

SLING SHOT TENNIS



YOU WILL NEED

- Family or friends
- A skipping rope
- A pillowcase and ball, balloon or sponge

HOW TO PLAY

- Divide an area in two, using a skipping rope as a net.
- Each pair or team should hold a pillowcase out flat between them.
- One team places a ball in the middle of their pillowcase. If playing indoors use a balloon or a soft sponge.
- Without touching the ball, try to sling it over the net while the other team tries to catch it on their pillowcase.
- Get the ball to fall on the floor on the other team's side of the net to score a point.
- The first team to score five points wins; the teams then change sides.

REMEMBER...

- Make sure you have enough space around you. Use a balloon or sponge if playing inside.