



Achievement Tracker

Track how your skills have improved through FlippaSkills training with these fun challenges...

WHITE ACHIEVEMENTS

GREEN ACHIEVEMENTS

BLUE ACHIEVEMENTS

YELLOW ACHIEVEMENTS

CHALLENGE

Squat Challenge

Egg Beater Timer

Basic Swim Test

Combo Swim Test

Dribble Test

One-Hand Juggle

Distance Pass

FlippaBall Games played

20

20 seconds

15

15 seconds

10

10 seconds

5

3 seconds

30 seconds

40 seconds

50 seconds

60 seconds

40 seconds

50 seconds

60 seconds

90 seconds

40 seconds

50 seconds

60 seconds

90 seconds

10 seconds

60 seconds

45 seconds

30 seconds

3 metres

15 metres

10 metres

5 metres

12

24

48

6



Complete all the challenges per colour level with your coach to receive a completion certificate.

www.FlippaBall.com.au

FlippaBall is junior modified water polo and is all about improving your skills - don't worry if it takes some time to reach all the achievements in a level - you can keep playing FlippaBall until you are ready to start playing club water polo!

