

★ ACTIVITY / CATCHING TENNIS

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION

EQUIPMENT:

1 BALL, CONES, STUMPS



DURATION: 10 MINUTES MAX.

DESCRIPTION:

- ▶ Create a large grid of four squares separated by stumps
- ▶ Split players into four teams
- ▶ Ball thrown underarm to land in opponent's area.
- ▶ Opponents job is to catch ball and prevent ball from landing.
- ▶ Points scored by ball landing in opponent's area.
- ▶ Ball thrown back and forth until the end of the game.
- ▶ Team with most points wins.
- ▶ Can be played with just two teams.

MAKE IT EASIER:

- ▶ Use scorcher ball
- ▶ Ball can bounce once

MAKE IT HARDER:

- ▶ Introduce more balls
- ▶ Increase playing area
- ▶ One hand one bounce

