


Play 14

#PlayTour



What you will need:

2 Balls 

Assistant 

Timer 

Chair

Balloon

Semi Final

- **Roundabout 1:** Set up a chair 10 paces from the start line. On “Go” the player races to & round the roundabout before returning to start. **+6 points for 0 - 11 seconds & +3 for 12 seconds or more**
- **Hand Eye 2:** Find a space, player hits the balloon in the air, bounces the ball & catches before hitting the balloon up again. **+1 point for every ball caught & balloon hit**
- **Squat 1:** Player pops the ball up, squats down & hold the position while catch the ball. **+1 point for every ball caught in a squash position**

Final

- **Kick Throw 1:** Player holds a 2 ball rally against a wall. One ball is kicked against the wall at the same time as you underarm throw & catch at the wall. **+1 point for every ball kicked & caught**

6

Out of 6

Practice as much as you want, then it's a maximum of 6 goes only at each challenge

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Info


Squat position: feet shoulder width apart, squat down to thighs slightly higher than knees




Gamification

Enter each score into the correct challenge box, add them all up & enter your final total score in the top blue box

P14:





Total Play Points:

SEMI FINAL

Roundabout 1 - HIGH SCORE

Hand Eye 2 - HIGH SCORE

Squat 1 - HIGH SCORE

FINAL

Kick Throw 1 - HIGH SCORE

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Pin Point Tennis Team