

THE CHALLENGES

SNOWBALL AVALANCHE

CHALLENGE VIDEO
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EQUIPMENT
 2 markers or floor spots
 1 large ball

SET UP
 Place a marker down as a start position. Then place a 2nd marker 3 steps away to create your 'no scoring zone' between both markers

TOP TIP: Run past the ball before stopping it

TO PLAY
 Start at the 1st marker with the ball, roll it along the floor towards the 2nd marker. After releasing the ball, chase & attempt to get past it, turn around & stop it with your hands. You cannot stop the ball until it's passed the 'no scoring zone'. Pick it up, take it back to the start & repeat.

SCORING
 Collect 1 point every time the ball is stopped past the 'no scoring zone' in 60 seconds

SPEED SKATING

CHALLENGE VIDEO
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EQUIPMENT
 4 markers or floor spots
 2 cones

SET UP
 Place a marker on the floor. Then 1 step away, place 2 markers either side 1 step apart, then 2 more markers one step away & 1 step apart. Place the last marker 1 step away. This creates a channel to not land in.

TOP TIP: Use your arms to help maintain control of your balance

TO PLAY
 From the starting marker, hop diagonally past the line landing on your outside foot, avoiding the channel in the middle, then hop diagonally across the line onto the other foot & repeat until you reach the other side. Turn round and head back to the start cone repeating the same moves.

SCORING
 Collect 1 point every time you cross to the other end marker in 60 seconds.

SNOWBALL RALLY

CHALLENGE VIDEO
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EQUIPMENT
 2 markers
 1 large ball

SET UP
 Place 2 markers 3 steps apart.

TOP TIP: Lunge staying low

TO PLAY
 In pairs, with 1 player standing behind each marker. Players roll the ball along the ground to each other in a rally.

SCORING
 Collect 1 point for every roll in 60 seconds.