

DIF P12-15

Vecka 34 - Challenge



August 2021

Weekly Challenge



Challenge 1 – Keep it up

Try and keep the ball up in the air using any part of your body **except** your hands and arms. See how many you can do.

Challenge 2 – Sole Tap

Place the ball in front of you. Place your right foot on top of the ball (to tap the ball with your sole) then back down. Then your left foot. How many 'sole taps' can you do in **30 seconds**?

Challenge 3 – Run P12-15 Run!

Go for a run with a parent at a steady & easy pace without walking. See how many minutes you can run

SCORES:

- **Challenge 1** - The maximum of “keep it up” (juggle) you can do without the ball bouncing the ground.
- **Challenge 2**- The number of **sole taps** you can do in **30 seconds**.
- **Challenge 3** - The number of minutes you run without walking. For each minute you run : 2 Pts.

Example: Pierre made 14 juggles + 22 sole taps + 12 minutes run → 14 Pts + 22 Pts + 12 x 2 Pts = 60 Points

How to enter your results:

You can have breaks in between each challenge and practice as much as you like.

Add up the highest points total you scored for the three challenges and send a text to one of your coach with your score.

Closing date for score submission is Monday, August 30th @15:00.

Good Luck - and have fun!