

# Tour 9

## #PlayTour



### What you will need:

1 Ball  Assistant  Wall  Racket 

### Semi Final

- **Catches:** player hits the ball into the ground to bounce off the wall, catch on the racket. **+1 point for every racket ball caught ball**
- **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**
- **Up:** player traps the ball against the wall with their racket, roll the up, let it drop & bounce before trapping against the wall . **+1 point for every up spinning ball, bounce & trap**

### Final

- **Smash it:** player pops the ball up & serves the ball into the floor to rebound off the wall. Smash the ball back down into the floor for the rebound. **+1 point for every smash into the floor & off 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.


A smash is very similar to serve action above the head




#### Gamification

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

# T9





Total Tour Points:

## SEMI FINAL

Catches - HIGH SCORE

Volley Rally - HIGH SCORE

Up - HIGH SCORE

Smash it - HIGH SCORE

## FINAL

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