

07

EQUIPMENT:

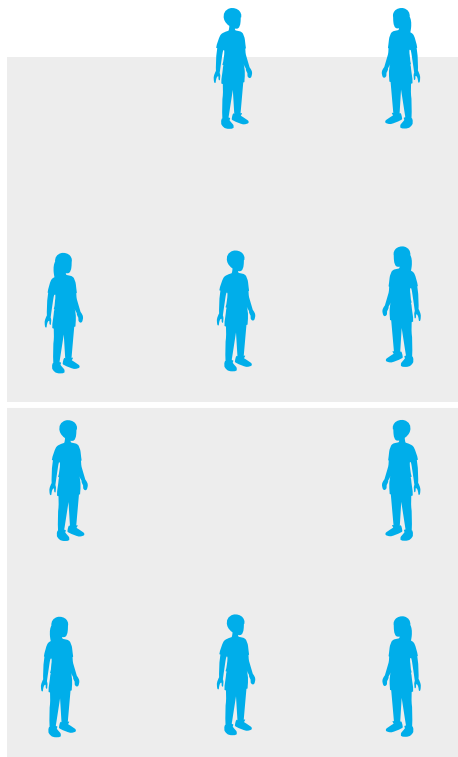
- Balls
- Rackets

ACTIVATOR



IN AND OUT

Activity Type: Game
Playing Standard: Intermediate advanced



ORGANISATION:

- Explain the format and scoring to the players.
- Position players on the court and demonstrate.
- A team needs sets to win.
- At the end of each set players change ends.

ACTIVITY:

- Using the whole court, players split into two teams.
- The team should spread out across the court using both the baseline and service box areas.
- Activator should feed the ball in from the side of the court.
- Whoever makes an error or is closest to the ball when the point is lost leaves the court - reducing their team number by one each time.
- If the opposing team loses a point, then one player can rejoin the team.
- The first team to win enough points to remove all the opposing teams players wins!

EASIER:

- Players don't have to leave the court on their first error/mistake - second chance.
- Use a slower/larger ball.

HARDER:

- Players can only play specific shots.
- Multiple players from one team must hit the ball before it crosses the net.



SEE IT IN ACTION