

# Levels Challenge

## TENNIS

- 1 Balance the ball on the racquet
- 2 Balance the ball on the racquet without the ball touching the metal bit
- 3 Balance the ball on the racquet while lifting the racquet above your head and down to the floor
- 4 Throw, bounce, hit, bounce, catch
- 5 Throw, hit, catch
- 6 Hit the ball 3 times and then catch it
- 7 Hit the ball 10 times and then catch it
- 8 Throw, bounce, hit to the ground, bounce catch
- 9 Bounce hits x 3
- 10 Bounce hits x 10
- 11 Level 1-10 with your weak hand
- 12 Hit the ball up, flip the racquet and hit the ball
- 13 Hit, flip, hit 10 times in a row
- 14 Hit, metal, hit
- 15 Hit, metal, hit 10 times in a row