

ALTERNATE HAND WALL TOSS

(Hand-Eye Coordination)

1. Stand facing the wall behind the line marked 2m from the wall on the ground.
2. Your partner will say 'go' and start the stop watch.
3. Throw the tennis ball underhand against the wall.
4. On the rebound, catch the ball with the opposite hand.
5. Continue to throw the ball against the wall underhand and catch with the alternate hand for 30 seconds.
6. Record the total number of successful catches in 30 seconds.