

02

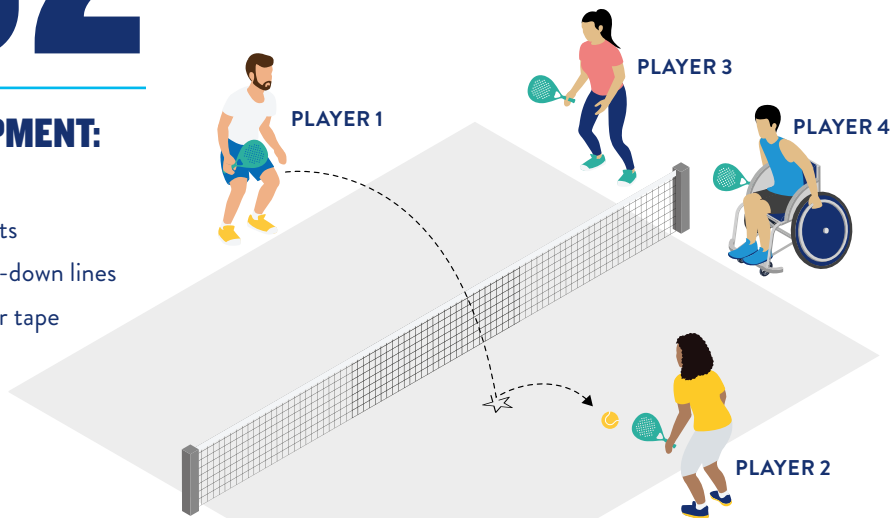
CHAMPIONS OF THE COURT

Activity Type: Game

Playing Standard: Intermediate Advanced

EQUIPMENT:

- Balls
- Rackets
- Throw-down lines
- Barrier tape or net



ORGANISATION:

- Mark out a court area with a net in the middle.
- Position players at the side of court and demonstrate.
- Players work in pairs / groups.
- All players have a racket.

ACTIVITY:

- Player 1 starts as the Champion of the court, on one side of the net.
- Player 2 is the challenger on the other side of the net.
- All other players stand behind a safety line to the side of the court.
- Player 2 feeds the ball over the net to player 1 and then play the point until it is won.
- If player 1 wins the point they stay as the Champion and play the next point against player 3.
- If player 2 wins the point they swap places with player 1 and become the Champion.
- Player 2 then plays player 3 or player 4.

EASIER:

- Use a bigger ball.
- Bounce and catch each time.
- Activator starts the point with a throw/feed.

HARDER:

- Challengers need to win 2 points to replace the Champion.
- Play Champions in teams (pair v pair).
- Start the point with a serve.



SEE IT IN ACTION