

## Football Dribble Challenge:

- Dribble the football using both feet and zig-zag through cones, from a starting point and back, without the ball touching the cones.
- Beginner - Start by walking as you dribble.
- Progression – run at slow pace, increasing speed when you feel confident to.
- Expert – Time how long it takes you to complete the course and continue to try to beat your fastest time.



OFFICIAL

**sportscotland**  
the national agency for sport