



COACH CLINIC w/ WAYNE #1. 1/30/08

TESTS AS A QUALITATIVE MEASURE OF SKILL

RUNNING w/ BALL DRIBBLING

TURNING w/ BALL

RUNNING w/o BALL

→ TURNING - 5 YDS. DOWN BACK DOWN BACK STOP ON LINE

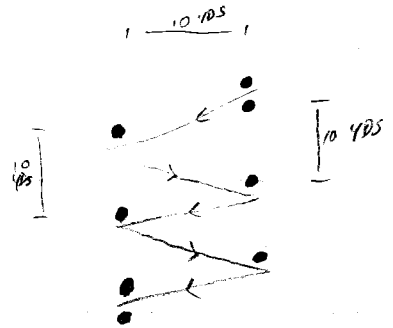
TIMED FROM 1ST TOUCH TO STOP ON LINE.

PERFORMED 3 TIMES, DIFFERENT TURN EACH GO.

→ DRIBBLING - DIAG TO (R)

TIMED FROM GATE TO GATE.

STAYING CLOSE TO CONE, SURE TO CROSS LINES



→ RUNNING w/o BALL - S.A.A. But w/o BALL. FOR TIME FROM GATE TO GATE

→ RUNNING w/ BALL OVER 30 YDS FOR TIME

- UNDER CONTROL (3 touches)

