



Throw a ball against the wall with one hand and catch it with the other hand as much as possible within 30 seconds.

### Starting position

Standing, 1m in front of the wall  
Tennis ball in one hand

### Scores



1 point each time the ball is caught

### Attempts

2 x with rest in between the trials

- ✓ Alternately throwing with left and right hand
- ✓ Free to use overhand and/or underhand techniques or a combination of both
- ✓ Trial before testing: 6 times throwing and catching

