SEVENS

Use a tennis ball and stand a comfortable distance from a wall to complete all seven rounds to win at Sevens

Onesies: Throw the ball against the wall and catch it before it bounces.

Twosies: Throw the ball against the wall and let it bounce once before catching it. Do this step twice.

Threesies: Throw the ball against the wall and clap before catching it. Do this step three times.

Foursies: Throw the ball against the wall, spin around and catch it after the first bounce. Do this step four times.

Fivesies: Throw the ball against the wall, clap twice behind your back, and catch it. Do this step five times.

Sixies: Throw the ball against the wall, bend down and touch the ground and catch it. Do this step six times.

Sevens: Throw the ball against the wall, jump and clap hands once in front of you and catch the ball. Do this step seven times.

If the player drops the ball, they start over. Once all steps have been completed, you win!