

Tour 10

#PlayTour



What you will need:

1 Ball  Assistant  Wall  Racket  Chair

Semi Final

- **High Ball:** player hits the ball down into the ground, puts down their racket & catches the ball before it bounces again. **+1 point for every high ball caught**
- **Control it 2:** Player drops the ball, after the bounce Backhand tap up the ball, bounce & Backhand hit against the wall. Let it bounce & repeat. **+1 point for every ball tapped up & hit with the Backhand**
- **Shift 1:** set up a chair out to the side, player drops the ball, let's it bounce, hits against the wall & touches the chair before bounce hitting again . **+1 point for every ball that hits the wall after the chair tap**

Final

- **Split:** player drops the ball & hits it against the wall, when it hits the wall make a little jump (split), bounce hit it back again & repeat. **+1 point for every jump (split) & bounce hit**



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




Info

Ideally use a sponge ball or red tennis ball.
The split is just a little jump, both feet off the floor




Gamification

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



Total Tour Points:



SEMI FINAL

High Ball - HIGH SCORE

Control it 2 - HIGH SCORE

Shift 1 - HIGH SCORE

FINAL

Split - HIGH SCORE

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