

Station #1 (Dribbling - Controlled Stop)



Each player gets timed going around the dribbling circuit. They start dribbling at one square, stop the ball in the next square, and start dribbling the next ball to the next square, and so on. Add 5 seconds if someone doesn't stop their ball in a square before moving on to the next ball. Fastest time gets 15 points, 2nd fastest gets 10 points, and 3rd fastest gets 5 points. Everyone else gets 0 points.

Station #2 (Juggling)



Each player gets 3 attempts to juggle the ball as many times as possible, with their feet and thighs. Ball can't hit the ground. 1 point for each touch over the 1st one. 5 bonus points if they juggle more than 2 times.

Station #3 (Passing Accuracy)



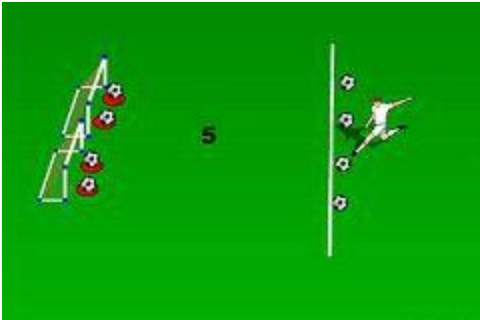
Each player gets 5 kicks to hit the target as many times as possible. If they hit the target, they get 5 points. They get a bonus kick for each hit target.

Station #4 (Dribbling - Controlled Speed)



Each player gets timed dribbling in and out of the cones and back. Add 5 seconds for each missed cone. Fastest time gets 15 points, 2nd fastest gets 10 points, and 3rd fastest gets 5 points. Everyone else gets 0 points.

Station #5 (Shooting Accuracy)



Each player gets 4 shot tries to knock over the 4 balls on cones. 1 point for each one knocked over. For each ball knocked over, player gets 1 additional bonus shot and if they knock over another ball, they get 5 bonus points for each additional one. A knockover has to be on the initial shot, not on the bounce after hitting the net.

Station #6 (Throw-in Accuracy)

Each player gets 5 throw-in attempts, from a sideline, to have the throw land in one of the 2 boxes (or knock the center ball over -- in the air -- in those boxes). Points awarded as follows...

- 1 point - throw lands in closer box, but doesn't knock center ball over
- 3 points - throw lands in farther box, but doesn't knock center ball over
- Can only knock the 2 center balls over once each to get these points.
 - Closer box center ball knocked over in air -- 5 points
 - Farther box center ball knocked over in air -- 10 points
- *No points awarded if throw-in is bad (i.e. lifted foot, not 2-handed overhead, not behind the sideline, etc.)*