



Tour 14

#PlayTour



What you will need:

2 Balls  Assistant  Wall  Racket  2 Targets

Semi Final

- **Pattern:** 1st throw the ball at the wall so it goes over head, turn bounce & catch. 2nd throw ball at the wall to go over head, turn bounce & catch on racket. 3rd hit ball at wall to go over head, turn bounce & catch on racket. **+1 point for every ball caught**
- **Direction:** set up two different colour items on the floor out to the sides, player bounce hits against the wall so the ball rebounds at one item then the other item. **+1 point for every alternate item they land near**
- **Serve Rounds:** 1st the player hits a serve while sitting on the floor, 2nd hit a serve from two knees 3rd hit a serve while on one knee & 4th hit a serve while standing . **+1 point for every serve that hits the wall**

Final

- **Control Rally 2:** bounce & hit rally against the wall, tap the ball up & hit with alternate shot on every shot (tap up Forehand, hit Backhand). **+1 point for every alternate control hit against 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

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Info

Ideally use a sponge ball or red tennis ball.


Pattern, keep going until you miss




Gamification

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

T14:





Total Tour Points:

SEMI FINAL

Pattern - HIGH SCORE

Direction - HIGH SCORE

Serve Rounds - HIGH SCORE

Control Rally 2 - HIGH SCORE

FINAL

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