



Challenge of the Week

SKILL ACQUISITION: Passing: Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Hallway Passing



Number of Players: 2 – kids, parents, grandparents (whomever is available)

Equipment: 1 tennis ball and the longest hallway in your house.

Organization: Each player chooses an end to play from. Players must start at opposite ends of the hallway and as far apart from each other as possible.

Object of the Game: Pass the tennis ball to your opponent without hitting and walls. Your opponent has 1 touch to play the ball back without hitting any walls. If a player hits a side wall with the ball, they lose 1 point. Whomever has the ball closest to them restarts the game once both players are ready. Once either player loses all their points, the game is over. Begin a new game with all players starting with 10 points.

Scoring: Each player starts with 10 points.
-1 point for hitting a side wall.
Who is the first player to lose all their points?

Variations (select as many variations as necessary):

- Allow more touches as needed.
- Limit the touches the winner of the previous round gets.
- Return to a closer distance and try to play 1 touch back and forth. Open the distance again each round. (kicking the ball in the air could cost points, player's choice)
- 1 player or both players must use their weaker foot.