



GROUP GAME | PLAYERS: 3+ PER NET | TRY FOR FIVE



SKILLS:

- x Throw
- x Catch
- x Transforming from catch to throw
- x Coordination
- x Visual



Monitor players' skill development by playing this game as a 1 Minute Challenge!!

EQUIPMENT:

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

HOW TO PLAY:

Each team member must throw and catch 5 balls from a set distance in front of the Crazy Catch. Then pass ball on to the next player, and run to end of the line. First team to complete one or more cycles wins! Use marker cone to determine set distance in front of each Crazy Catch.

VARIATIONS:

- x Each person can attempt 5, only successful catches are counted, first team to 50 wins.
- x Try as a 1, 2 or 3 minute challenge, team with the highest score in that time period wins. Monitor progress throughout the year.

SPECIAL FEATURES:

Players with poorer skills are able to spend more time in proportion to others on skill development.

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