



Knockout

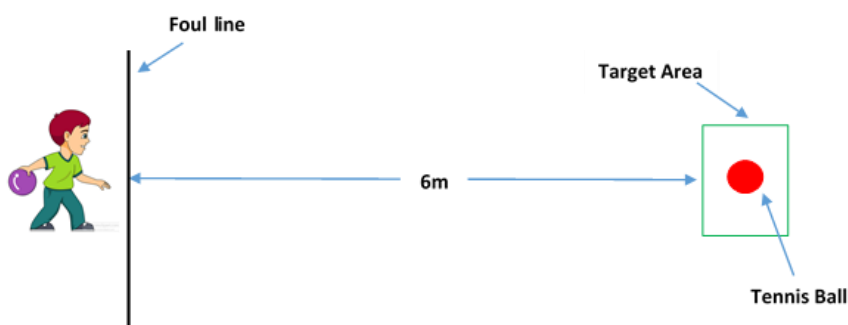
Objective: To record how many times you can knock the opposing ball off the 'target area'.

Equipment:

- Playing area: flat, smooth surface of 6 meters in length (*i.e. hall, driveway*)
- Tennis Balls x2
- 'Target area' (A4 page x1)
- Foul line (*i.e. chalk, rope, tape*)
- Measuring tape

Process: Place the foul line in the playing area, measure out and place the A4 page at the 6 meter mark with a tennis ball on top.

Athletes should position themselves behind the foul line. The athlete should roll the ball using an underarm technique onto the 'target area' to knock off the other tennis ball. The athlete repeats this process a total of ten times, resetting the 'target area' after each throw.



Athletes receive 1 point for each attempt, which successfully knocks the other tennis ball off the 'target area'. The maximum score an athlete can receive is ten. No points are awarded for attempts, where the tennis ball is not knocked off the 'target area'.

Rules:

- The athlete must remain behind the foul line whilst throwing
- The athlete has ten attempts.

Score: The total number of points for all ten attempts are combined to calculate the athlete's final score, to be submitted (*e.g. 6*)

Attempt										Final Score
1	2	3	4	5	6	7	8	9	10	
0	1	1	0	0	1	1	0	1	1	6