Dribble Flips
(Basketball or Soccer Dribble)
YouTube Video Demo

What you need: 6 Cups; 1 basketball, soccer ball, or Spikeball; 1-minute challenge music [apple, spotify] 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?

<table>
<thead>
<tr>
<th>Day 1 Score</th>
<th>Day 2 Score</th>
<th>Day 3 Score</th>
<th>Day 4 Score</th>
<th>Day 5 Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?