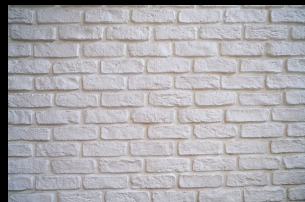




Rebound

The aim of the game is to keep the rally going by hitting an object against a wall

- 1) Find a wall or suitable surface to play against
- 2) Play by yourself or with a partner and strike your ball (e.g. football, tennis ball) against the wall
- 3) You/ your partner then attempt to strike the ball back against the wall to keep the rally going



Simplify

- Allow ball to bounce
- Use two hands to catch

Progression

- One hand catch
- step further away from the wall

#StayHomeBeActive