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ONE HIT DOUBLES

Activity Type: General play

Playing Standard: Intermediate advanced

EQUIPMENT:

- Balls
- Rackets
- Barrier tape or net

PLAYERS ROTATE
ON AND OFF AFTER
EACH SHOT



ORGANISATION:

- Divide players into two teams (red and blue) then assign pairs within each team.
- Position players at the side of court and demonstrate.
- Match up Team 1 pairs against Team 2 pairs on a court for each match.

ACTIVITY:

- All matches start play at the same time.
- In each pair the players hit the ball alternately – rotating on and off after each shot with their partner.
- Matches are played using tie break scoring to 7 points.
- The first match to finish shouts STOP and all matches must stop instantly – not finishing the point.
- The pairs who have won or are winning at the time of stopping record 2 points for their team. If a match is drawn they both record 1 point.
- After Round 1 the pairs of Team 1 move UP the courts, and Team 2 stay put – meaning new opponents each round.
- Play 2, 3 or 4 rounds depending on time.

EASIER:

- Make the court smaller or use a softer ball.
- Allow a tap up before hitting over to give players more time.
- Allow players to hit two shots before rotating with their partner.

HARDER:

- Start each point with an overarm serve.
- Allow 3 points for hitting a clean winner (a shot that cannot be touched).



SEE IT IN ACTION