

Sevens Ball Game



You will need a ball.

Practice your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.

Sevens Ball Game

Throw the ball up in the air, let it bounce once and catch it.

Complete 7 times.



7

Sevens Ball Game

Throw the ball under one leg up in the air and catch it.

Complete 6 times.



6

Sevens Ball Game

Throw the ball up in the air and catch it, without a bounce.

Complete 5 times.



5

Sevens Ball Game

Bounce the ball on the ground five times and catch it.

Complete 4 times.



4

Sevens Ball Game

Throw the ball up in the air, do a 180° turn and catch it, without a bounce.

Complete once.



1

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Throwing 7s

Rachel Sandford



Throwing 7s:

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