


# Tour 7


## #PlayTour



Play Tour

### 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**
- **Control it 1:** Player drops the ball, after the bounce racket taps up the ball, bounce & hit against the wall. Let it bounce & repeat. **+1 point for every ball tapped up & hit against the wall**
- **Hot Shot Rally:** stand back from the wall, drop the ball & bounce hit against the wall, keep hitting the ball back after the bounce. **+1 point for every ball hit against the wall**

### Final

- **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**

# 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.


Serve: ball up & contact above the head (like a high five)




#### Gamification

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

## T7:





Total Tour Points:

**SEMI FINAL**

Keep Ups 3 - HIGH SCORE

Control it 1 - HIGH SCORE

Hot Shot Rally - HIGH SCORE

**FINAL**

Serve Rounds - HIGH SCORE

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Pin Point Tennis Team