



**Development 3-** This time you will start with your back to the thrower, when the thrower shouts go, you will turn around and try to catch the ball. This is more challenging as you will have less time to anticipate where the ball is going. If you are successful and you catch the ball, you can move on to the next marker.



**Development 4-** These are the most challenging parts of the lesson and will only work if you have a tennis ball. This time you will turn to face the thrower, the ball is bounced towards you and you will try to catch it. If you catch the ball you can move back to the next marker.



**Development 5-** Same as development 4 as the thrower will bounce the ball towards you, however this time you will turn your back on the thrower, so again you will have less time to react to where the ball is heading. Good luck and I hope you enjoy!

