

Fast Feet Challenge



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 4 meters away.
- Each time you dribble the ball around the marker and back you score 1 point.
- If you find this tricky, use any part of your body or a piece of equipment to dribble/ push a ball around a marker.



Never give up even if you lose control of the ball.



Can you encourage your peers while they try to reach their personal best?

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