

Keep Up Challenge

This is called the keep up challenge. Where the goal is to see how many consecutive times you can hit the ball without allowing it to drop/ touch the floor. In 1 (one) minute see how many keep ups you can do. Record yourself and then send it to family/ friends and challenge them.

Time to complete: 1 min.

Age Group: 6+ yrs.

Materials:

- Stop watch
- Soccer ball
- Open space

Instructions:

1. Find a stop watch in your house and set the timer to 1 minute
2. Choose your favorite soccer ball in which you think would help you complete the most amount of keep ups
3. Make sure you complete this challenge in an open space clear of anything breakable or that could potentially hurt you
4. You can start with the ball in your hand or on the ground. Start the timer and see how many keep ups you can do without allowing the ball to hit the ground.
Reminder: you can use any part of your body but your hands.
5. Challenge your family/ friends and see who can do the most keep ups.

