

03

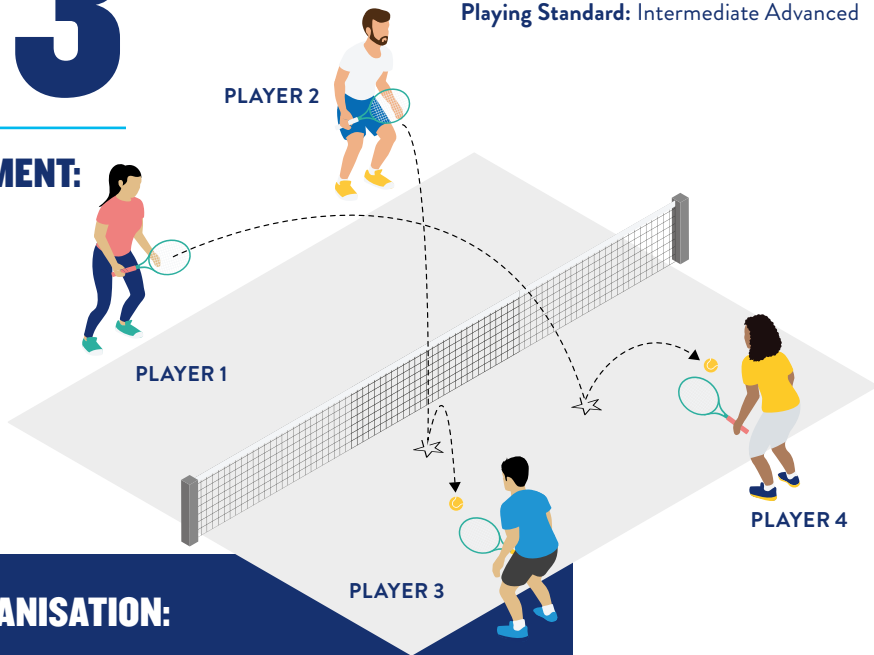
EQUIPMENT:

- Balls
- Rackets

DINGLES

Activity Type: Game

Playing Standard: Intermediate Advanced



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.
- All players have a racket.

ACTIVITY:

- Player 1 rallies cross court to player 4 – the aim is to out-rally your opponen.
- Player 2 rallies cross court to player 3 – both rallies must start at the same time.
- When 1 of the rallies breaks down both players shout “Dingles!” to let the other pair know that the point is now a team point with all 4 players involved.
- With more than 4 players per court do a rotation after each point.

EASIER:

- Start with a smaller court area and gradually make bigger.
- Use softer and slower balls.
- Allow players to do a ‘tap up’ on their racket, to give more time before hitting the ball over.’

HARDER:

- Challenge players to return to the middle of the court before their shot bounces.
- Use tramlines as the only court area (thinner space).
- Play using volleys (shots without a bounce) only and the ball cannot be hit downwards.



SEE IT IN ACTION