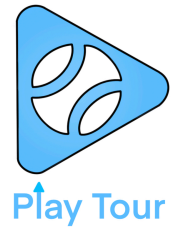



Tour 1

#PlayTour



What you will need:

1 Ball 

Assistant 

Wall 

Racket 

Semi Final

- **Reaction 1:** sit on the floor, throw the ball straight up, stand up & bounce catch the ball. **+1 point for every bounce & catch**
- **Keep Ups:** find a space, bounce the ball up on the racket strings (*without it touching the floor*). **+1 point for every bounce on the strings**
- **Rolling Rally 1:** stand back from the wall, racket push the ball at the wall, when it comes back squash it still. **+1 point for every ball squashed**

Final

- **Rolling Rally 2:** stand back from the wall, racket push the ball at the wall, when it comes back, immediately push it again (no squashing allowed). **+1 point for every ball that hits the wall**

6

Out of 6

Practice as much as you want, then it's 6 goes only at each challenge or stop after 3 misses & record score

i

Info


Ideally use a sponge ball or red tennis ball.
Rolling rallies can be done with an assistant if wanted




Gamification

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

T1:





Total Tour Points:

SEMI FINAL

Reaction 1 - HIGH SCORE

Keep Ups - HIGH SCORE

Rolling Rally 1 - HIGH SCORE

FINAL

Rolling Rally 2 - HIGH SCORE

Pin Point Tennis Team

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#PlayTour