

TRAIN IT THURSDAY: ALTERNATE BALL ROLL

Crouch on the floor 1m from your wall, with one ball in each hand.

On 'go' you need to roll one ball at a time to rebound back off the wall, into your hand. Alternate your hands.

When you receive the ball back in your hand you get 1 point.

How many points can you get in 1 minute?

Harder: Stand up and throw the ball, use one ball but use alternate hands.

Easier: Use one ball, but still alternate your hands.

