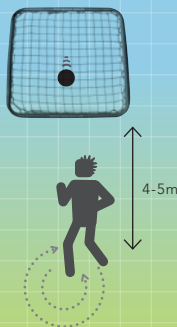


- » ROTATE 360° AFTER THROWING AND BEFORE CATCHING EACH BALL.
- » ALTERNATE ROTATION DIRECTION TO AVOID DIZZINESS



INDIVIDUALS GAME

PLAYERS: 1

★ GO 360°

### EQUIPMENT

- » Crazy Catch net
- » Lots of balls (especially when playing for the first time)
- » Marker cone

GO 360° IS THE ULTIMATE CHALLENGE – EXTREMELY DIFFICULT AND A REAL TEST FOR YOUR EYE MUSCLES AND ALL 6 AREAS OF VISUAL PERFORMANCE.



### HOW TO PLAY

Go 360° is ideal as a one minute challenge. Alternatively add this activity to the Crazy Catch Combo or Gut Buster.

- Position yourself approximately 4 - 5 metres from the Crazy Catch. Use a cone to mark the distance.
- Throw the ball at the Crazy Catch and rapidly rotate 360° before attempting to catch the return.
- Alternate the direction you rotate to avoid dizziness.



### VARIATION

Try 2 or more of you on the insane side all going 360° when the ball is thrown. You will get a lot of strange looks but you will have a lot of fun.



### MONITOR

You may be a little disappointed at first with your scores but you will be surprised how your skills develop. Record your scores and graph your progress using the on line resources.



DR SHERYLLE CALDER  
VISUAL SKILLS SPECIALIST

If you are serious about visual skill development make sure you include Go 360°. This activity is excellent for developing skills for the unpredictability of match day and incorporates all 6 areas of visual performance.

It is extremely challenging initially, but keep practising and you will be surprised with the results.



### RECOMMENDATIONS

Combine this activity with the Crazy Catch Combo (Card 6) or Gut Buster (Card 8) to provide the ultimate training package.

Download the entire range of Elite Crazy Cards from [www.crazycatch.com](http://www.crazycatch.com)



### TRAINING TARGETS

LEVEL	SIDE OF NET	DISTANCE FROM NET	BALL TYPE
1	SANE	2 METRES	LARGE
2	SANE	2 METRES	CRAZY
3	INSANE	2 METRES	CRAZY