

Find a tennis ball or similar and I want you to practice your 'Hand Eye Cordination'

1	Throw the ball up - let it bounce and catch - try 20 times (challenge - try your weaker hand)
2	Throw the ball up and catch without bouncing x20 (challenge = throw higher, catch with one hand)
3	Find a wall away from windows - throw underarm and catch with both hands - make sure you are close to start. x 20
3	Same again but catch off the wall with one hand x 20
4	This time step further away and try and throw harder or you may need the overarm technique. x 20

Now have a go at the Wall Throw Test

	Score	Stand 2m from a wall
Attempt 1		Throw with one hand to a wall and catch with your other hand
Attempt 2		Throw from the hand you caught the ball with and then catch with the other
Instruction video below		Repeat this as fast as possible
https://www.youtube.com/watch?v=cw-JFflMHVI		Continue this for 30 secs
		Count how many you complete

