CATCHING TENNIS
Reds are playing against green and yellow against blue.
Ball thrown underarm to land in opponents area.
Ball must clear net (stumps). Opponents job is to catch ball and prevent ball from landing.
Points scored by ball landing in opponents area.
Ball thrown back and forth until the end of the game.
Team with most points wins.
Can be played with just two teams.

EASIER/HARDER
Allow high throws.
Remove net that will then allow lower and more challenging throws.
Change size and weight of balls or use beanbags etc.
increase and decrease distance between teams.
Add in extra balls.
Eliminator. If player drops ball or closest to it when it lands is out until no-one from team is left.