

CoolBoard on Ball Challenges

Challenging yourself is very beneficial but also inherently risky, so please go mindfully and understand the risks.

Here's a list of challenges you can try. You can combine these challenges into even more challenging moves and sequences...

...and please let us know if you invent your own! Imagination is the only limit!

1. Balance calmly, remaining as central and unmoving as possible. This ones all about looking casual and fully in control – play it as cool as you can! Up the ante by clasping your hands behind your back and / or try talking so someone with eye contact.
2. Get the hang of moving the ball to specific spots and back again, while under control e.g. move it under your left toe, or right between your toes, or right under one foot. You should be able to get the ball to meet the ring in any direction after some practice.
 - a. Start by doing this slowly and very deliberately. You'll find your body will be resistant to certain moves. Practice these trying to smooth them.
 - b. As you get better, do the same and up the tempo. It's better to stay in control so keep this your number one goal, but then try to do it as fast as possible while staying in control.
 - c. Get carving – learn to move the Ball all the way around the ring. It will be harder to do it in the other direction!
3. Get down as low as possible while balancing. Once down try to extend your balance skill in all directions as above.... Take the ball to the toe or under one foot etc.
4. While your down there throw in a grab. Challenge yourself to grab different sides and ends of the Board with each grab.
5. Nail the pop-up until you can do it repeatedly and smoothly – see 'Ball Start-Up' instructions.
6. Put the tunes on and get as dynamic as your dare while dancing away. My personal favourite!
7. Play catch with any ball while balancing. Up the ante by using a CoolBoard Ball – they are much heavier so will unsettle your balance more.
8. Balance a distance away from a wall. Have a tennis ball in your hand. Bounce the tennis ball off of the wall and / or floor and catch it. Up the ante by using a CoolBoard Quickness Ball – they bounce well and are much heavier so will unsettle your balance more.
9. Complete mental tasks while balancing, e.g. recite the alphabet backward, read, do some maths.
10. FOR THE VERY EXPERIENCED AND FEARLESS – like most tricks these could result in injury

- a. Spins / 360⁰s. While balancing try to initiate a spin. One way will be easier than the other. Start with a 90⁰, then a 180⁰, see if you can get to a 360⁰!
- b. Pop-shove-it. I've done it – and held it – once! I don't try anymore because I like my ankles in one piece – you've been warmed! So, when balancing very centrally, you jump upwards and simultaneously flick the Board into a spin underneath you. The plan is to let the board do a 180⁰ or 360⁰ rotation and then you land back on it and hold it in balance. That last bit is the hardest!!
- c. Cut-back carve. Scoot the board all the way to one end dynamically such that the other end comes up quite high. At the highest point initiate a spin and then come 'flying' back down again, possibly doing another spin at the other end. This is tricky to explain and to do, but very satisfying!