

Camp Sports Challenges

Fetch & Return

Mark a start line and then place a sock ball every 1 metre until you have 6 sock balls laid out in a line. On go, run and collect one sock ball and bring it back, repeating this until all 6 balls have been fetched. Immediately, one at a time, you must then return each sock ball to its original place. Stop the time after you have returned the 6th sock ball and crossed the start line for the final time.

Dribbling

Using the 6 socks balls from the previous challenge as markers, dribble a football through the markers, around the end marker and back again – weaving the ball all the way up and all the way down. Repeat this 3 times. Time yourself and stop the timer after you have crossed the start line after the 3rd loop.

In the Bucket

Set up a bucket 5 metres away from your throwing line. The bucket should have a diameter of roughly 30cm. Your challenge is to throw all 6 sock balls into the bucket. You can run and collect any balls which miss the bucket. Leave the timer running until the final sock ball is in the bucket.

Plank

This challenge is all about endurance. When you are ready, set yourself into the plank position. This is where you are in the press-up position, but your forearms can be rested on the ground. Your body should be straight, with your bum tucked in rather than lifted in the air. Hold the plank position for as long as possible, with the aim to be the last person holding that position.

Use Your Head

Set up two markers 5 metres apart. Get on your hands and knees and using just your head, you need to dribble the football up to the furthest marker and back again. Make sure to time yourself and try to complete it in the quickest time possible.

Keep it Up

Using a frying pan and small ball, try to keep a ball bouncing on the pan for as long as you possibly can. Keep going until you lose control and the ball hits the floor or another surface. Time yourself, from the first ball bounce to when the ball hits the floor (or other surface).