



Tour 8

#PlayTour



What you will need:

2 Balls 

Assistant 

Wall 

Racket 

Chair

Semi Final

- **High Ball:** player hits the ball down into the ground, puts down their racket & catches the ball before it bounces again. **+1 point for every high ball caught**
- **Fish Chips:** player finds a space, tap the ball up with the string, then tap up again with the other side of the strings, keep alternating. **+1 point for every ball tapped up on alternate sides**
- **Serve Rounds:** 1st the player hits a serve while sitting on the floor, 2nd hit a serve from two knees 3rd hit a serve while on one knee & 4th hit a serve while standing . **+1 point for every serve that hits the wall**

Final

- **Shift 1:** set up a chair out to the side, player drops the ball, let's it bounce, hits against the wall & touches the chair before bounce hitting again . **+1 point for every ball that hits the wall after the chair tap**

6

Out of 6


Practice as much as you want, then it's 6 goes only at each challenge or stop after 3 misses & record score

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Info

Ideally use a sponge ball or red tennis ball.


The chair needs to be at least 4 paces out to the side




Gamification

Enter each score into the correct challenge box, add them all up & enter your final total score in the top blue box

T8:





Total Tour Points:

SEMI FINAL

High Ball - HIGH SCORE

Fish Chips - HIGH SCORE

Serve Rounds - HIGH SCORE

FINAL

Shift 1 - HIGH SCORE

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Pin Point Tennis Team