



CHALLENGE CARD 2

DEMONSTRATION VIDEOS: WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-2-DEMONSTRATION-VIDEOS

NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
6	Target Throw Trailblazer	60 second timer • Stand three big strides away from a bin/ bucket (empty!) • How many times can you throw the ball/ rolled up socks, underarm, into the target?	5	8	12	15	20
7	Squat Sensation	30 second timer • Hold ball in two hands and squat down, extend arms out, then squat back up bringing ball to chest. Repeat continuously. • How many can you do?	5	10	15	20	30
8	Grubber Kick Grand Champion	60 second timer • Grubber kick the ball into an overturned bucket/bin or to a target against the wall/ settee 3-5 big strides away. Collect and repeat. • How many can you score?	3	5	10	12	15
9	Balance Beast	30 second timer • Stand on one leg and throw the ball against the wall and catch (or up in the air) • How many can you do before losing balance?	5	8	12	15	20+
10 – Partner challenge	Body Rotation Radicals	30 second timer • Stand back to back with your chosen partner. • Rotate the ball around your waist to your partner and twist to collect the ball. Repeat until the time is up. • How many full rotations can you complete?	10	15	20	25	30

Record your scores in the table below and tell your teacher or email your results directly to Barrow Raiders Community Foundation to receive a certificate. If you complete all six Challenge cards, you will receive free tickets to home games for two family members (children go free).

Contact the Community Manager Siona Hartley at:
sionahartley@outlook.com

CHALLENGE CARD 2 - RESULTS

NAME:		RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/ PLATINUM/DIAMOND
SCHOOL:			
AGE:			
Challenge No. 6	Target Throw Trailblazer		
Challenge No. 7	Squat Sensation		
Challenge No. 8	Grubber Kick Grand Champion		
Challenge No. 9	Balance Beast		
Challenge No. 10	Body Rotation Radicals		



Jake Carter
Barrow Raiders Half Back
Advantage! Ambassador