

Throwing Accuracy

Catch the Cup Home Challenge



Find a suitable space inside (or outside) of your house. Have some ping pong balls ready (or homemade alternative). Set up 10 cups (mugs/glasses/anything in your cupboard) into a triangle or any shape of your choosing (see examples below). Sit/kneel or stand any distance you choose and try to throw your ball into the cups. Capture a cup if you land your ball into it. How many cups can you get in 5 minutes?



9-10 Cups



7-8 Cups



5-6 Cups



3-4 Cups



1-2 Cups

Alternate - Use your weaker hand/Try to bounce the balls in if using ping pong balls.