

## MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring tape
- Stop watch

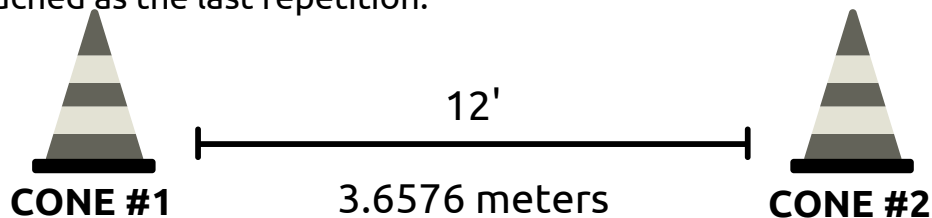
## PROCEDURE AND SCORING

**PREPARATION:** Place two cones 12 feet (3.6576 meters) apart.

### EXERCISE:

1. Participant should stand behind cone #1 with their feet slightly wider than their hips.
2. Participant should move to cone #2 using small, quick lateral, shuffle steps.
3. Participant should repeat the movement back to the starting cone (cone #1).
4. Participant should continue shuffling right and left touching each cone for one minute.

**SCORING:** Count how many times participant can go from one cone to the other in one minute. Total score is counted by the total number of times participant goes back and forth. Only count completed slides to each cone. If time runs out and participant is midway between cones, count the last cone touched as the last repetition.



**WATCH THE VIDEO HERE**

