



## Keepie Uppies

**Objective:** To record how many touches you can make with your body in 60 seconds while keeping the ball off the floor.

**Equipment:**

- Football
- Stopwatch

**Process:** Find an empty space. On “Go”, the timekeeper should start the stopwatch and the athlete should attempt as many touches (*keepie uppies*) of the ball in 60 seconds without letting the ball touch the ground.

You can use any part of the body except the hands and arms. If the ball touches the ground, quickly pick it up and keep going until your 60 seconds are up.



Athletes receives 1 point for every legal touch of the ball (*not arm or hands*) within the 60 seconds.

**Rules:**

- You cannot use your hands or arms.

**Scoring:** The total number of points an athletes receives in 60 seconds should be submitted as their score (*e.g. 30 points*)