

FITNESS RELAY CHALLENGE CARD

Challenge 1

Feet Only. Hold the ball between your feet and pass the ball from player to player.

Challenge 2

Sit Up and Over. Get in sit-up position (head-to-toe). Pass the ball up and over your head with the player behind you reaching forward to receive the ball.

Challenge 3

Push, Pivot, and Pass. Get in push-up/plank position parallel to and 3 paces from the players to your sides. Use your hands and arms to pivot on your feet, rotating the ball from one player to the next.

Challenge 4

Fast Feet Frenzy. Each player does 10 fast-feet sprints (in place), then tosses the ball to the next player.

Challenge 5

Star Bursts. Each player does 3 star jumps, then tosses the ball to the next player.