



FLASH FLOOD RACE

- Place: In a yard
- Players Needed: 4 or more
- Equipment: Soccer Ball, Ribbons, Small Goal

Directions

Create equal-size teams, and pick one person from each team to lie down and hold a cup on their stomach. The other members run across the yard and fill their cups with water from the big bucket, then run back with water and pour the water into the other player's cup. Whichever team fills their cup up to the rim first wins! When pouring water, you cannot bend down!



Safety Tip: Always get your parents help or permission before attempting this move (you never know, they might want to join you!). Be sure not to pour water in anyone's face.



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