

# ASD-N VIRTUAL OLYMPICS DAY 4

## EVENT #1

**BACKBOARD BANK SHOTS** - SET A CLOTHES HAMPER NEXT TO A WALL. YOU WILL HAVE 3 BALLS (OR BALLED UP SOCKS) TO THROW OFF OF THE WALL AND INTO THE HAMPER. THE BALL MUST BANK OFF OF THE WALL TO COUNT. ONCE YOU HAVE THROWN ALL 3 BALLS RETRIEVE THEM QUICKLY AND RETURN TO THE THROWING LINE A GO AGAIN. GIVE YOURSELF 1 POINT FOR EVERY BALL THAT GOES INTO THE HAMPER. GET AS MANY POINTS AS YOU CAN IN 1 MINUTE. RECORD YOUR BEST SCORE.

LEVEL 1 - 5 FEET LEVEL 2 - 10 FEET LEVEL 3 - 15 FEET

## EVENT #2

**DEAD HANG CHALLENGE**  
- FIND SOMETHING STURDY FROM WHICH YOU CAN HANG. YOU COULD USE A CHIN-UP BAR IF YOU HAVE ONE OR A GOOD STRONG TREE LIMB. HOLD ON WITH BOTH HANDS WITH THE GRIP OF YOUR CHOICE AND JUST SIMPLY HANG FOR AS LONG AS YOU CAN WITHOUT TOUCHING THE GROUND. RECORD YOUR BEST TIME.

## EVENT #3

**WALL PASS CHALLENGE** - TOSS A BALL OFF OF A WALL AND ALLOWING THE BALL TO BOUNCE ONCE RETURN IT TO THE WALL WITH AN OPEN HAND. CONTINUE TO RETURN THE BALL OFF THE WALL AS MANY TIMES AS POSSIBLE IN 1 MINUTE. IF THE BALL BOUNCES TWICE, RESET YOUR SCORE TO 0 AND CONTINUE ON. RECORD YOUR HIGHEST SCORE IN ONE MINUTE.

LEVEL 1 - TOSS AND CATCH

LEVEL 2 - USE AN OPEN HAND TO STRIKE THE BALL