

WEEK 1 - CHALLENGE

In School Challenge

OVERVIEW

AIM: To send and retrieve tennis balls from starting point to upturned cone as many times as possible in 60 seconds.

Set Up and Rules

Place four tennis balls (or similar sized balls) in a hoop next to the starting point.
Place an upturned cone in a straight line at 1m, 2m, 3m and 4m away from the starting point.

On 'go,' take 1 tennis ball and place in the first cone, before returning to the hoop to get another tennis ball and take it to place inside the second cone. Repeat for tennis balls and cones three and four.

After placing the ball inside cone four, return to starting point and then begin retrieving one tennis ball at a time and placing them inside the hoop, starting with cone one, then two, three, four.

Repeat the process until the time stops. The ball must stay within the cone.

Each time you place a ball inside a cone or return a ball to the hoop, you score a point.

How many balls can you send and retrieve in 60 Seconds?

COACHING TIPS

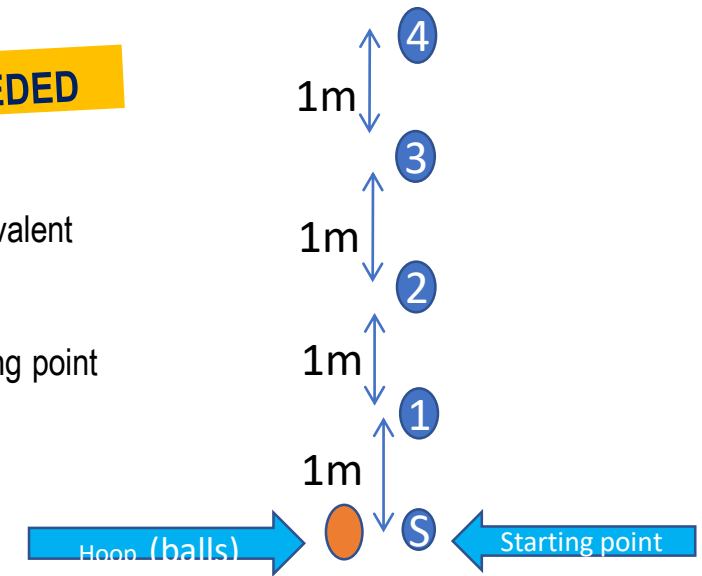
Pick up the ball with one hand, move it to the other hand and sidestep between the cones.

Bend low to place the ball in the cone so it doesn't roll out.

Ball send and retrieve

EQUIPMENT NEEDED

Stopwatch
4 Tennis balls or equivalent
4 cones
Hoop
Larger cone for starting point
Tape Measure



SCORING & JUDGING

Each Pupil has 60 seconds to send and retrieve as many balls as possible from starting point and hoop to each upturned cone.

Each ball placed in an upturned cone or retrieved from each upturned cone to the hoop scores one point.

The ball must be placed in the cone and stay in it to receive 1 point (no throwing).

Partner/Sports Leader should give the starting instructions, time 60 seconds and count the number of successful ball transfers