



Fast Feet 60 Second Challenge

Can you keep going even if you lose control of the ball?

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.



A ball and two markers.

If you do not have a ball, how many times can you run around the marker and back?

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.

Stop the clock, it's a race!

Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold

22 dribbles around the marker and back



Achieve Silver

16 dribbles around the marker and back



Achieve Bronze

10 dribbles around the marker and back

