

BUST A WORLD RECORD

AT CRAZYCATCH.COM

Have a go at the first
1 Minute Challenge
(shown here)



Record your scores.
Download a scoresheet
at www.crazycatch.com



Use the online resources
to measure your
performance. See if you
can beat the world's
best for your age!



DR SHERYLLE CALDER
WORLD-LEADING
VISUAL PERFORMANCE
SPECIALIST

Crazy Catch 1 Minute
Challenges should
be part of everyone's
training kit. A great
way to get an active,
intensive workout
for a broad range of
visual & coordination
skills. Fantastic for
development of Visual
Concentration, which is
one of the 6 essential
areas of Vision Training.



EQUIPMENT

- » Crazy Catch net
- » Lots of balls
- » Distance marker -
eg: cone
- » Training partner
who can count

★ 1 MINUTE CHALLENGES

CHALLENGING AND INTENSIVE. A GREAT
WORKOUT FOR VISUAL CONCENTRATION.



HOW
GOOD
ARE
YOU?



- » THROW AND
CATCH THE BALL
AS MANY TIMES
AS POSSIBLE IN
ONE MINUTE.
- » HAVE LOTS OF
SPARE BALLS,
JUST IN CASE
YOU MISS THE
ODD ONE.

★ ACTIVITIES 1 - 6 [DOWNLOAD AT CRAZYCATCH.COM]

Try them all as a 1 Minute Challenge.

★ COMBO

COMBO 5

Select your favourite activities.
Complete 5 of each activity, then
onto the next.

- » Time for 1 minute, **or**
- » Record your time to complete
1, 2 or more full rotations of 5 of
each activity.

COMBO YOUR SPORT

Develop combinations for
training for your sport and have
a one minute break between
each 1 Minute Challenge. (refer
'Your Sport', Activities page,
crazycatch.com)

★ GUT BUSTER [3 MINUTES]

GO BEYOND 1 MINUTE! For the ultimate workout, try a Combo of
activities non-stop for 3 minutes or more.