



## Around The World

**Objective:** To record how many times you can complete 'around the world' in 60 seconds.

**Equipment:**

- Clear, open space
- Basketball x1
- Stopwatch or phone

**Process:** Athletes should stand up straight, feet together, with the ball in both hands in front of their face. To complete an 'around the world' cycle, athletes must complete the below steps in one motion as fast as possible without dropping the ball.



1. Wrap the ball around the head, then;



2. Bring the ball down and wrap it around the waist, then;



3. Bring the ball down and wrap it around the lower legs/ankles

**These three steps are one complete 'around the world' cycle.**

On "Go", the timekeeper starts the stopwatch and the athlete attempts to complete as many 'around the world' cycles in 60 seconds.

The athlete receives 1 point for each cycle they complete in the 60 seconds.

**Rules:**

- The athlete has 60 seconds to complete the event.
- The athlete can take as many attempts as they wish, with the highest score submitted as their score.
- The ball must go all the way around the head, waist and ankles for it to count as a cycle.
- If the athlete drops the ball, they can continue from the same point provided they still have time remaining.

**Score:** The total number of points an athlete receives in 60 seconds should be submitted as their score (*e.g.* 15). Only one score per athlete is required.