

# Catch the object in the cone/target.

**Working on your own or in pairs and taking turns, completing each challenge for at least 30 seconds, can you;**

(Small ball, bottle lid, pair of socks, pen lid or any other suitable object)

1. Throw your object up in the air.
2. Catch the object in your cone/target while holding it with one hand.
3. Catch the object before it hits the ground (1 point for every catch you make)
4. Switch the cone/target to your weaker hand
5. How many points can you get in 1 minute
6. Can you throw the object higher and still catch it.
7. Can you spin around and catch the object in the cone



## Tips from Partner

- Keep your eyes on the ball
- Keep your hands steady
- Be aware of space



**Can you think of a more difficult challenge?**

