

★ ACTIVITY / CATAPULT LOB

FOCUS:

BOWLING, STRAIGHT ARM, SIDE ON DELIVERY, ACCURACY

EQUIPMENT:

CONES OR ROPES & A BALL PER PAIR



DESCRIPTION:

- ▶ Pairs of participants face each other in two lines, separated from their partner by 10 yards and from the participants on either side by 3 yards.
- ▶ Each pair takes turns lobbing the ball on one bounce to their partner using a straight-arm action.

MAKE IT EASIER:



- ▶ Decrease the distance between partners
- ▶ Small children will find this activity easier with a small ball

MAKE IT HARDER:



- ▶ Add a target on the ground between each pair. Partners compete to see who can hit the target the most.

