

04

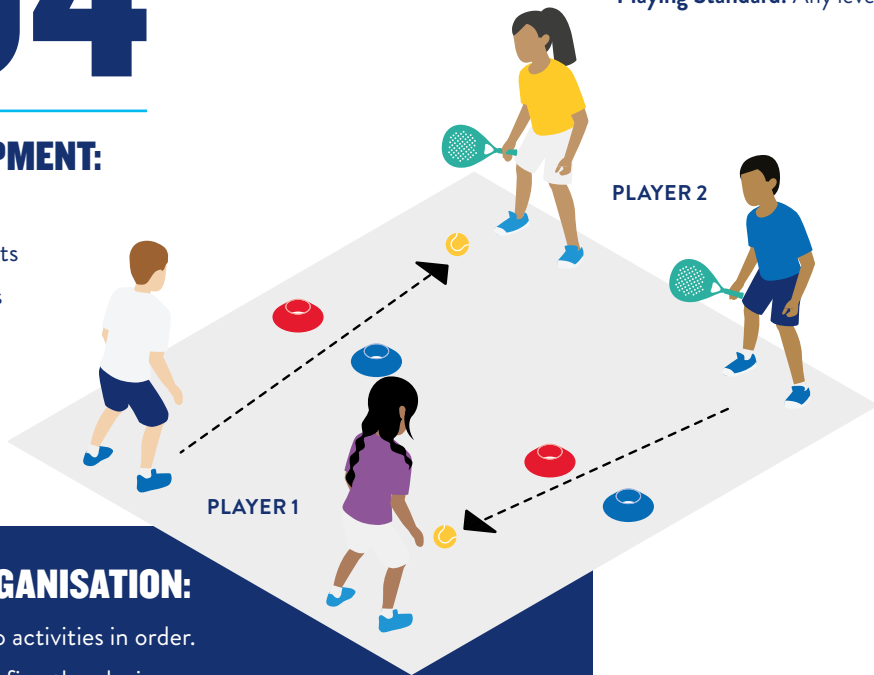
FLOOR TENNIS/PADEL

Activity Type: Starter activity

Playing Standard: Any level

EQUIPMENT:

- Balls
- Rackets
- Cones



ORGANISATION:

- Do activities in order.
- Define the playing area.
- Position players at the side of court and demonstrate.
- Organise players into pairs and to spaces.
- All players have a racket.

ACTIVITY:

- In pairs Player 1 rolls the ball along the floor between the cones to Player 2 who is in the ready position.
- Player 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back.
- Player 1 catches the ball and rolls it again. After 3 pushes players change roles.
- Encourage using 2 hands on the backhand side.
- As above but player 2 pushes the ball back without stopping it first.
- Floor Rally – both players with rackets push the ball along the floor to each other between 2 cones (2m apart).

EASIER:

- Use larger balls.
- Use hands to stop the ball then push it back.
- Roll the ball to each other.
- Set the cones further apart for a wider 'goal.'

HARDER:

- In a rally both players push alternate forehands and backhands.
- Stop the ball with a foot then push it with a racket.
- Set the cones narrower for accuracy.
- Set a target for a floor rally – 10 in a row through the goal.
- Step back rallies – move further away from the goal each time.



SEE IT IN ACTION