

The #MelbEastNetball C H A L L E N G E ABBey's Pet CHALLENGE

What you need:

- Your Pet

What to do:

Take a video of your pet either:

- doing their favourite tricks
- Or build an indoor or backyard obstacle course

Here are a few ideas to get you started on building an indoor obstacle course:

- Crawl under or over a row of chairs.
- Crawl under a string stretched between two chair legs.
- Jump into and out of a Hula-Hoop five times.
- Walk on a balance board.
- Run while balancing a beanbag on your pet's head.
- Do a ring toss or ball toss.
- Shake paws
- High 5
- Fetch a ball
- Throw a ball back
- Defend or Shadow
- Pick up the keys
- Wipe your paws
- Jump
- Jump through a hoop
- Sing
- Come when you whistle
- Balance
- Fetch your runners
- Catch a ball
- Wave
- Take a bow
- dodge around markers

Share it

Ready to take on the #MelbEastNetball challenge? Over to you to show us what you've got.

Here's how:

1. Take a video of yourself doing the weekly challenge.
2. Upload it to Instagram and use #MelbEastNetball
3. Tag 3 friends to challenge them and tag us @MENAnetball

Everything you need to know is at: <https://menanetball.com.au/challenges/>

Not on Instagram? Email your video to photos@menanetball.com.au. We can share them on facebook.

