



How far can you throw a tennis ball?

Equipment Needed:

- Throwing line (cones, chair, stationary object that will not move)
- Measuring tape
- Tennis ball

Rules:

- Athlete will stand behind a designated line
- Athlete will throw the tennis ball as far as they can
- Measurement will be made from the designated line to where the tennis ball first touched the ground
- Record the distance on score card
- If you can throw more than 15M, consider doing the softball throw instead

Modifications:

- If you do not have a tennis ball, use another object (stuffed animal, rolled up socks, baseball, etc.)
- If you do not have a measuring tape, you can measure the distance thrown in steps

