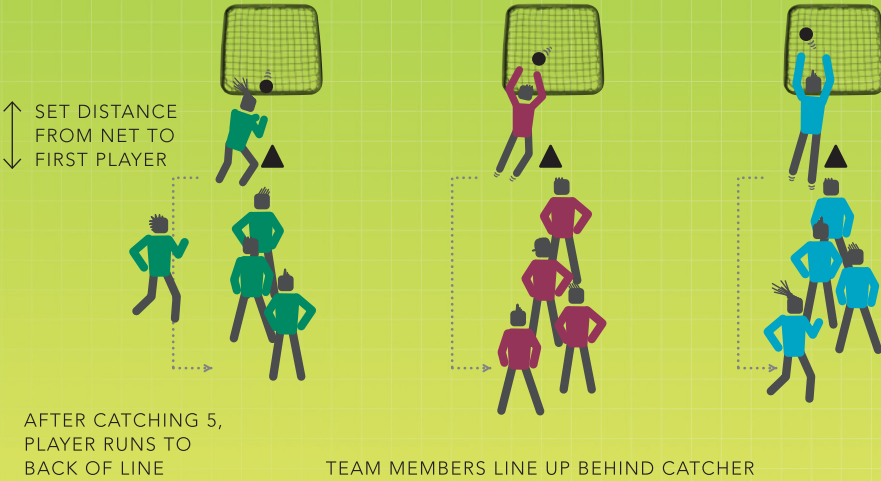


★ TRY FOR FIVE



DR SHERYLLE CALDER
WORLD-LEADING
VISUAL PERFORMANCE
SPECIALIST

BY USING THE CRAZY CATCH INSANE SIDE, ELITE PLAYERS WILL HAVE THEIR REACTION, COORDINATION AND VISUAL SKILLS FULLY TESTED.



HOW TO PLAY

- Each team member must throw and catch 1 or 5 balls from a set distance in front of the Crazy Catch. They then pass ball on to the next player, and run to end of the line.
- First team to complete one or more cycles wins.
- Use marker to determine set distance in front of each Crazy Catch.



VARIATIONS

- Each person can attempt 1 or 5, only successful catches are counted, first team to (eg) 30 wins.
- Try as a 1, 2 or 3 minute challenge, team with the highest score in that time period wins. Monitor progress throughout the year.



RECOMMENDATIONS

Monitor teams' skill development by playing this game as a 1 Minute Challenge!!



EQUIPMENT

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