

Down to the Ground

A game for two players

You will need: a tennis ball

Here's how you play:

1. The two players stand about six feet apart. They throw the tennis ball back and forth until someone drops it.
2. The person who did not drop the ball then yells out, "Down on one knee!" The player who dropped the ball has to bend down on one knee. The player has to stay in that position while the game of catch continues.
3. If the same person drops the ball, the player who threw the ball then yells out, "Down on two knees!" With each dropped ball, the player has to then go "Down on one elbow," then "two elbows," and finally, "Down on the ground!"
5. The first player to wind up completely down on the ground loses.