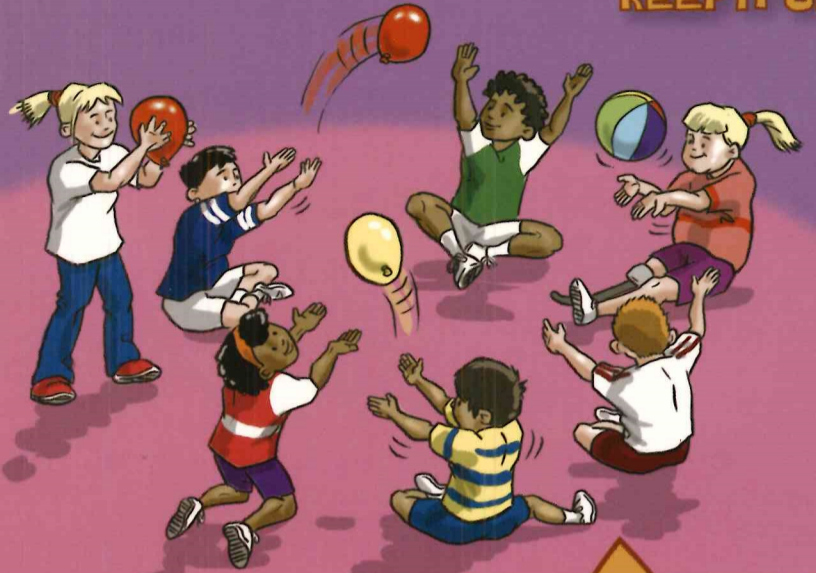


RESPONSE

Player responds to quick balls using both forehand and backhand.

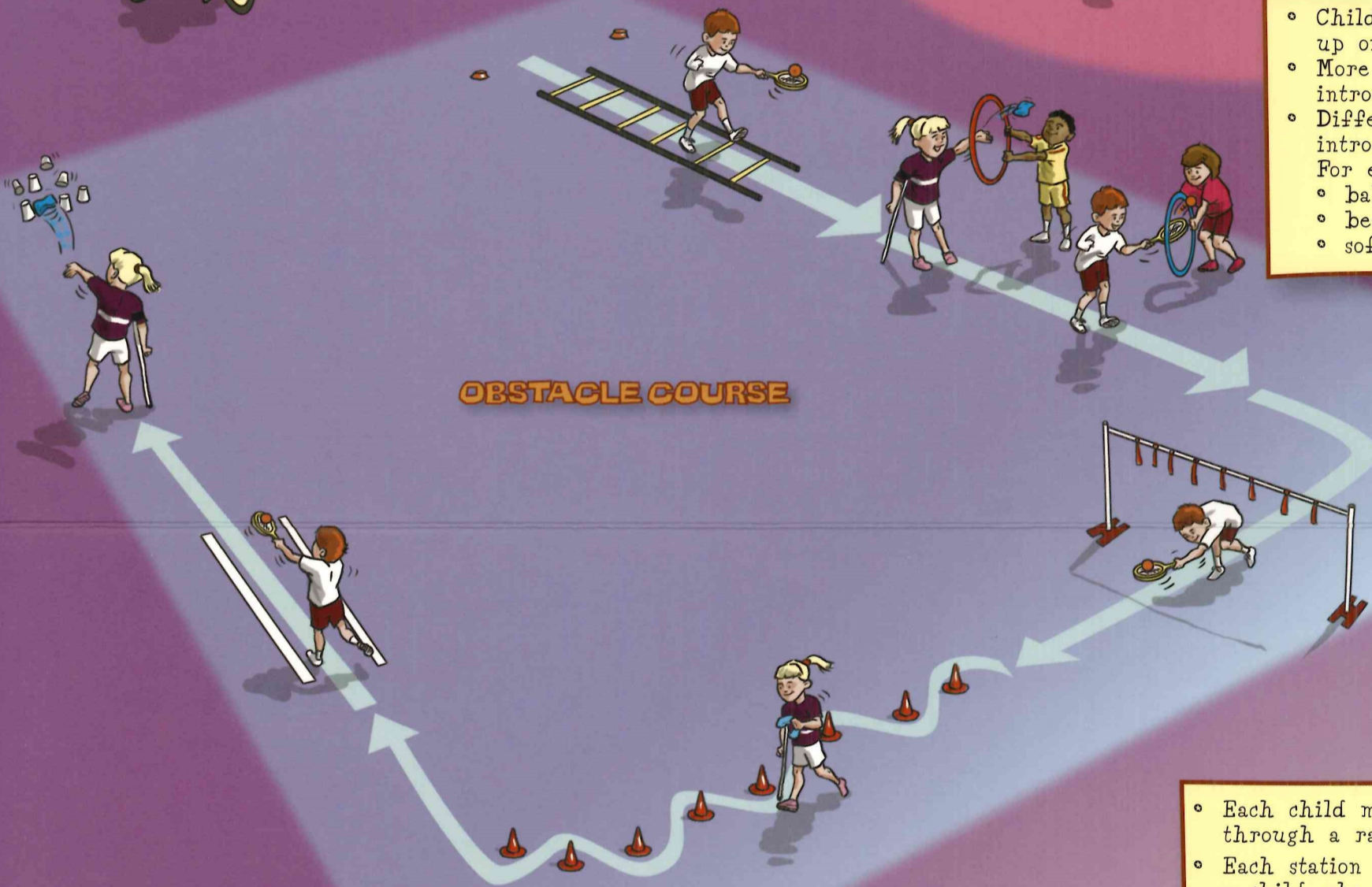


KEEP IT UP



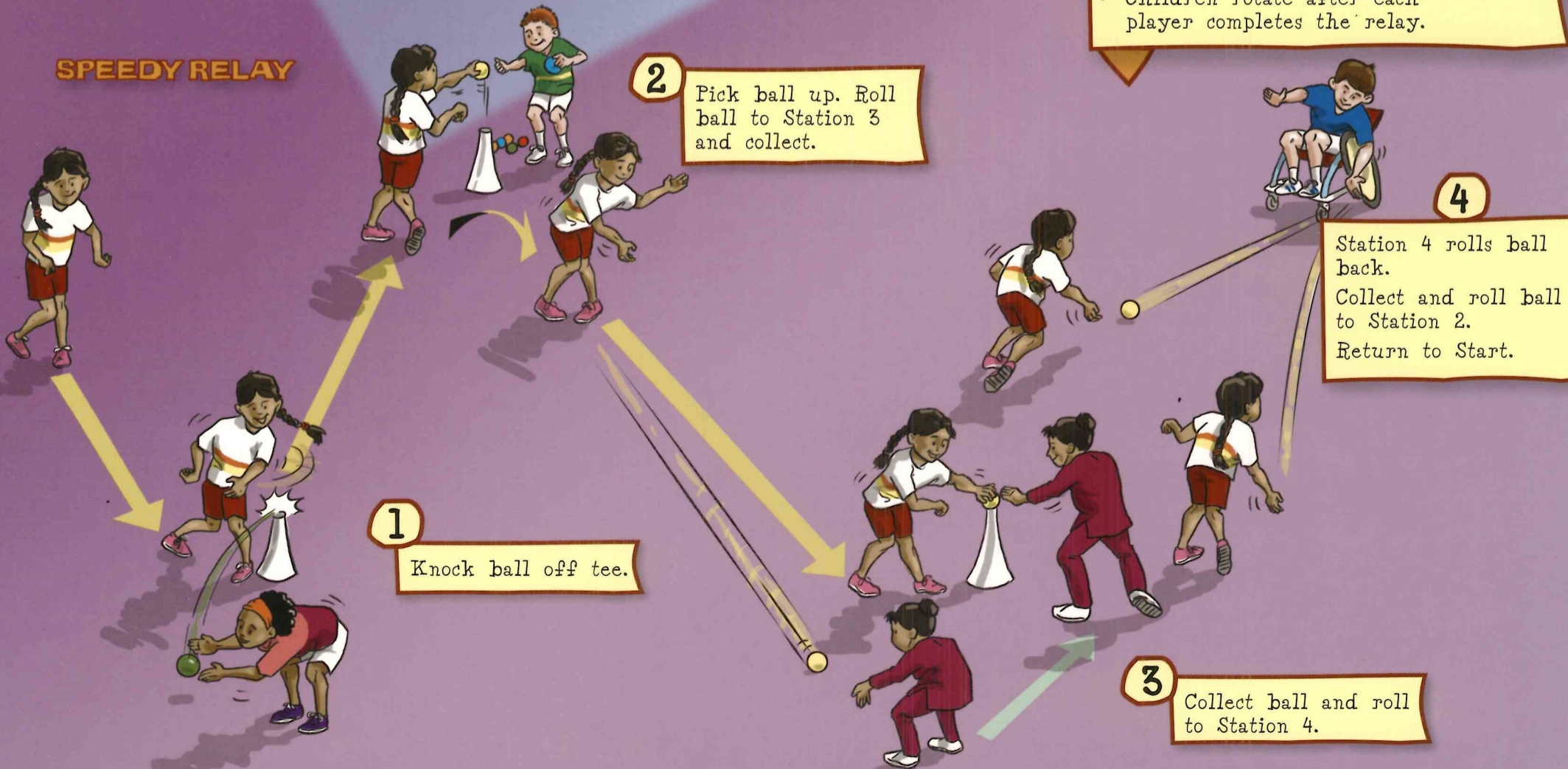
- Children begin by keeping up one balloon.
- More balloons are gradually introduced.
- Different balls can be introduced as players improve. For example:
 - balsac
 - beach ball
 - soft volleyball.

OBSTACLE COURSE



- Each child makes progress through a range of activities.
- Each station is supervised by a child who helps with the activity.
- Children rotate after each player completes the relay.

SPEEDY RELAY



1 Knock ball off tee.

2 Pick ball up. Roll ball to Station 3 and collect.

3 Collect ball and roll to Station 4.

4 Station 4 rolls ball back. Collect and roll ball to Station 2. Return to Start.