



3-4-5 LOOK ALIVE

CHALLENGE:

Using 3 VERB YELLOWBALLS, create an obstacle course that has 4 challenges that must be completed in 5 minutes or less.

Patented. © 2005 CDC. All Rights Reserved.

VERB™
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBnow.com



AIR BALL

CHALLENGE:

Using only a VERB YELLOWBALL, create a trick while using one of the following: a skateboard, skis, or a snowboard. Remember to wear the appropriate safety gear.

VERB™
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBNOW.COM

Revised 11/11
© 2005 CDC. All Rights Reserved.



ARMY GUY

CHALLENGE:

Using 1 VERB YELLOWBALL, cones and jump ropes create an obstacle challenge where crawling gives you the best shot at completing the course the fastest.

VERB™
It's what you do.

© 2005 CDC. All Rights Reserved.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBNOW.COM



CAPTAIN YELLOWBALL

CHALLENGE:

Using 1 soccer ball divide teams into 2 and give each team 1 VERB YELLOWBALL. Play a normal game of soccer, but use the added YELLOWBALL that each team has as an additional way to score. Each team nominates 1 person as Captain YELLOWBALL. Only Captain YELLOWBALL can try and score with their team's YELLOWBALL. Everyone else can only score with the soccer ball.

VERBTM
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBNOW.COM

Revised 11/15 © 2005 CDC. All Rights Reserved.