

Hitting to the Net

(Individual Challenges)

Watch this activity demo on  YouTube 

The Goal:

Complete as many levels as you can.

Silver Medal = 3 hits in a row on target

Gold Medal = 5 hits in a row on target

What You Need:

A Spikeball™ (or similar ball) and

Spikeball™ Net (or hula hoop)

How To Play:

- Level 1 - Stand next to the net. Self-toss and hit the ball onto the net
- Level 2 - Stand 1' from the net. Self-toss and hit the ball onto the net
- Level 3 - Stand 3' from the net. Self-toss and hit the ball onto the net
- Level 4 - Stand 5' from the net. Self-toss and hit the ball onto the net
- Level 5 - Stand 5' from the net. Self-toss the ball towards the net and hit while moving
- Level 6 - Stand 1' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 7 - Stand 3' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 8 - Stand 5' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 9 - 5' from the net. Self-toss towards the net. Hit while moving w/non-dominant hand



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