

CATCHING TENNIS

- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce.
- If they succeed they score a point
- Players in the other zone try and do the same



Progression

- Make teams smaller / bigger
- One handed catches only
- Use real tennis or badminton nets
- Make zones smaller or further away
- Use different types of ball e.g. squash ball / volleyball
- Use weaker hand to throw