

# PING PONG CATCHING PROTOCOL



MAKE SURE DEN CADDY OR BASKET IS 10 FEET FROM PING PONG ROBOT. CANNOT USE ANY OTHER PART OF BODY OTHER THEN HAND BEING USED TO CATCH THE BALL. BALLS MUST GO INTO THE BASKET TO COUNT. 8/10 BALLS INTO THE BUCKET LETS PARTICIPANT MOVE ON TO NEXT LEVEL. 6-7 OF 10 ALLOWS PARTICIPANT TO TRY ONCE MORE. 5 AND LOWER RESULTS IN A FAILED TEST.

## LEVEL ONE

SPEED 16KM/ HOUR, DELAY 1.5 SECONDS  
CATCH WITH BOTH HANDS

## LEVEL TWO

SPEED 16KM/ HOUR, DELAY 1.5 SECONDS  
CATCH WITH DOMINANT HAND

## LEVEL THREE

SPEED 16KM/ HOUR, DELAY 1.5 SECONDS  
CATCH WITH NON-DOMINANT HAND

## LEVEL FOUR

SPEED 16KM/ HOUR, DELAY 1.5 SECONDS  
ALTERNATING HANDS, CONTINUE PATTERN

## LEVEL FIVE

SPEED 16KM/ HOUR, DELAY 1.5 SECONDS  
ALTERNATING HANDS, PASS BALL TO OPPOSITE  
HANDS BEFORE DROPPING INTO BASKET

## LEVEL SIX

SPEED 20KM/ HOUR, DELAY 1.0 SECOND  
CATCH WITH BOTH HANDS

## LEVEL SEVEN

SPEED 20KM/ HOUR, DELAY 1.0 SECOND  
CATCH WITH DOMINANT HAND

## LEVEL EIGHT

SPEED 20KM/ HOUR, DELAY 1.0 SECOND  
CATCH WITH NON-DOMINANT HAND

## LEVEL NINE

SPEED 20KM/ HOUR, DELAY 1.0 SECOND  
ALTERNATING HANDS, CONTINUE PATTERN

## LEVEL TEN

SPEED 20KM/ HOUR, DELAY 1.0 SECOND  
ALTERNATING HANDS, PASS BALL TO OPPOSITE  
HANDS BEFORE DROPPING INTO BASKET

## WE WANT TO HEAR FROM YOU!

SEND PROTOCOL VIDEO AND PICTURES TO [INFO@MYGOLFLAB.CA](mailto:INFO@MYGOLFLAB.CA)  
AND WE WILL POST ON OUR WEBSITE.



[WWW.MYGOLFLAB.CA](http://WWW.MYGOLFLAB.CA)