

VIRTUAL CHALLENGE - Dodgeball



Wall Throw

Quick Introduction

- This challenge is all about hand eye co-ordination.
- How many catches can you make in 60 seconds.

Getting Started

- Set up a cone **3m from a wall**.
- 1 player at a time throws a ball at the wall and tries to catch it as many times as they can in 60 seconds.
- You get 1 point for each successful catch.

Health and Safety

- Play towards a wall, throwing away from others.

Equipment Required

- 1 Dodgeball
- 1 cone
- Stop watch
- Score Sheet



