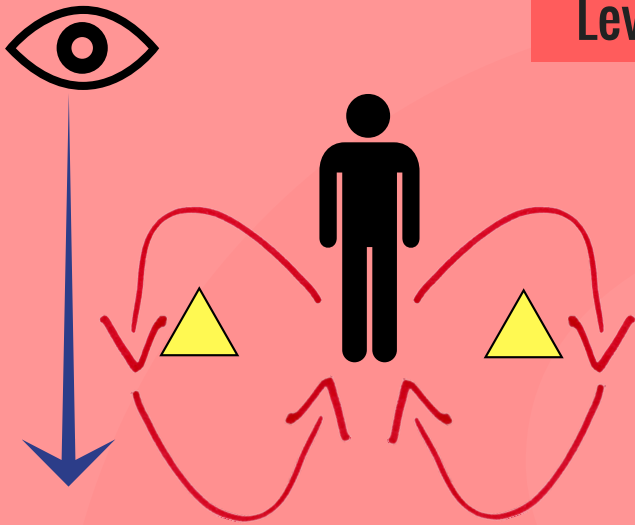


Figure 8 Footwork Challenge

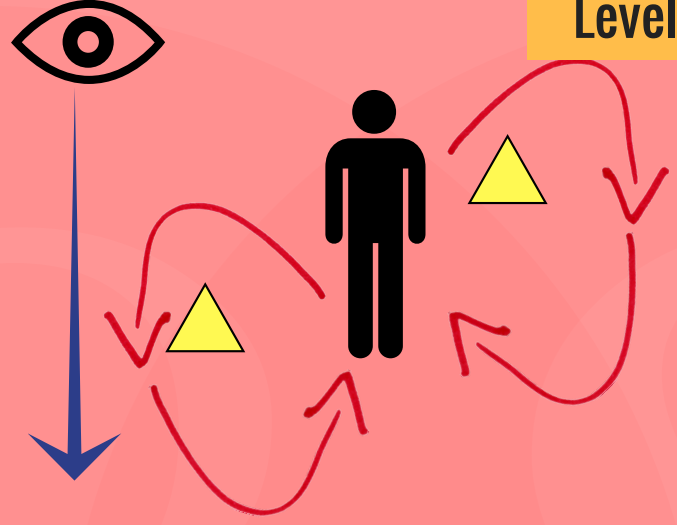
I can move in a variety of directions under control
I can move my feet quickly, staying balanced
I can catch a ball when moving
I am aware of my surroundings

Level 1



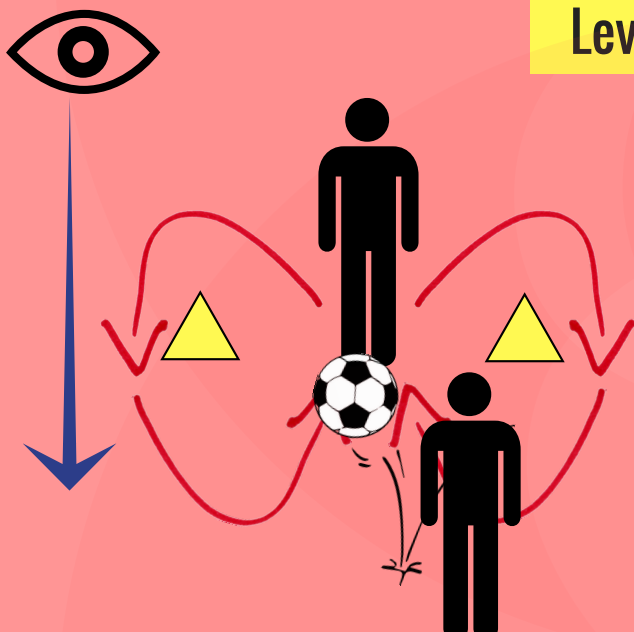
Complete a figure of 8 between the cones while facing the same direction. How many can you do in 30 seconds?

Level 2



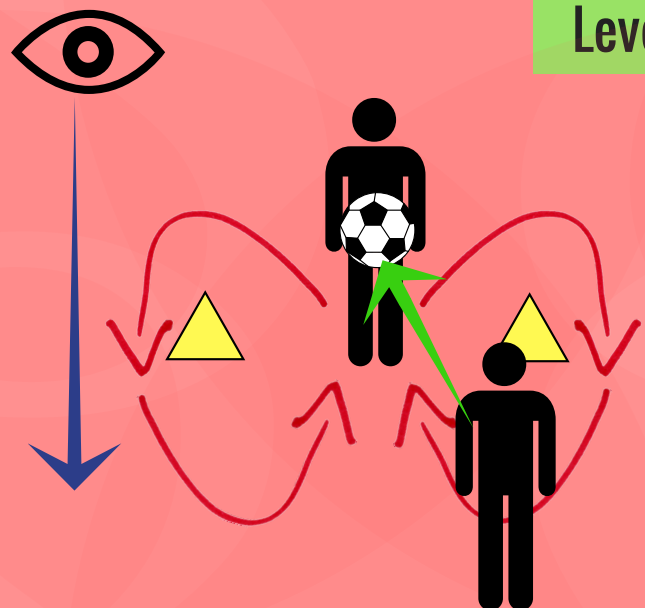
Complete a figure of 8 between the cones (now staggered) while facing the same direction. How many can you do in 30 seconds?

Level 3



Complete a figure of 8 between the cones while your partner bounces a ball towards you. Make x5 catches to pass this level. High 5 your partner!

Level 4



Complete a figure of 8 between the cones while your partner throws a ball to you. Make x5 catches to pass this level. High 5 your partner!