



INDIVIDUAL GAME FOR 1

CRAZY CATCH COMBO



SKILLS:

- * Lots!



VARIATIONS:

- * Complete more or less than 5 before moving on to the next activity
- * See how far you can get before you drop / miss one. When you do, go back and start again. Can you ever complete them all without dropping one? That would be amazing!
- * Add your own or other activities to the Combo.
- * Activity 6 requires some very advanced visual, coordination and reaction skills, even at Level 1, so it's ok to miss it out!

HOW TO PLAY:

This game is made of 6 activities. For each activity complete 5 successful catches before moving on to the next. Time yourself to see how long it takes to complete the Combo.

- 1 Catch 5: From 2 metres catch 5.
- 2 Step Back: Step back and attempt your first throw from 2.6m. After each catch step back a further 0.6m. Final fifth throw should be from 5m.
- 3 Throw Other Arm: From 2 metres catch 5 but throws must be using your least preferred throwing arm.
- 4 Throw and Go: From 2 metres but with both feet at least 1 metre out to the side at the time of throwing, Catch 5. Alternate the side that you throw from.
- 5 One Hander: From 2 metres catch 5 with just 1 hand.
- 6 Go Dizzy (optional - really tough): From a distance of your choice (recommend 4 metres), throw, turn 360° and catch the return. Catch 5. (Handy Hint - turn a different way each time to avoid getting too dizzy).

SPECIAL FEATURES:

- * Always challenging and covers a wide range of skills in a short space of time.
- * Monitor your progress by recording your score on your calendar/diary. See what progress you make over the years.

EQUIPMENT:

- * 1 crazy catch net
- * 1 ball
- * 3 marker cones

LEVEL 1 Side of net: Sane Ball type: Large

LEVEL 2 Side of net: Sane Ball type: Crazy Catch Ball

LEVEL 3 Side of net: Insane Ball type: Crazy Catch Ball

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