

3RD CHALLENGE

Week 3: Friday, October 3rd 2025



Spins, Fakes and Slides

[Click Here to Watch an Example Video](#)

Complete the following set of tasks in the shortest possible time.

2 Cycles: 90° Turns with ball from Center Forward Position (let ball go after each turn) - Change direction after every cycle

25m: (to half (12.5m) and back): 3 Fakes moving forward → 3 Slides forward with the ball

6 Times : From Triple Threat Position transition ball to opposite arm → move the ball around your back → Triple Threat with opposite arm

How to keep score

Time in Seconds
[s]

[Online Form to Submit Your Score](#)

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