

HAND EYE DRILLS

OFF WALL WITH TENNIS BALL

- face wall, 3' away, throw with one hand and catch with the other (underhand)
- face wall, 4' away, bounce ball off floor then wall and catch with other hand
- face wall, 4' away, throw ball overhand and catch ball above shoulders

DO 3 SETS OF EACH EXERCISE FOR 25 THROWS EACH ARM

WITH PARTNER AND TENNIS BALL OR Z-BALL

- hot potato with tennis ball – quick catch and throwback to partner
- bounce and catch to partner, stand about 8-10' apart
- face wall about 5-6' away and partner stand behind you and bounce ball off the floor then wall and you catch it, give ball back to partner, make 25 catches then switch partners
- kneeling on fitness ball toss tennis ball back and forth to one another

DO 3 SETS OF EACH EXERCISE FOR 25 THROWS EACH SIDE

PING PONG or TABLE TENNIS IS A GREAT WAY TO IMPROVE YOUR HAND EYE COORDINATION, SO TRY AND PLAY IT 2-3 TIMES A WEEK.