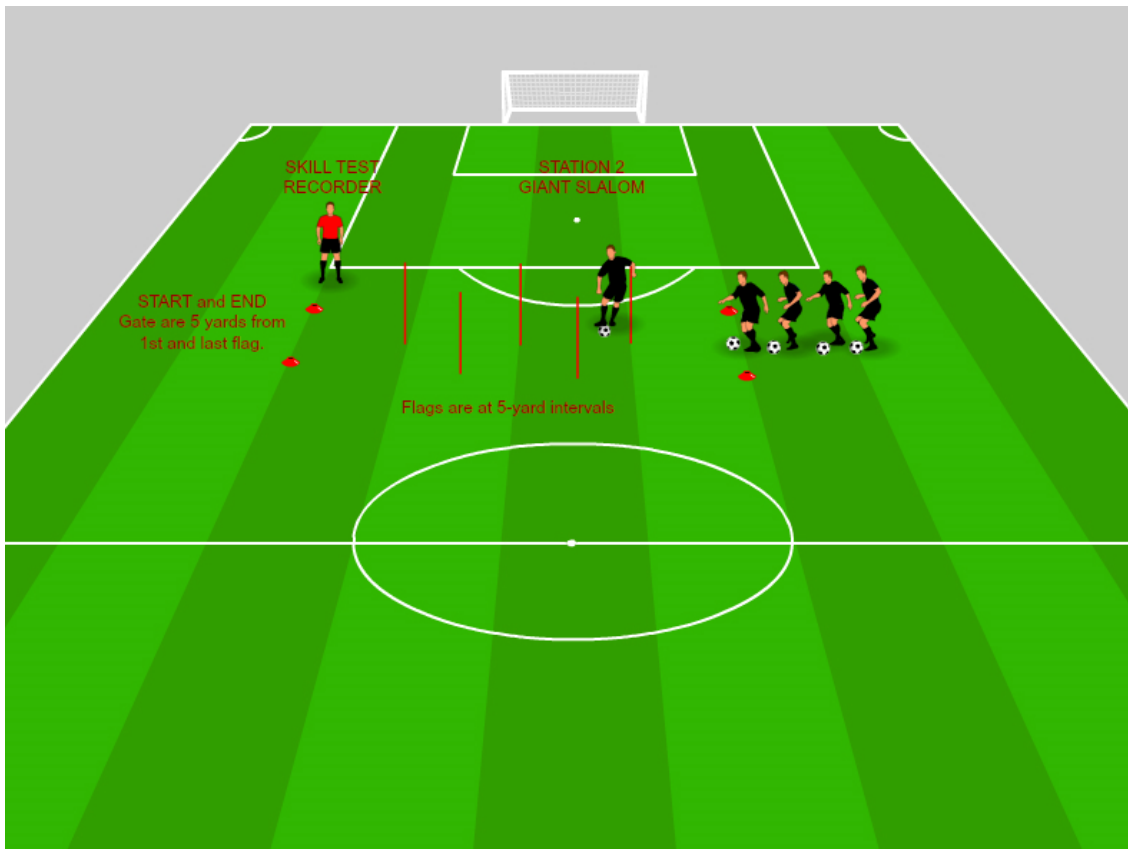




CAPS STATION 2 GIANT SLALOM



Date:	7/Jan/2018	Measurement:	10 x 20 Yards
Time:	N/A:N/A	Players:	16
Duration:	N/A	Level:	U5 - U18

Objective: Measure player ability to dribble at speed through opponents

Description: STR starts stop watch on GO, player uses both feet to go around flags that are set 5-yards away from each other. STR Stops watch as soon as player crosses end line.

Record time

- Add 5-seconds for hitting a flag

- Add 5-seconds for missing a flag

Coaching Points: Player must use both feet when dribbling

Progression: Move to CAPS Station 3 BALL JUGGLING