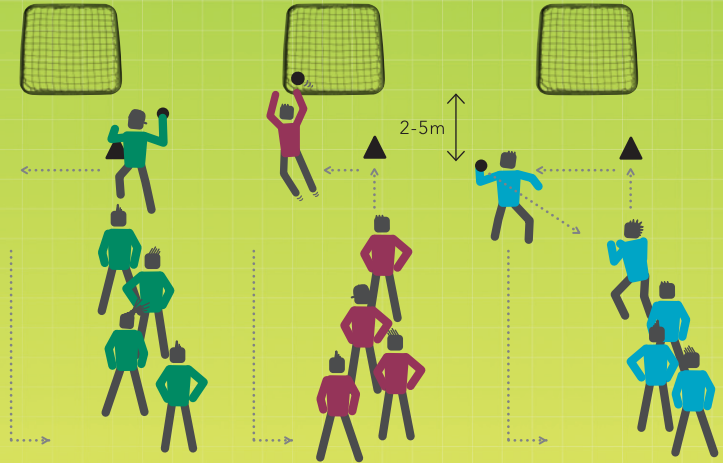


★ **THROW AND GO**

- » TEAM MEMBERS LINE UP BEHIND THROWER
- » THROW IS MADE FROM INSIDE HOOP / BEHIND MARKER. RUN TO CATCH RETURN
- » ONCE CATCH IS TAKEN / BALL IS GATHERED, THROW THE BALL TO THE NEXT TEAM MEMBER
- » CATCHER RETURNS TO END OF THE LINE



**DR SHERYLLE CALDER**  
WORLD-LEADING  
VISUAL PERFORMANCE  
SPECIALIST

Visual skills become a whole lot more challenging when not only the ball is on the move, but also your eyes. **THROW AND GO** provides this challenge and introduces fitness and coordination requirements for participation in sport.



**EQUIPMENT**

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Hoops / cones / markers

**TEST VISUAL, ADVANCED MOBILITY, BALL AND COORDINATION SKILLS WITH THIS FUN GAME FOR SMALL GROUPS.**



**HOW TO PLAY**

The first team to score (eg) 30 successful catches wins. Alternatively the most successful catches in a set time period (eg 3 minutes).



**VARIATIONS**

- Vary the distance of the hoop/marker from both the centre and Crazy Catch to match the skill level of the students.
- Change the hoop / marker to the left side.



**SPECIAL FEATURES**

Introduces the skills required in most ball sports by having players throw and catch whilst on the move.