

Oh,  
what  
fun!

## TO GO ACTIVITIES

There are a lot of great recreational activities you can do with a tennis ball. Juggling, teaching Fido to fetch and playing tennis are a few. See our favorites below. Then visit [tempe.gov/winterfest](https://tempe.gov/winterfest) for fun instructional videos featuring some of your coaches and instructors.

- 7-Up - Watch Coach Bobbi compete against former LadyHawks players in a fast-paced game of skill. Recruit your family to play along.
- Basketball Drills** - Check out Coach Key as he challenges you with hand-eye coordination drills focused on refining dribbling and shooting skills.
- Bowling** - Set up 10 "pins" using household items (think cans or containers). Roll the tennis ball to knock them down. You can even keep score.
- Fetch with Fido** - Our Dog Obedience Instructor shares tips on how to teach your dog to fetch.
- Juggling** - Gently toss one tennis ball into the air. When it's on the way down, toss the second ball up. Don't catch either ball. Try to keep them both moving upward. Add a third ball when comfortable.
- Obstacle Course** - Create path filled with obstacles like toys, buckets and pillows, then dribble tennis ball through using only your feet. Time yourself.
- SkiBall At Home** - Line up different sized boxes and baskets in a row. Toss the ball trying to land it in one. Assign a point value for each and keep score.
- Softball & Baseball Drills** - Throw the ball against a wall to field ground balls or toss into the air to catch pop flies. Enlist a sibling or friend to play catch.
- Soccer** - Play a modified soccer game with the rules: 'you can't touch the ball with your hands' and 'if you get the ball in a certain area you score a goal'.
- Tennis Drills** - Take your tennis ball and head out to the driveway to practice the tennis skills Coach Suk and Chloe share in their video.
- Soothe Sore Muscles** - After trying all these activities, grab two tennis balls and watch as Fitness Instructor Carol Ann demonstrates how to roll away the stress and soreness in your muscles.

