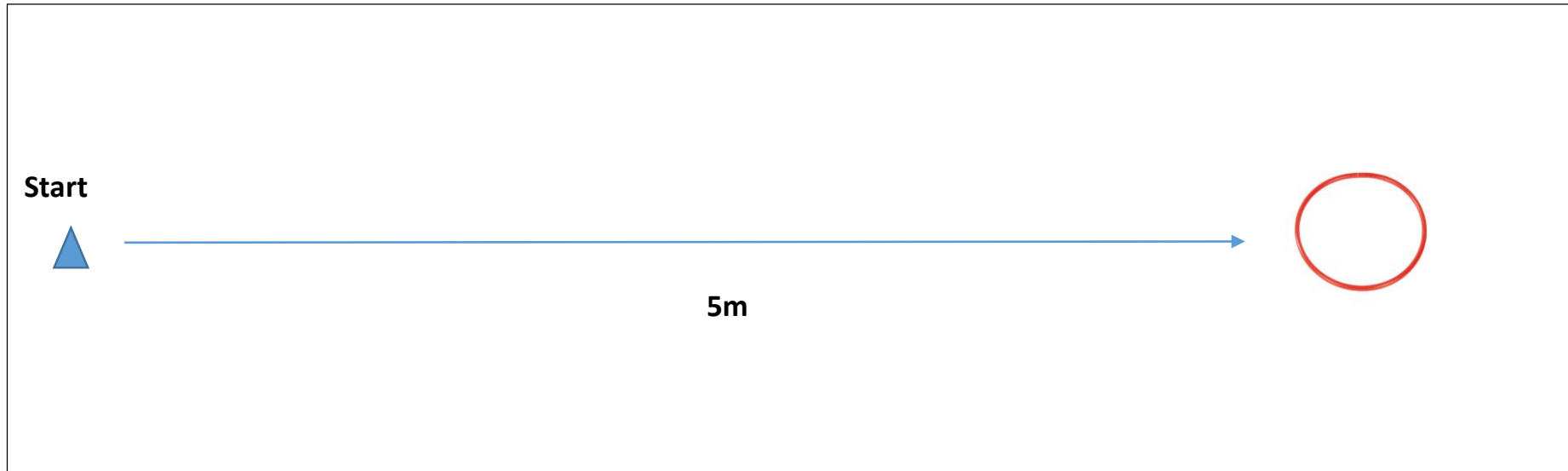




'Jump, Land, Balance' Challenge



What to do:-

- Place a hoop 5m away from a start cone
- The player starts by the cone and runs towards the hoop. They jump up high, just before the hoop, as if to catch a ball, and land with their first foot in the hoop (their landing foot, or sticky foot) and bring their second foot down quickly to help them balance. They must hold this balanced position for 3 seconds.
- Players have 10 attempts and score a point each time they demonstrate the correct footwork

Equipment

- 1 cone
- 1 hoop