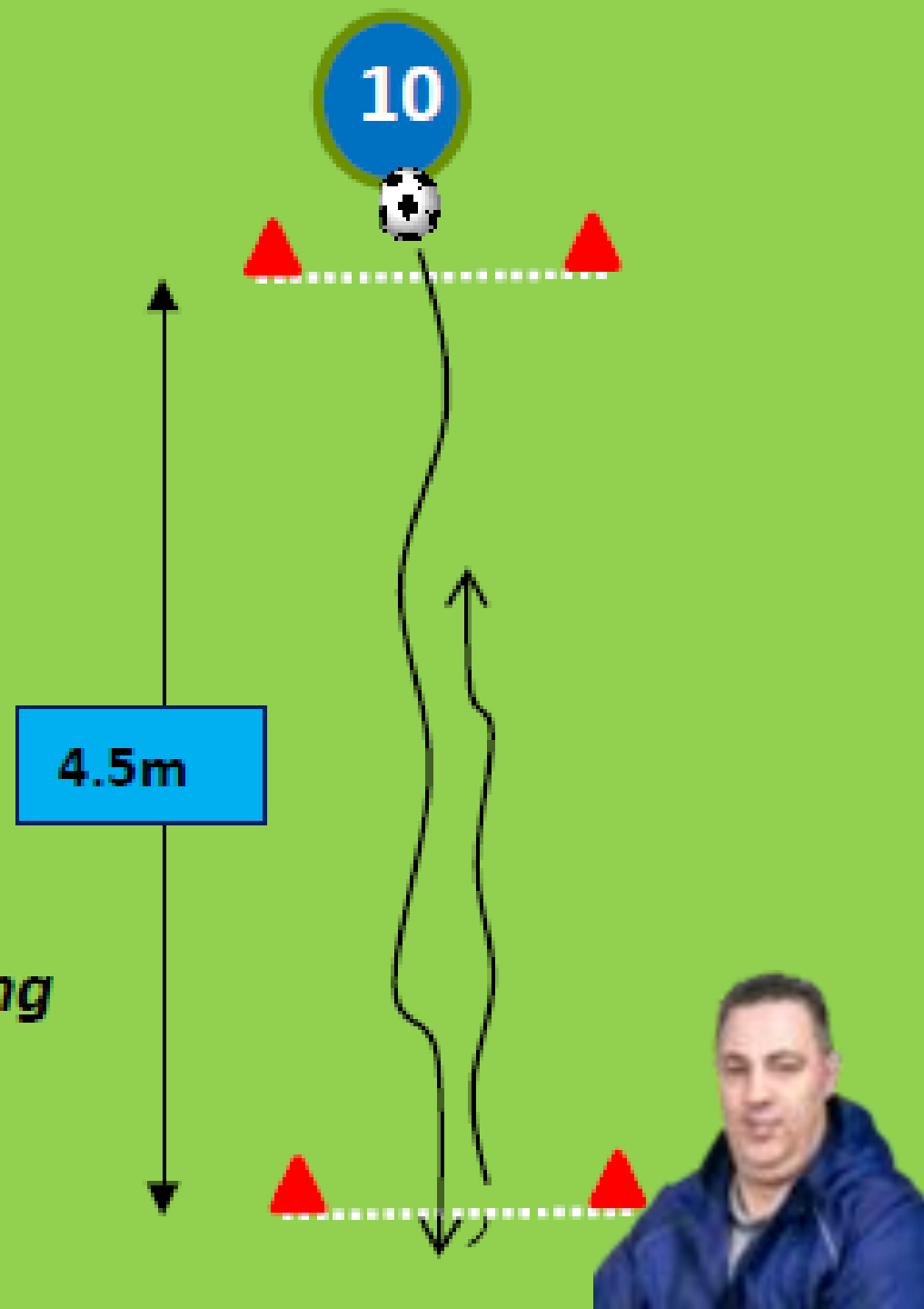
Player dribbles/drives from behind start line, over finish line. Player turns and dribbles back same way.

Repeat

**35 seconds**, every time the player dribbles over line is 1 point.

Distance from start to finish line is 4.5 meters (1 meter is 1 big step)

*Testing the speed and endurance while dribbling*





# Skill challenge, dribbling & weaving

Player dribbles from behind start line, around all cones (weaving), over finish line. Player turns and dribbles back same way.

Repeat

**35 seconds**, every time the player dribbles around cones and over line is 2 points.

For every cone touched, one point gets deducted

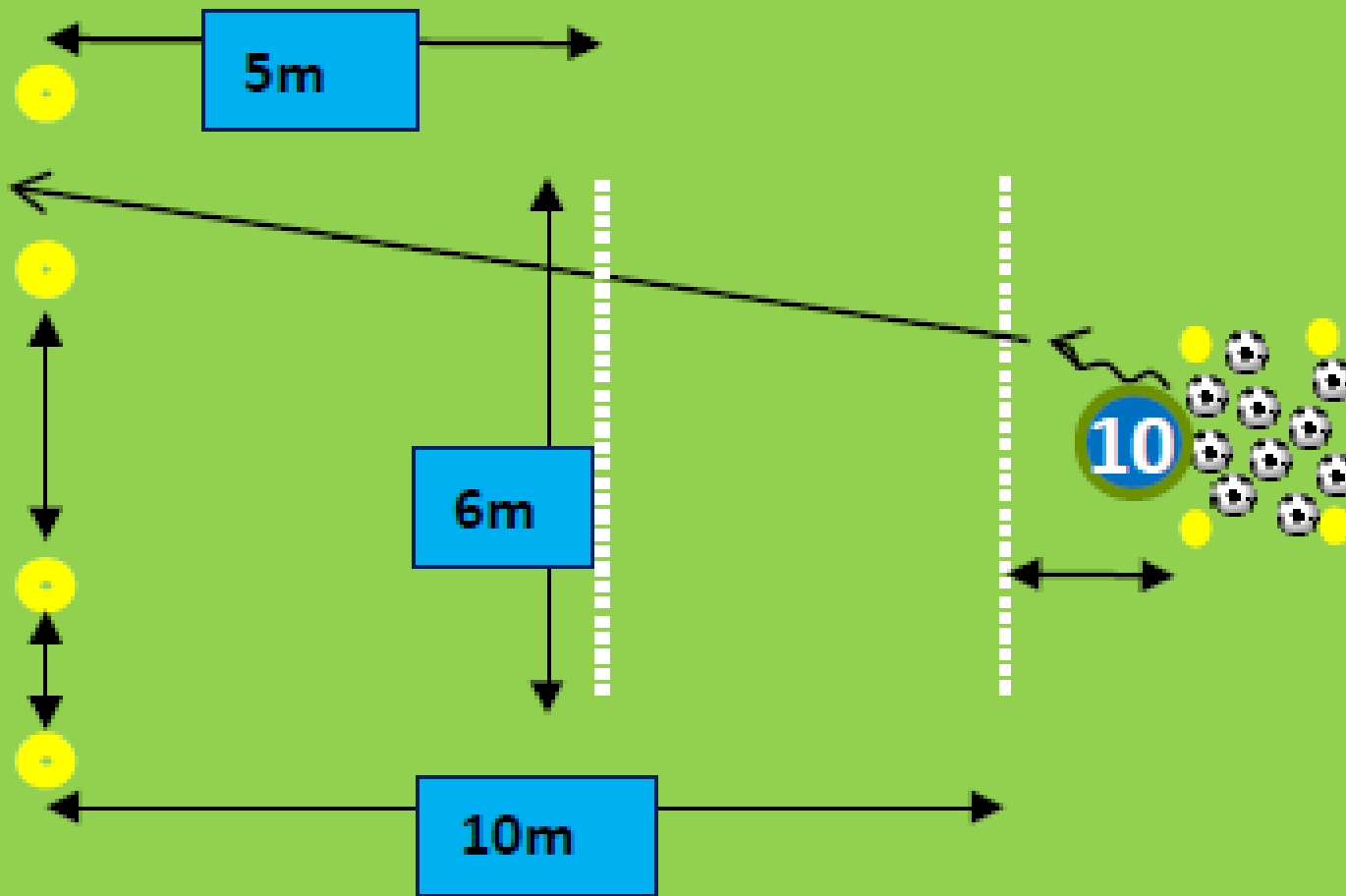
*Distance from the start line to first cone and last cone to finish line is 2 meters; distance between cones is 2 meters.*

*Testing speed and agility with the ball*





# Skill challenge, accurate passing off the dribble



Player starts by the balls, gets the first ball, turns, dribbles and passes off the dribble through the gate. Then, runs to get next ball, this time pass has to be with left foot through left gate. Repeat.

**Note:**

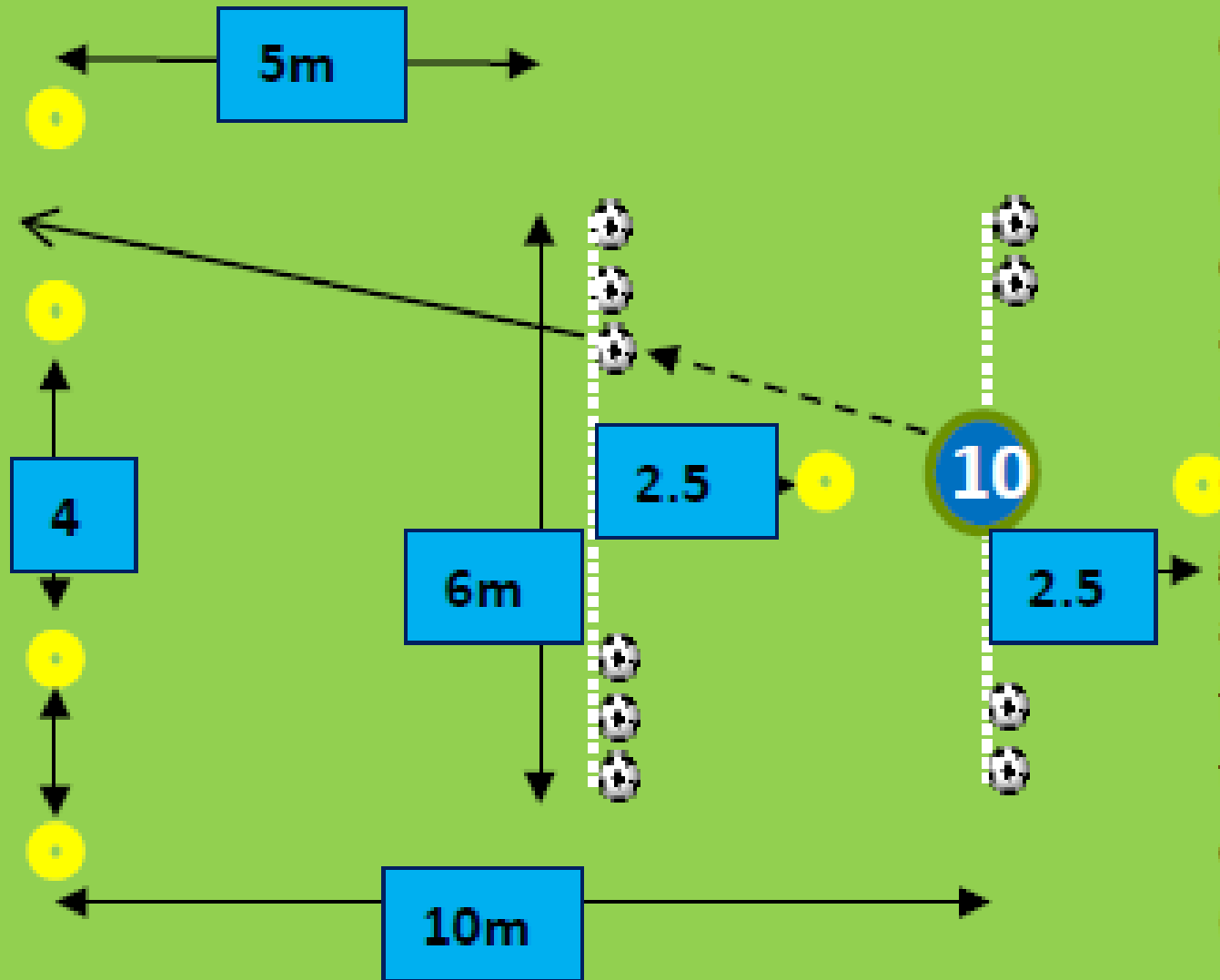
*Players have the choice on each attempt if they want to pass before the 10m line (worth 2 points) or the 5m line (worth 1 point)*

**Total points in 35 seconds**





# Skill challenge, accurate passing with both feet



Player starts behind yellow cone, runs up to first ball on right (on 5m line) and passes (with right foot) through gate on right; then, runs back around cone and runs up to 1<sup>st</sup> ball on left and passes (with left foot) through the gate on left. Repeat with 2<sup>nd</sup> and 3<sup>rd</sup> ball; then run around furthest cone and start with the 1<sup>st</sup> ball at the 10m line etc.. Every successful pass (through gate w/o touching one of the cones) from 5m is 1 point, from 10m is 2 points.

*How many points in 35 seconds*





# Timing Gate:

3 times sprints each player  
10 meters





## Test Protocol (5-0-5 Test)

Setup Place 3 cones in a straight line:

Start Line (0 m)

Turning Line (5 m)

Finish Line (15 m)

The athlete begins 15 m away from the turning line.

### Execution:

The athlete sprints from the start line (0 m) to the turning line (15 m) at maximum speed.

On reaching the turning line (15 m), the athlete must plant their foot on or behind the line, execute a sharp 180° turn, and sprint back 5 m (hence the name 5-0-5).

Time is recorded from the 10 m mark to the 15 m mark (last 5 m before the turn) until the athlete crosses the 10 m mark on the return .

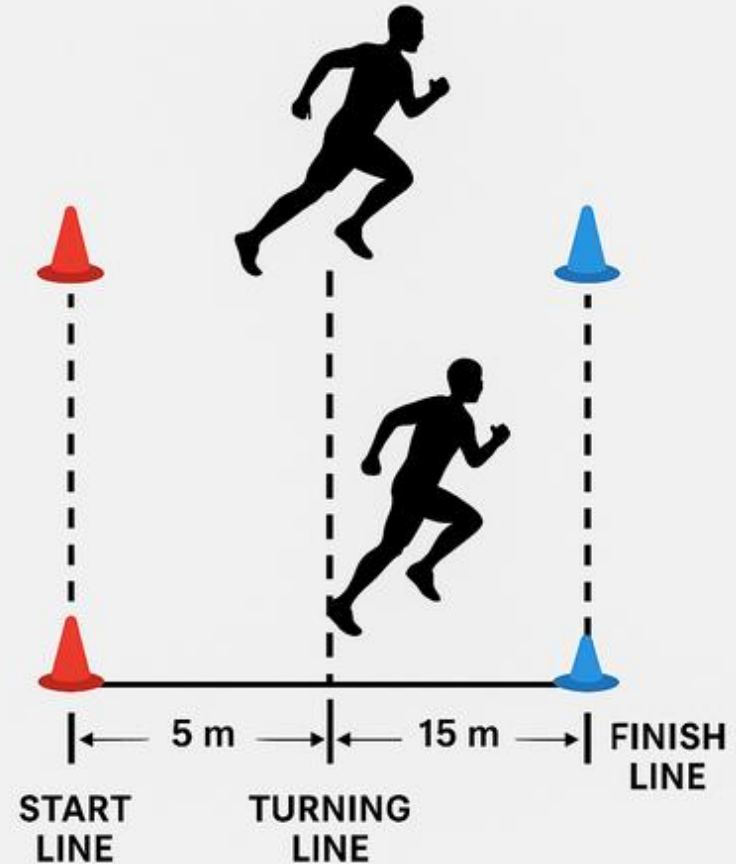
This isolates **change of direction ability**, not just linear speed.

### Trials Perform :

2–3 trials turning off the left foot and 2–3 trials turning off the right foot.

## 5-0-5 AGILITY TEST

CHANGE OF DIRECTION SPEED - CODS



<https://www.youtube.com/watch?v=eXGVzeVhYLM>





## Illinois Agility Test:

Test Setup:

Area dimensions : Rectangle: 10 meters long x 5 meters wide.

Four cones mark the rectangle's corners.

Four cones are placed down the center line, spaced 3.3 meters apart.

Procedure:

The athlete starts face down (prone position) at the start line, with hands by their shoulders .

On the command “Go”, the athlete:

Sprints 10 m to the far cone .

Returns (sprints back) 10 m to the starting cone.

Weaves in and out of the 4 central cones (slalom).

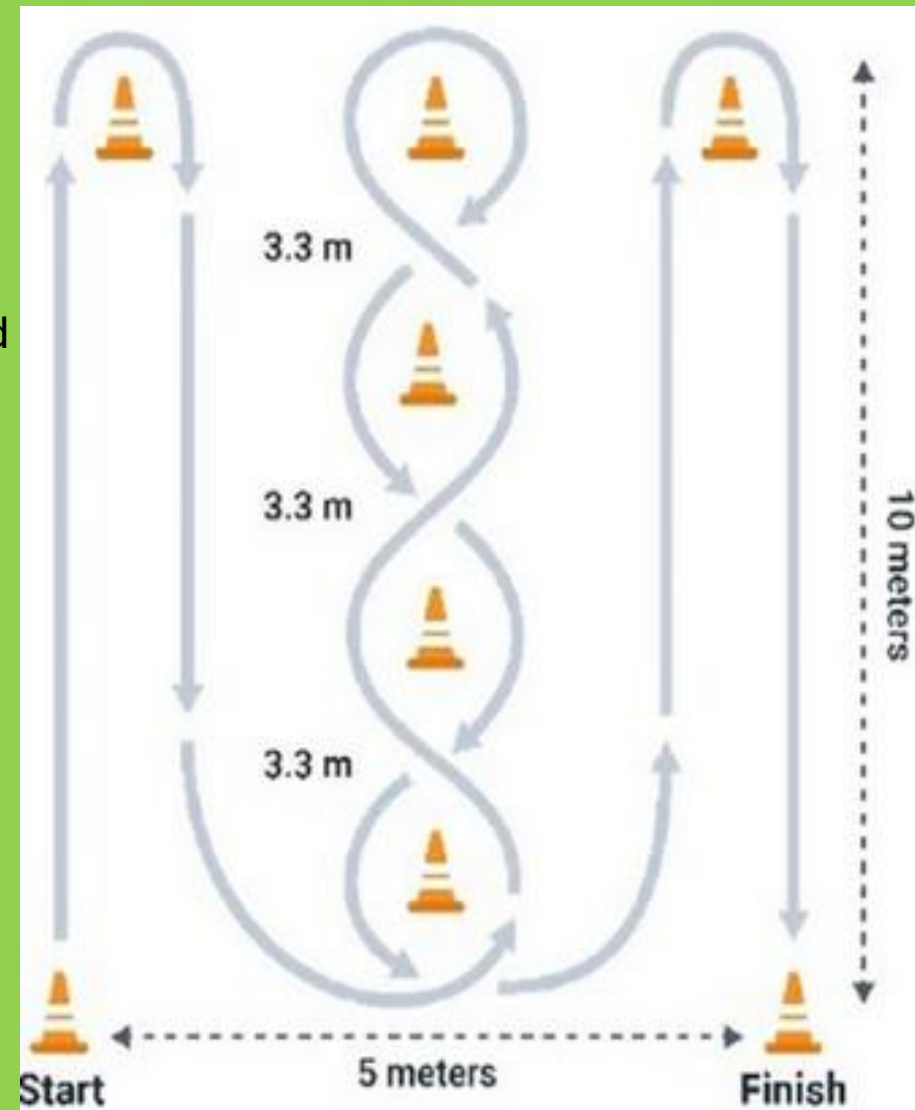
Sprints 10 m to the far cone.

Sprints back through the central cones again.

Finishes by sprinting 10 m to the finish line .

The total distance covered is 60 meters .

Time is recorded in seconds to two decimal places.



<https://www.youtube.com/watch?v=hVeEvK7wlzA>

