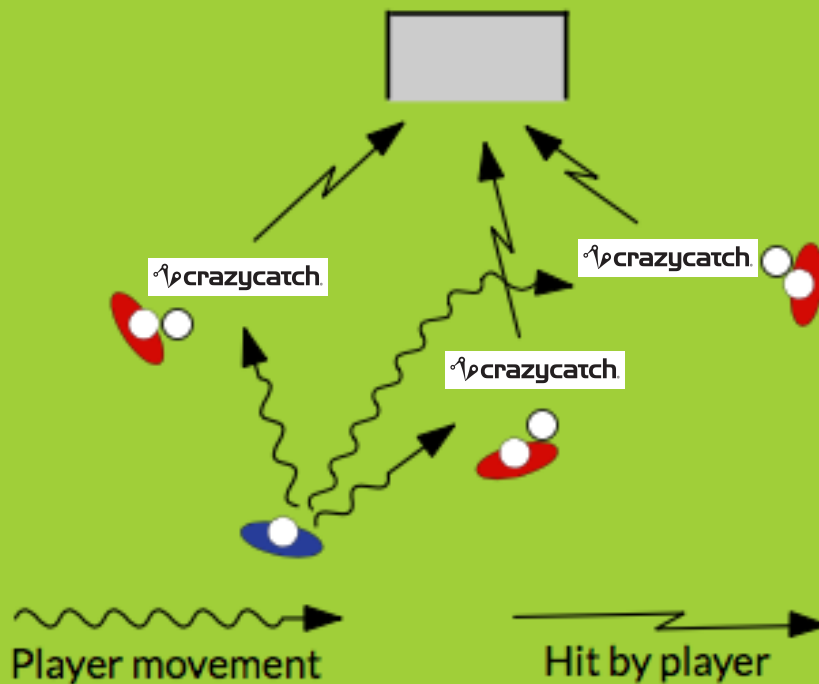


HMC half volleys and volleys Challenge

Aim: To score all 10 balls that rebound off the CrazyCatch.



Activate Camps



Taking the challenge:

In this challenge you'll take the role on as a forward! You'll need to wear your hockey glove and have a hockey stick. You're required to start around two metres behind the CrazyCatches. The Coaches (Red) will feed the ball once at a time from different angles coming off the CrazyCatches, and you'll attempt to hit on a Volley or Half Volley into the goal, having 10 attempts. You will receive 2 points for a Volley and 1 point for a Half Volley. Be careful though, the CrazyCatch can make the ball bounce unpredictably.

WILL YOU TAKE THE CHALLENGE AND BEAT YOUR BEST?

Key points to BE AT YOUR BEST:

1. Tight grip on the stick.
2. Follow through for power.
3. Watch the ball.

CrazyCatch are Activate Camps 'Challenge' partners for 2019. On each camp, you'll take a CrazyCatch challenge every day, looking to achieve your personal best, while

working on important skill sets for the set sport.

You'll record every score on the CrazyCatch work sheet, which you'll be able to take home at the end of the week!

On these challenges you'll need to make sure to **BE AT YOUR BEST**, to BEAT YOUR BEST!