

SKILL-RELATED FITNESS

Challenge Activities

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?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

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?

