



INSTRUCTIONS:

Here is 5 challenges to test and improve your hand-eye coordination, throwing and catching skills.

1. First challenge, can you throw the ball against the wall and catch with two hands, 10x without dropping it? If you drop it, you go back to 0.
2. Next, can you throw it with one hand against the wall and catch with the other and then go back the other way? Again, do this 10x to move on to the next challenge.
3. Challenge 3, this can be split into 2 challenges. Depending on how confident you feel you can use a bounce or not. Throw the ball over your head, turn and try and catch it. If you want to let it bounce and catch it after one bounce you can, remember you must complete 10, to move on to the next challenge.

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4. Then, can you throw the ball against the wall from your right hand, so that it bounces one and you catch with your left hand, then go back the other way? Tip: Bend your knees and get nice and low to the ground. Again, complete 10 to move on.
5. Lastly, how many times in 60 seconds can you catch the ball off the wall? Complete a minimum of 30 to pass.

Well done if you completed all of the challenges, if you struggled on one or more of these, then continue to practise and improve.

EQUIPMENT:

- Wall
- Balls (Tennis Balls, Plastic Balls- this will depend on the age/ability of players)

Remember to stretch and warm up before doing any physical exercise.