#OneMinuteChallenge

How many close catches can you take off a wall

without dropping the ball?

* Start off standing about 1-2 metres from the wall
* If you find it easy, try moving further back
* Start off using 2 hands
* If you master that, try using only one hand

**Challenge – How many catches can you complete in one minute?**

**Share your best efforts with us via our social media pages (Facebook/Twitter)**