**Dribble Flips**

(Basketball or Soccer Dribble)

[YouTube Video Demo](https://youtu.be/4dsi7ppPv0c)

**What you need:** 6 Cups; 1 basketball, soccer ball, or Spikeball;  
1-minute challenge music [[apple](https://music.apple.com/us/album/1-minute-challenges/631219187), [spotify](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=47kA6iveQzq5zeuJW2sIEw)] or a stopwatch

Scatter the cups around your activity area. The object of the game is to see how many times you can flip the cups in 1 minute.

On the start signal, dribble the ball to a cup, stop your dribble, flip the cup upside down (or right-side up), and then dribble to a new cup and repeat. Continue and count the number of cups you flip during the full minute.

Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

**How many times did you flip the cups?**

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| --- | --- | --- | --- | --- |
| **Day 1 Score** | **Day 2 Score** | **Day 3 Score** | **Day 4 Score** | **Day 5 Score** |
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**Reflection questions:**

1. Did you notice an improvement in your score over the 5 days?
2. What are some possible reasons why you did (or did not) improve?