

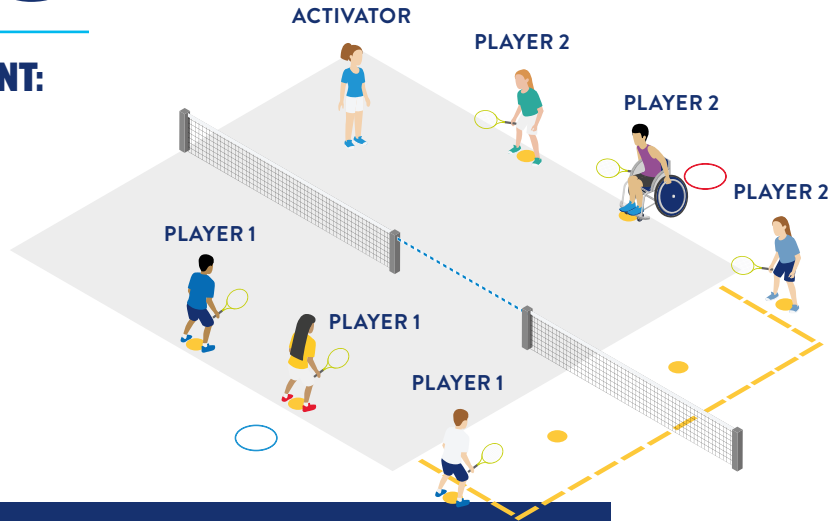
09

LONGEST RALLY

Activity Type: General play
Playing Standard: Intermediate advanced

EQUIPMENT:

- Balls
- Rackets
- Throw-down spots
- Hoops



ORGANISATION:

- Split the group into two teams (red and blue).
- Position players at the side of court and demonstrate.
- Players are put into pairs and partnered with someone from the same team.

ACTIVITY:

- Players stand on yellow spot at back of marked 'court' area.
- Players start a rally by throwing a ball using their dominant hand, over arm to their partner.
- Players then begin to rally with rackets.
- Players have three minutes to get the highest rally. If the ball bounces outside the marked 'court' area, players call 'out' and the rally begins anew.
- After 3 minutes (or appropriate), highest rally puts a felt ball in their team hoop.

EASIER:

- Remove rackets and complete a throwing rally.
- Underarm throw to start the rally.
- Use a slower/larger ball.

HARDER:

- Players can only play a specific shot – e.g. backhands only.
- Players must play alternate shots each time – forehand, then backhand.



SEE IT IN ACTION