



GROUP GAME | PLAYERS: 3+ PER NET | THROW AND GO

- SKILLS:**
- x Throw
 - x Catch
 - x Transforming from catch to throw
 - x Visual
 - x Advanced mobility & Coordination
 - x Advanced visual skills while on the move

HOOPS OF FUN! Instead of cones, use hula hoops as markers. Players must have both feet inside the hoop before throwing!

- EQUIPMENT:**
- * 3 Crazy Catch nets
 - * At least 3 Crazy Catch balls or Large balls
 - * Marker Cones

HOW TO PLAY:
Place 2 cones out in front of Crazy Catch, 2m apart. Each player must throw from behind first cone, run towards second cone & attempt to catch rebound. They then throw the ball to next player once they are behind the second cone. Once the whole team has played, begin from the other side. The first team to score 50 successful catches (or the most catches in a set challenge time period) wins!

- VARIATIONS:**
- x Increase the distance between cones to extend challenge.
 - x Each player runs to the second marker and back again, while attempting 2 throw-and-catches, before handing ball to next player and rejoining team at back of the line.

SPECIAL FEATURES:
Introduces the skills required in most ball sports by having players throw and catch whilst on the move.

LEVEL 1	Side of net: Sane	Distance from net: 2-3m	Ball type: Large
LEVEL 2	Side of net: Sane	Distance from net: 2-5m	Ball type: Crazy
LEVEL 3	Side of net: Insane	Distance from net: 2-5m	Ball type: Crazy

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

© CRAZY CATCH LTD 2007. ALL RIGHTS RESERVED.