



INDIVIDUAL GAMES FOR 1

1 MINUTE CHALLENGES



SKILLS:

1 Minute challenges are designed to develop a wide range of skills, with some focusing on key skill areas.



SPECIAL FEATURES:

- \* You can easily monitor your progress by recording your score on your calendar/diary. See what progress you make each time you play.
- \* Always challenging and covers a wide range of skills in a short space of time.

EQUIPMENT:

- \* 1 Crazy Catch net
- \* 3 balls (1 to throw + 2 spares)
- \* A buddy to retrieve balls that miss the target
- \* Timer
- \* 5 marker cones

HOW TO PLAY:

Throw and successfully catch the ball as many times as possible in one minute. Just choose one of the four challenges below (more online at [www.crazycatch.com](http://www.crazycatch.com)), decide which level you want to play at, set up your net and start the timer!

- 1 **Throw & Catch:** Throw and successfully catch the ball as many times as possible in one minute.
- 2 **Throw, Catch & Step:** Create a centre mark. Each throw must be taken with your feet on alternating sides of the centre point. To score one, you must step to one side of the marker, throw and catch, then repeat on the other side of the marker.
- 3 **Throw, Catch & Run:** Place one cone at both sides of the net, 3 metres away from the central standing position (making cones 6 metres apart). To score one, you must run around a cone, then successfully throw and catch before moving on to the next cone.
- 4 **Longer Throwing:** Place 5 markers at 1 metre distances from the Crazy Catch, starting at 2m and going out to 6m. Start at 2m. After a successful throw and catch, step back to 3m. Then to 4, 5 and 6m, and then work back to starting position. Repeat.



VARIATIONS

Try using a football, hockey ball or rugby ball (passed side on!)

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

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