

The #MelbEastNetball CHALLENGE

LAURA'S 7 UP BALL CHALLENGE

What you need:

- Tennis ball
- Wall

What to do:

- **7 times** – Bounce the ball onto the wall, and then catch it without letting it touch the ground
- **6 times** – Bounce the ball onto the wall, let it hit the ground once and then catch
- **5 times** – Bounce the ball on the ground
- **4 times** – Bounce the ball from the ground to the wall, and then catch it before it hits the ground again
- **3 times** – Bounce the ball on the ground, then use your palm to hit the ball into the wall and then catch it
- **2 times** – Toss the ball under your leg onto the wall, then catch it without letting it hit the ground
- **1 time** – Throw the ball to the wall, spin around and catch before the ball hits the ground

Want an extra challenge?

- Try using your non-dominant hand
- Close one eye while doing it!

Share it

Ready to take on the 7 UP ball challenge? Can you Level up from level 7 to 1? Over to you to show us what you've got.

Here's how:

1. Take a video of yourself doing the weekly challenge.
2. Upload it to Instagram and use #MelbEastNetball
3. Tag 3 friends to challenge them and tag us @MENANetball

Everything you need to know is at: <https://menanetball.com.au/challenges/>

Not on Instagram? Email your video to photos@menanetball.com.au. We can share them on facebook.

