



# Golf Keepie Uppies



## Where and how to play?

- Find some space away from any breakable equipment and in a safe distance from other people or animals.
- Try to juggle your ball using your golf club or any other suitable equipment without allowing the ball to fall on the ground.
- Be creative - you can play with golf clubs or - a mop, a broom, a tennis racquet, a frying pan, a plastic bottle or whatever you think may be suitable. Use any ball - golf ball, tennis ball, table tennis ball, spongy ball, pair of rolled socks or a paper ball.
- You may want to start with holding your club/racquet/mop etc closer to the ball first to have a better control of the ball.



## How to compete and score points?

- Get your stopwatch or your timer ready and make sure it measures 2 minutes.
- When time starts, start your keepie uppies challenge.
- Try to execute as many keepie uppies as you can without making the ball touch the ground.
- If the ball hits the ground start counting from scratch.
- You get 1 point for each keepie uppie.
- What is your most successful attempt in the period of 2 minutes?
- Record your best score. Do not add all the points from different attempts, just choose your top attempt.
- Use the link next to the video to submit your score!

### Safety!

Make sure you are away from any objects that may break and that nobody is standing in front, behind or next to you, so they do not get hit.

This is very important, so do not start playing until you've checked!

