



INSTRUCTIONS:

1. This game is a throw and catch version of Tennis.
2. Set out a court with cones across the middle to separate the halves and imitate a net. *(Set court size dependant on team size).*
3. Put players into teams, max 4 per team. Put 2 teams on 1 court.
4. To start one player will start at the baseline and serve (underarm throw) the ball over the net.
5. The opposing team must let the ball bounce and attempt to catch it *(if they catch it without a bounce they forfeit the point).*

INSTRUCTIONS:

6. If they are successful they can then not move, but may return the ball back over the net or pass to a team mate.
7. If the ball touches the ground after the first bounce the opposing team win the point. Every throw must be underarm.

EQUIPMENT:

- ☐ Cones
- ☐ 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.