Sparry's Challenge

Sparry's Circuits

THE SPARTANS COMMUNITY FOOTBALL ACADEMY
Here for good.

Spartans Shuffle

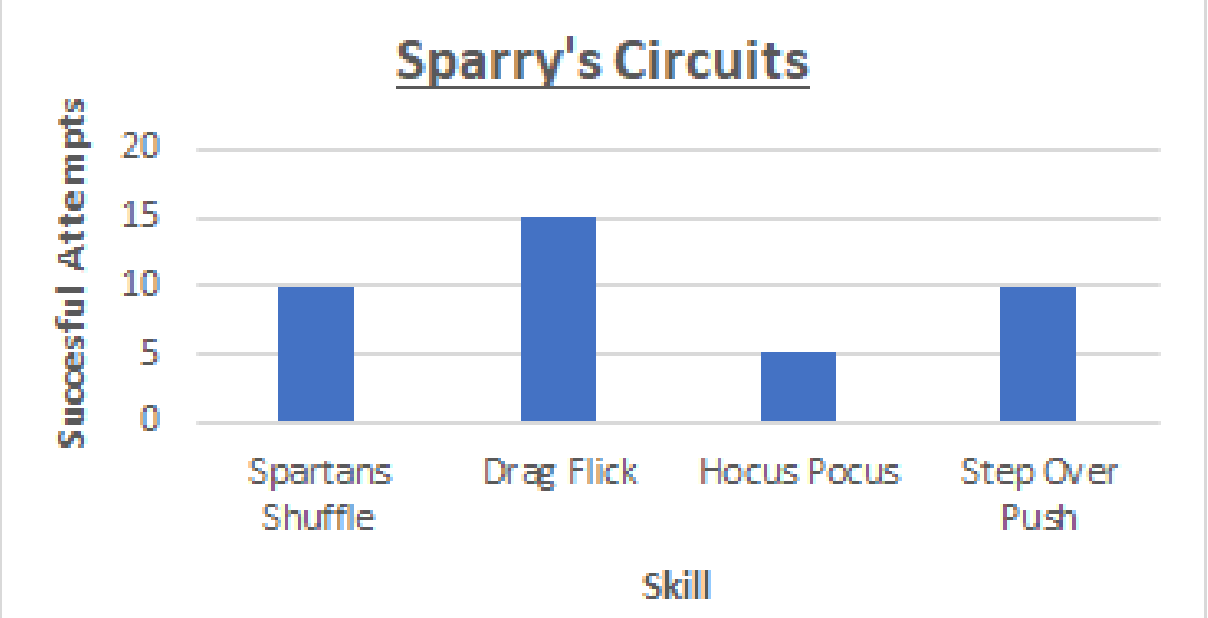
Hocus Pocus

Stepover Push

Drag Flick

What you need:

Sparry completed each of his stations in 1 minute. Here are his results:



Can you do better than Sparry? Why not try and complete each station in 1 minute and show us your results in your own bar graph.

Show us your circuits @Spartans_CFA

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Head to youtube to see other videos Spartans Commnity Football Academy

See other activities at www.spartanscfa.com