

The Challenge... Figure of 8

- Stand feet a little wider than shoulder width apart
- Ball in hand
- Guide the ball through the legs in a figure of 8 shape.
- Think through the front and round the back

What you need....

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can pass round your legs will work

Competition time...

How many times can you complete an 8 in 30 seconds?

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Level up...

- Try keeping your head and eyes up. Don't watch the ball!



The Challenge... Round the body

- Stand feet shoulder width apart
- Ball in hand, fingers apart
- Pass the ball round your body from one hand to the other

What you need....

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can pass round your body will work

Competition time...

How many times can you pass the ball round your body in 30 seconds?

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Level up...

- Try different parts of your body – waist, legs, head
- Try starting at the top and working your way down and then back up

The Challenge... Catch In between

- Stand feet a little wider than shoulder width apart
- Put the ball on the ground between your legs.
- Place one hand on the front of the ball and the other hand at the back.
- Let the ball bounce and switch arms from back to front – try and catch the ball before it bounces again

Level Up...

- Try and catch the ball without the bounce

What you need....

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can catch will work – This will only work without the bounce.

Competition time...

How many catches can you complete in 30 seconds?

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The Challenge... Catch front and back

- Stand feet a little wider than shoulder width apart, and bend the knees
- With 2 hands on the ball, start with the ball in front between the knees
- Let the ball bounce, bring arms to the back of the knees and try catch the ball.

Level up...

- Try keeping your head and eyes up. Don't watch the ball!

What you need....

- A ball
- If you don't have a ball, something that will bounce will work.

Competition time...

How many times can you bounce the ball through and catch in 30 seconds?

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The Challenge... Spider

- Stand feet a little wider than shoulder width apart, and bend the knees.
- The aim is to bounce the ball once with each hand at the front of the body and then once with each hand behind the body and so on to keep the ball bouncing.

Level up...

- Try keeping your head and eyes up. Don't watch the ball!

What you need....

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can pass

Competition time...

How many times can you complete an 8 in 30 seconds?

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