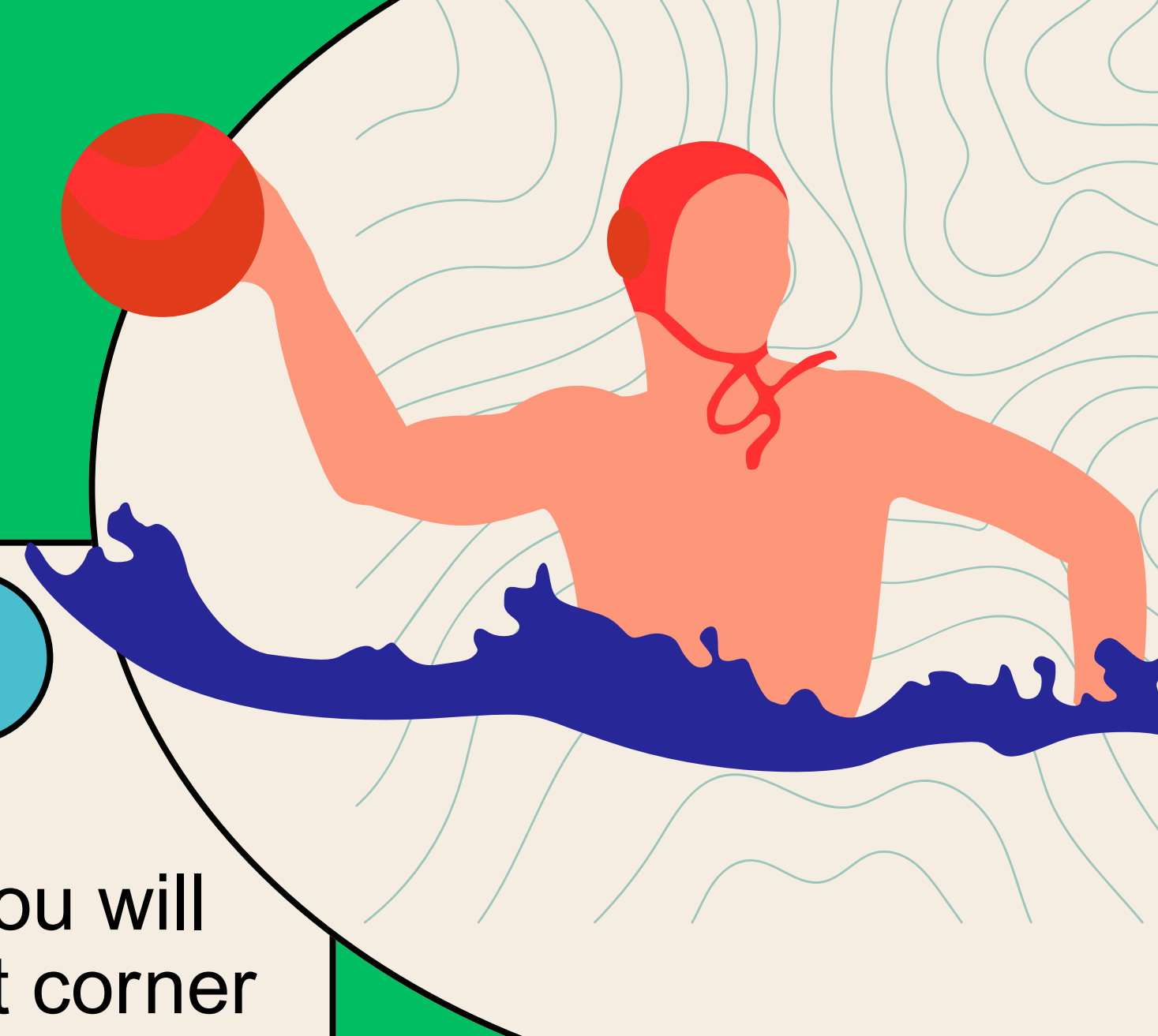


5TH CHALLENGE

Week 5: Friday, October 17th 2025



The Cage Challenge

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

Complete the following set of tasks in the shortest possible time. You will need a ball and a cage with 2 caps hanging on the high left and right corner and 3 caps in the middle of crossbar (~30cm apart)

Start from the lower corner of the right vertical bar on the cage → From a close distance, perform minimum 30 **volleyball-style wrist passes** against the cage bars while moving upward along the vertical bar and sideways along the crossbar to the opposite side (skip 2nd vertical bar), then return to the starting point, passing continuously as you move. Complete min 30 total passes. For younger athletes, use only the vertical bar moving up and down

Starting from the middle of the cage complete **6 lob block movements** touching the caps on the high corners with opposite arm. Recover back to initial position with a slide (3 each side)

From a hands-out position, perform **30 explosive hand movements** to hit the 3 hanging caps on middle of the crossbar following this hit sequence: 1. Middle cap: **both hands**, 2. Left cap: **left hand**, 3. Right cap: **right hand**- (For younger athletes, hang the caps lower to reach them from the same hands-out start position)

How to keep score

Time in Seconds [s]

Online Form to Submit Your Score
<https://cr.anemoss.eu/challenges>