

BEAT THE CLOCK CARD

Hold It

*Balance the Ball on one finger
for 20 seconds.*

*You have 3 attempts to
complete this task.*

BEAT THE CLOCK CARD

Hold It

*Balance the Ball on your
head for 15 seconds.*

*You have 3 attempts to
complete this task.*

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Keep It Up

*Balance the Ball on your foot
for 20 seconds.*

*You have 3 attempts to
complete this task.*

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Heads Up

*Keep the ball in the air
only using your head for 10
seconds.*

*You have 2 attempts to
complete this task.*

BEAT THE CLOCK CARD

Heads Up

*Keep the ball in the air
only using your head for 15
seconds.*

*You have 2 attempts to
complete this task.*

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Watch Out

*Place 4 objects on the floor,
each approximately 1 meter
apart from each other.*

*To win this point you must
dribble the ball through the
obstacles 2 times without
touching an obstacle in 45
seconds.*

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Watch Out

Place 3 objects on the floor, each approximately 1 meter apart from each other.

To win this point you must dribble the ball through the obstacles 3 times without touching an obstacle in 30 seconds.

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Watch Out

Place 5 objects on the floor, each approximately 1 meter apart from each other.

To win this point you must dribble the ball through the obstacles 2 times without touching an obstacle by only using your left foot in 45 seconds.

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Watch Out

Place 5 objects on the floor, each approximately 1 meter apart from each other.

To win this point you must dribble the ball through the obstacles 2 times without touching an obstacle by only using your right foot in 45 seconds.

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The Ultimate

Without the ball touching the floor the ball must touch your left foot, right foot, left knee, right knee, left shoulder, right shoulder then your head.

You have 2 minutes to complete this task.

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The Ultimate

Without the ball touching the floor the ball must touch your left foot, right foot, left knee, right knee, left shoulder, right shoulder then your head.

You have 1 minute to complete this task.

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Sky It

Throw the ball in the air you must stop the ball touching the floor for a minute.

You are not allowed to hold onto the ball, but you can use any body part including your hands, however you cannot use the same body part twice in a row.

You have 2 attempts to complete this task.