

# First Round

**Wall throw and catch (how many)**

**Score 1**     **Score 2**     **Score 3**

**Ball roll - kick, throw and catch (how many)**

**Score 1**     **Score 2**     **Score 3**

**Racket tap ups (how many)**

**Score 1**     **Score 2**     **Score 3**

**You are awarded 10 points for each exercise that you improve on during the week! e.g gain an extra 10 points per exercise for all 3 = 30 extra points**