



# SKILL : Juggling



### Set up:

A ball,  
2 cones,  
3 tall flags / sticks,  
A stop watch

The line between the red cones is the start / finish line. Red cones are 4 feet apart

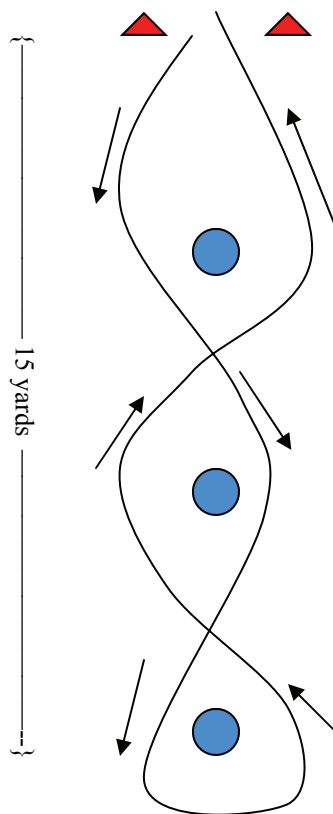
Distance betw. start line and first blue flag is 5 yards

Distance betw. each blue flag is 5 yards

### Note:

You must have a coach (or another adult) witness your record breaking attempt in order for Top Flight to post your times / scores online. Best way to send us a new record is by VIDEOTAPING it. We will post record breaking video online.

{— 4 feet —}



### Directions:

Player must start with the ball on ground at starting line. Use feet only to pick up ball. Use feet, thighs, chest, or head to juggle it in a figure 8 shape around the blue flags or sticks. Each flag/stick is about 4 feet tall each.

If the ball hits the ground, the attempt is over and player can start over again from the start. The time will stop when player traps the ball dead on the finish line just the way he found it at the beginning.

### Other rules:

You or the ball cannot touch the flags/sticks. Nor can you kick it over the flag/stick. Nor can you hold the ball in one place on your body and hop or run through the course.