

1ST CHALLENGE

Week 1: Friday, September 19th 2025



Race Challenge

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

25 m Sprint with the ball

10 vertical jumps (2 hands) touch cross bar (if cage n/a aim for 0.9m above water)

25 m trudgeon, (Swim with ball on hand)

10 pendulums (Touch vertical bars with feet if cage n/a use markers at 3meters)

25m Ready position (Scull and eggbeater forward)

How to keep score

Time in Seconds
[s]

Online Form to Enter Your
Score

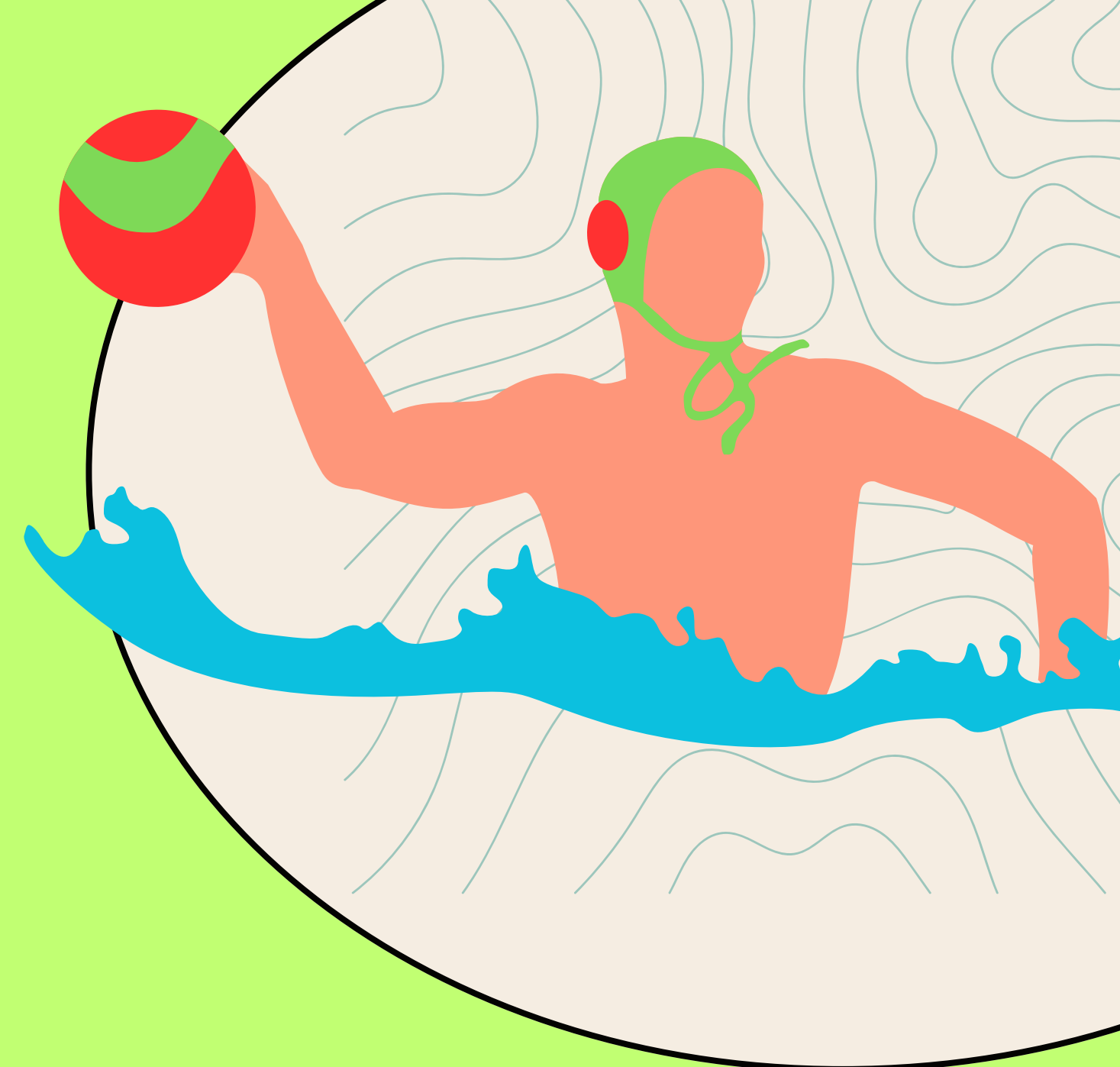
Online Form

<https://cr.anemoss.eu/challenges>



2ND CHALLENGE

Week 2: Friday, September 26th 2025



Vertical Catch Power Juggler

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

Complete **2 full rounds** in the shortest possible time:
(5 jumps → 10 catches → 5 jumps → 10 catches)

5 vertical jumps (2 hands) touch cross bar (if cage n/a aim for 0.9m above water) and turn around 180 degrees

Juggling 2 light balls (tennis or juggle balls): alternating throws above the head, catching one ball per hand (like a juggler).

Rules: Balls must never fall in the water,
Shoulders must remain out of the water during all phases, No
pauses allowed

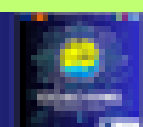
Goal: Develop explosive eggbeater endurance, arm
coordination, and focus under fatigue.

How to keep score

Time in Seconds
[s]

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>



COACHING REIMAGINED
Erasmus+ Sport 2025



cr.anemoss.eu |



@CoachingReimagined



eusports.cr24@gmail.com |



@Project_CR_2025



Co-funded by
the European Union



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]

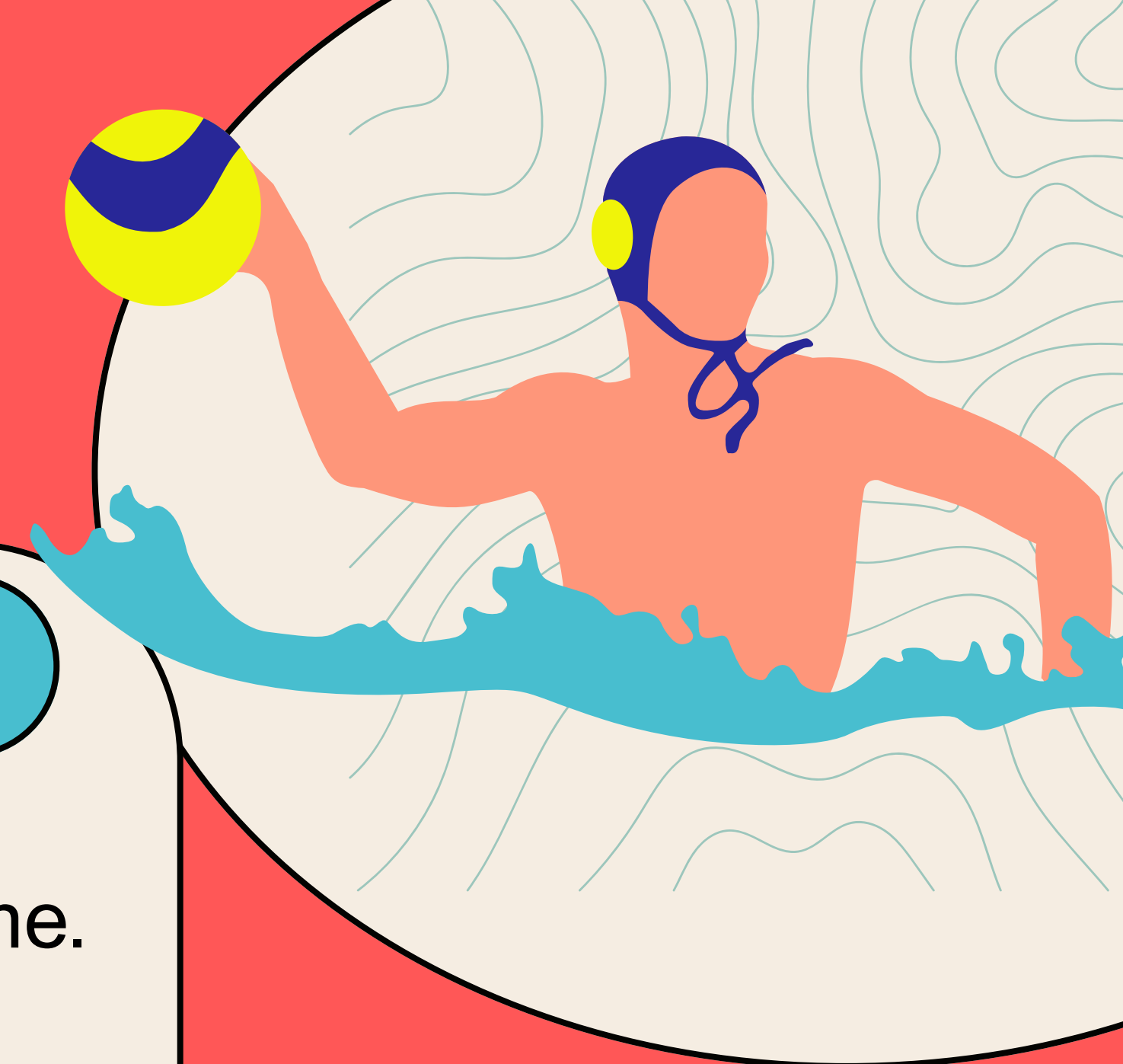
[Online Form to Submit
Your Score](#)

<https://cr.anemoss.eu/challenges>



4TH CHALLENGE

Week 4: Friday, October 10th 2025



MAN DOWN MOVEMENTS

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

Complete the following set of tasks in the shortest possible time.
You will need markers on the walls to set a box 4m x 2.5m

Extra Man Blocking Line - 6 Times: Push the wall with 2 hands → Over the hips to face opposite wall into blocking position → Switch Blocking arms to square to the wall. → Move forward until 4m mark → Slide backwards to initial position (keep eyes out - use only breaststroke kicks to get to the wall - no swim) → Repeat x6 (alternate sides for every turn and every slide)

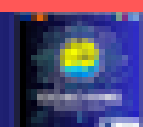
25m: Sprint to half (12.5m) and back, head up swim, max speed

Extra Man Blocking Triangle - 6 Times : Push the wall with 2 hands → Side block moving sideways (laterally) until 4m mark → Switch Blocking Arms and move forward 2.5m → Slide diagonally backwards to the wall to initial position (keep eyes out - multiple kicks if needed - no swim) → repeat (3 reps each side)

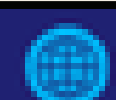
How to keep score

Time in Seconds
[s]

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



COACHING REIMAGINED
Erasmus+ Sport 2025



cr.anemoss.eu | @CoachingReimagined



@CoachingReimagined



eusports.cr24@gmail.com



@Project_CR_2025

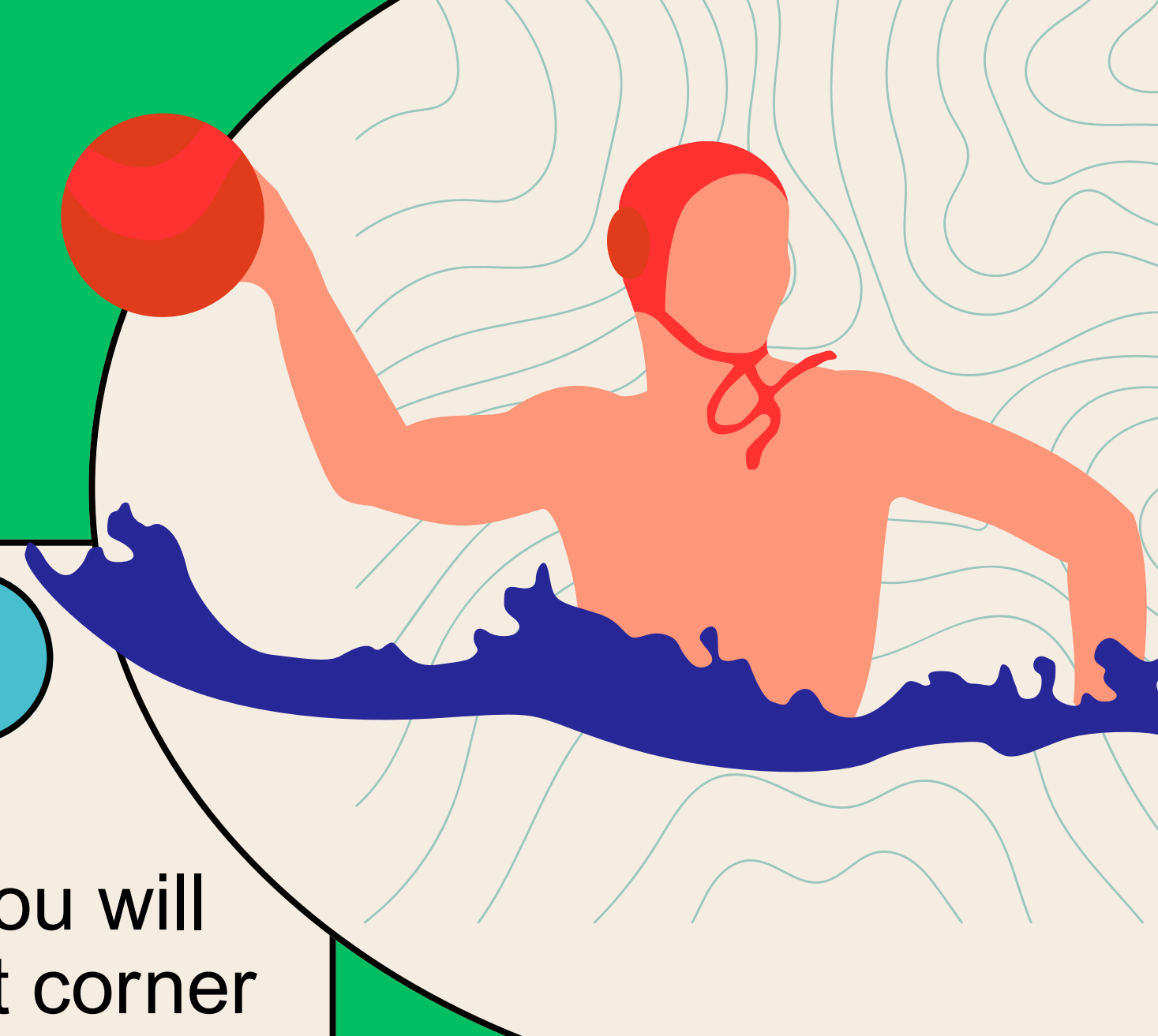


Co-funded by
the European Union



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>



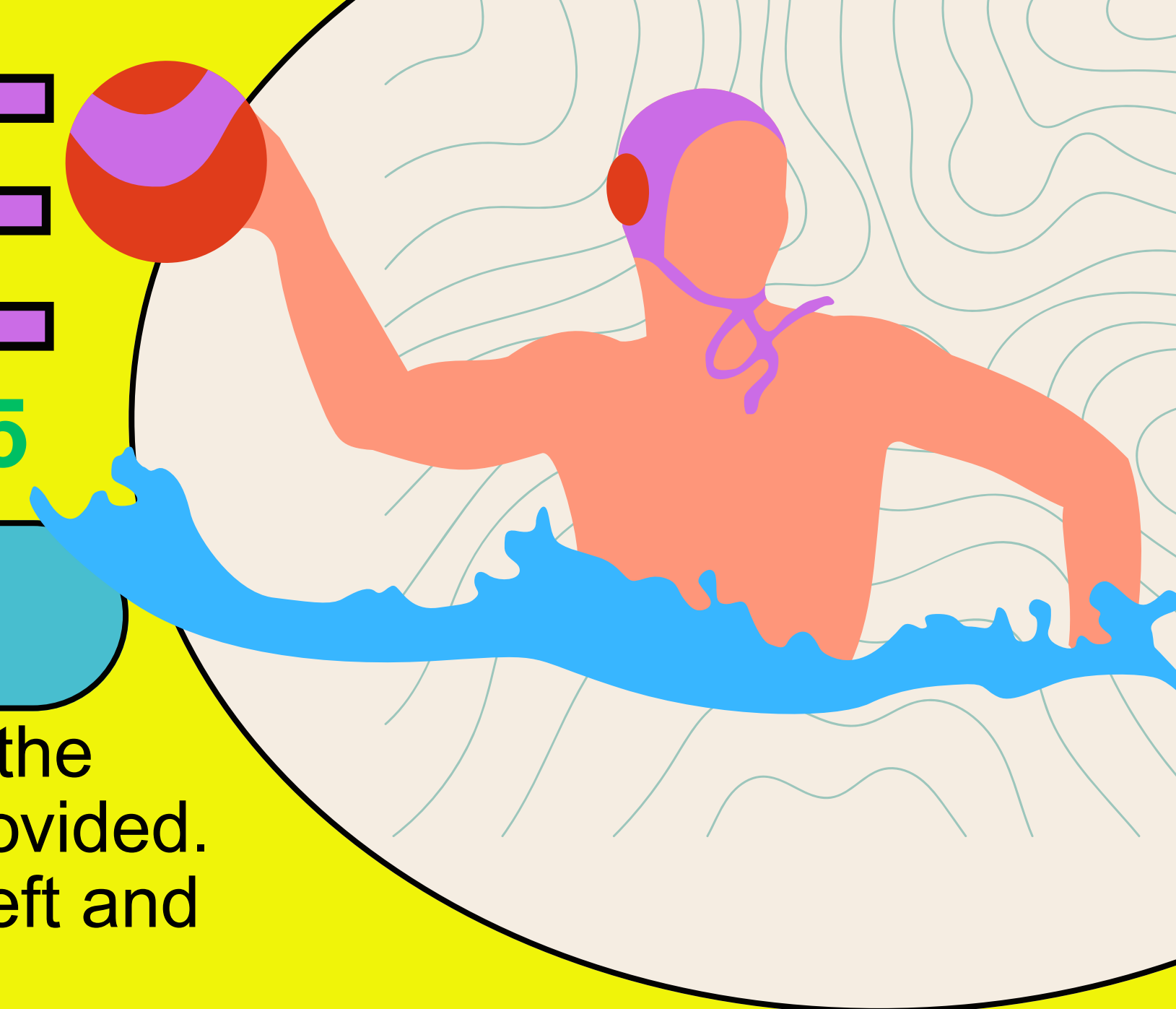
6TH CHALLENGE

Week 6: Friday, October 24th 2025



The Shooting Challenge

Perform 50 consecutive shots from the 6-meter line, following the sequence below. Record your accuracy using the point system provided. You will need: 1 ball and a cage with 2 caps hanging on the high left and right corners



Sequence (50 Total Shots)

- 5 Off Foul
- 5 After 5 Fakes
- 5 After 3-Second Triple Threat Hold (No Fakes)
- 5 After 2 Slides
- 5 After Swim (2-3 Strokes)
- 5 Eyes Closed
- 5 After 3-Second Triple Threat Hold + Lateral Movement (Left & Right)
- 5 Catch and Shoot (Direct)
- 5 From the Water (Penalty Style)
- 5 After 360° Turn with the ball (Full Spin)

How to keep score

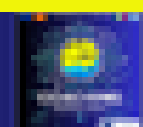
Points [p]

- ✓ Hit the Hanging Caps: +2 Points
- ✓ Bar In: +1 Point
- ✓ In Cage: 0 Points
- ✗ Bar Out: -1 Point
- ✗ Out: -2 Points

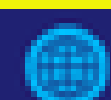
Points are additive, for example if you hit 2 bars in -> +2 Points, Cap + Bar In -> +3 Points, etc)

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>



COACHING REIMAGINED
Erasmus+ Sport 2025



cr.anemoss.eu |



@CoachingReimagined |



eusports.cr24@gmail.com |



@Project_CR_2025



Co-funded by
the European Union

