



How many times can you dribble a ball
Around a marker and back in 60 seconds?



Place down a starting marker and then
A second marker five steps away. Each
Time you dribble the ball around the
Marker and back you score one point.



A ball and two markers
If you do not have a ball, how many times can you run around the marker and back?

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
22 dribbles around the marker and back



Achieve Silver
16 dribbles around the marker and back



Achieve Bronze
10 dribbles around the marker and back



Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.