


# Tour 11

## #PlayTour



### What you will need:

2 Balls 

Assistant 

Wall 

Racket 

### Semi Final

- **Keep Us 3:** players holds a football between their hands & bounces a tennis ball up in their air off the football. **+1 point for every ball hit up without touching the floor**
- **Fish Chips:** player finds a space, tap the ball up with the string, then tap up again with the other side of the strings, keep alternating. **+1 point for every ball tapped up on alternate sides**
- **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**

### Final

- **Volley Rally:** player stands near the wall, hit the wall against the against the wall with no bounces, keep the rally going. **+1 point for every ball hit against the wall with no floor bounces**

# 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

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#### 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

## T11:





Total Tour Points:

### SEMI FINAL

Keep Ups 3 - HIGH SCORE

Fish Chips - HIGH SCORE

Split - HIGH SCORE

### FINAL

Volley Rally - HIGH SCORE

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