

JUMVI

Missions Book

30 safe missions for Toss & Catch Paddle Set (Kids 3–8)

Quick Safety Rules

- Throw below face level.
- Keep 1–3 meters distance.
- Gentle throws only (no hard throws).
- Adult supervision recommended.

How to use this book

Pick a mission, read the steps, and play safely. After finishing, mark Done and write the date. Use the packs to mix skills: reflex, aim, focus, teamwork, and indoor-safe play.

Packs (6 missions each)

- Reflex Rush — 6 missions
- Aim Master — 6 missions
- Focus Control — 6 missions
- Team Duo — 6 missions
- Indoor Compact — 6 missions

Reminder

If a mission feels too hard, step closer and slow down. Keep throws gentle, especially indoors. Stop if anyone feels tired or upset.

01 Flash CatchDone Date _____

Reflex Rush • Easy • 45s • Players: 2 • Age: 3+

Steps

1. Stand 2 meters apart.
2. Quick gentle throws only.
3. Count clean catches.

Win

Most catches in 45 seconds wins.

Parent Tip

Go slower for younger kids.

Safety

Keep throws below face level.

02 Go / Stop CatchDone Date _____

Reflex Rush • Easy • 60s • Players: 2-3 • Age: 4+

Steps

1. Throw only when someone says "GO".
2. Freeze when someone says "STOP".
3. Continue until timer ends.

Win

No drops during STOP = bonus point.

Parent Tip

Great for attention + control.

Safety

Freeze means no throwing.

03 Clap-Then-CatchDone Date _____

Reflex Rush • Medium • 60s • Players: 2 • Age: 6+

Steps

1. Throw gently.
2. Catcher claps once, then catches.
3. Switch roles after 10 throws.

Win

10 clean catches each wins.

Parent Tip

Start with slow throws.

Safety

If it feels hard, remove the clap.

04

Switch Hands

Done Date _____

Reflex Rush • Medium • 90s • Players: 2 • Age: 6+

Steps

1. Catch with right hand.
2. Next catch with left hand.
3. Alternate every throw.

Win

First to 12 clean catches wins.

Parent Tip

Builds both-hand coordination.

Safety

Keep distance steady.

05

Freeze & Catch

Done Date _____

Reflex Rush • Easy • 60s • Players: 2 • Age: 4+

Steps

1. After each catch, freeze 2 seconds.
2. Then throw back softly.
3. Repeat.

Win

No moving during freeze = win.

Parent Tip

Simple indoor/outdoor game.

Safety

No running.

06

Echo Count

Done Date _____

Reflex Rush • Easy • 60s • Players: 2 • Age: 3+

Steps

1. Throw and say the number aloud.
2. Catcher repeats the number.
3. Then throws back.

Win

Reach 15 without mistakes.

Parent Tip

Adds memory + focus.

Safety

Stay calm if mistakes happen.

07 Center HitDone Date _____

Aim Master • Easy • 90s • Players: 2 • Age: 3+

Steps

1. Aim for the middle of the paddle.
2. Soft arc throws.
3. Switch after 10 throws.

Win

Most center hits wins.

Parent Tip

Start closer for younger kids.

Safety

No hard throws.

08 Landing ZoneDone Date _____

Aim Master • Easy • 90s • Players: 1-2 • Age: 4+

Steps

1. Imagine a circle in front of you.
2. Throw so the ball lands in it.
3. Catch after the bounce (optional).

Win

5 clean landings wins.

Parent Tip

Great in a hallway/yard.

Safety

Bounce is optional.

09 Distance LadderDone Date _____

Aim Master • Medium • 120s • Players: 2 • Age: 5+

Steps

1. Start 1 meter apart.
2. After 3 clean catches, step back 1 step.
3. Keep going.

Win

Farthest distance wins.

Parent Tip

Smooth, gentle arcs only.

Safety

Stop if throws get wild.

10 Two-Step ThrowDone Date _____

Aim Master • Medium • 90s • Players: 2 • Age: 6+

Steps

1. Take one step forward.
2. Throw softly.
3. Step back and repeat.

Win

10 clean throws wins.

Parent Tip

Adds body control.

Safety

Keep below face level.

11 Slow ArcDone Date _____

Aim Master • Easy • 90s • Players: 2 • Age: 3+

Steps

1. Throw high and slow.
2. Catcher waits calmly.
3. Catch with both hands if needed.

Win

10 slow catches wins.

Parent Tip

Perfect for younger kids.

Safety

No rushing.

12 Corner AimDone Date _____

Aim Master • Medium • 120s • Players: 2 • Age: 6+

Steps

1. Pick a 'corner' area of the paddle.
2. Aim there every throw.
3. Switch corners after 5.

Win

Most correct-corner hits wins.

Parent Tip

Hard mode for older kids.

Safety

Keep throws gentle.

13 Quiet RoundDone Date _____

Focus Control • Easy • 120s • Players: 2 • Age: 4+

Steps

1. No talking challenge.
2. Slow throws only.
3. Count with fingers silently.

Win

12 clean catches without talking.

Parent Tip

Great for calm focus.

Safety

Stop if someone needs a break.

14 Slow MotionDone Date _____

Focus Control • Easy • 120s • Players: 2 • Age: 3+

Steps

1. Move slowly like a turtle.
2. Throw slowly.
3. Catch slowly.

Win

No drops in 2 minutes.

Parent Tip

Fun + safe indoors.

Safety

No sudden runs.

15 Eyes on BallDone Date _____

Focus Control • Easy • 90s • Players: 2 • Age: 3+

Steps

1. Catcher says "I SEE IT".
2. Throw gently.
3. Catcher catches and repeats.

Win

Reach 15 clean catches.

Parent Tip

Builds tracking skill.

Safety

Keep distance stable.

16 Breathe CatchDone Date _____

Focus Control • Medium • 120s • Players: 2 • Age: 6+

Steps

1. Breathe in while waiting.
2. Breathe out while catching.
3. Then throw back.

Win

10 calm catches in a row.

Parent Tip

Adds calm control.

Safety

If dizzy, stop.

17 Mirror MovesDone Date _____

Focus Control • Medium • 120s • Players: 2 • Age: 6+

Steps

1. One player does a small pose.
2. Other copies it.
3. Then throw and catch.

Win

Copy + catch 8 times wins.

Parent Tip

Funny + focused.

Safety

Keep poses simple.

18 Count to TenDone Date _____

Focus Control • Easy • 90s • Players: 2 • Age: 3+

Steps

1. Count every clean catch.
2. If you drop, restart.
3. Try again.

Win

Reach 10 clean catches.

Parent Tip

Classic confidence builder.

Safety

No stress, just retry.

19 Circle PassDone Date _____

Team Duo • Medium • 180s • Players: 3-6 • Age: 4+

Steps

1. Make a small circle.
2. Pass to anyone (not same person twice).
3. Keep it gentle.

Win

Complete 2 full minutes with no drops.

Parent Tip

Perfect party mode.

Safety

Keep space between kids.

20 Relay PassDone Date _____

Team Duo • Medium • 180s • Players: 4+ • Age: 5+

Steps

1. Make two lines (two teams).
2. Pass down the line.
3. Last player goes to front.

Win

First team to 20 passes wins.

Parent Tip

Keep throws low.

Safety

No running if indoors.

21 Captain CallsDone Date _____

Team Duo • Medium • 150s • Players: 3+ • Age: 6+

Steps

1. One captain chooses the next target.
2. Captain says a name.
3. Throw to that person.

Win

No wrong throws in 2 minutes.

Parent Tip

Great listening practice.

Safety

Captain must be kind.

22 Team SaveDone Date _____

Team Duo • Medium • 180s • Players: 3-5 • Age: 6+

Steps

1. If a ball drops, another player 'saves' it.
2. Resume immediately.
3. Keep count.

Win

10 saves total wins.

Parent Tip

Use soft balls only.

Safety

No diving on hard floors.

23 Partner SwapDone Date _____

Team Duo • Medium • 180s • Players: 4+ • Age: 6+

Steps

1. Play 6 catches with a partner.
2. Then swap partners.
3. Repeat.

Win

Most clean swaps wins.

Parent Tip

Keeps everyone included.

Safety

Swap calmly, no pushing.

24 2v2 Mini MatchDone Date _____

Team Duo • Hard • 240s • Players: 4 • Age: 7+

Steps

1. Two teams of two.
2. Each team tries 10 clean catches.
3. Miss = restart that team's count.

Win

First team to 10 wins.

Parent Tip

Keep it friendly.

Safety

Stop if too competitive.

25 Sitting CatchDone Date _____

Indoor Compact • Easy • 120s • Players: 2 • Age: 3+

Steps

1. Sit on the floor or a chair.
2. Short throws only.
3. Catch with both hands.

Win

15 clean catches wins.

Parent Tip

Perfect for small spaces.

Safety

No standing jumps.

26 Doorway DistanceDone Date _____

Indoor Compact • Easy • 90s • Players: 2 • Age: 4+

Steps

1. Stand 1 meter apart.
2. Throw softly.
3. No stepping forward.

Win

12 clean catches wins.

Parent Tip

Safe indoor rule.

Safety

Keep balls away from lamps.

27 Silent CatchDone Date _____

Indoor Compact • Easy • 120s • Players: 2-3 • Age: 4+

Steps

1. No talking challenge.
2. Soft throws only.
3. Count with fingers.

Win

No drops for 2 minutes.

Parent Tip

Calm + fun.

Safety

Take breaks if needed.

28 Wall Assist (Solo)Done Date _____

Indoor Compact • Medium • 120s • Players: 1 • Age: 6+

Steps

1. Stand 1 meter from a wall.
2. Throw gently to wall.
3. Catch the return.

Win

10 clean wall catches.

Parent Tip

Adult checks surroundings.

Safety

Use a soft throw only.

29 No-Run RuleDone Date _____

Indoor Compact • Easy • 120s • Players: 2 • Age: 3+

Steps

1. Both players keep feet planted.
2. Soft toss only.
3. Catch and return.

Win

20 clean catches wins.

Parent Tip

Safe default mode.

Safety

If it gets wild, slow down.

30 Tiny TargetDone Date _____

Indoor Compact • Medium • 120s • Players: 2 • Age: 6+

Steps

1. Aim for the center.
2. Short throws.
3. Switch after 10.

Win

Most center hits wins.

Parent Tip

Great skill drill.

Safety

No hard throws indoors.