

Hitting to the Net

(Partner 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. Partner tosses and you hit a drop shot onto the net.
- Level 2 - Stand next to the net. Partner tosses and you hit a power shot onto the net.
- Level 3 - Stand next to the net. Partner tosses and you hit alternating shots onto the net.
- Level 4 - Stand next to the net. Partner tosses. You hit onto the net using non-dominant hand.
- Level 5 - Stand next to the net. Partner tosses. You hit onto the net making your partner move 1-2 feet in any direction, using any shot so that your partner can catch the ball.



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