



ELITE CHALLENGE | PLAYERS 1-3 | BOUNCE BACK

6 SKILLS:
Advanced visual, reflex and reaction skills required for match day, associated with early flight-path detection of a bouncing ball.

SPORTS APPLICATION:
Cricket (batting & fielding), tennis, baseball, rugby, football, basketball, gaelic football, hurling, handball.

Monitor your progress by recording the time taken to complete 50 or the number you can complete in one minute.

EQUIPMENT:
* One Crazy Catch
* One marker cone
* At least 3 balls

HOW TO PLAY:
Set the Crazy Catch net face almost at a vertical position. Place a marker cone 4 metres from net. Each player must throw and cleanly gather 50 rebounds. If the ball drops from the hands or is missed completely then no point is scored. Time yourself / your team to see how long it takes. We recommend you keep 2 extra balls behind you as spares.

VARIATIONS:

- * Use the One Minute Challenge format and see the best score you can achieve.
- * Set the Crazy Catch up on rough ground to further challenge the visual skills.
- * Use the bounce back set up for our other activities:
 - Try For 5
 - Rotate Your Mates
 - Throw and Go
 - Score 5
- * Try using a rugby ball.
- * Vary your throwing distance from the Crazy Catch and the angle of the Crazy Catch face.

LEVEL 1	Side of net: Sane	Ball type: Large
LEVEL 2	Side of net: Sane	Ball type: Crazy Catch
LEVEL 3	Side of net: Insane	Ball type: Crazy Catch
LEVEL 4	Side of net: Insane	Ball type: Cricket/baseball
LEVEL 5	Side of net: Insane	Ball type: Cricket/baseball Insane factor: Rough ground

unique sporting equipment ... rapid skill development ... unlimited healthy fun

© CRAZY CATCH LTD 2007. ALL RIGHTS RESERVED.