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EQUIPMENT:

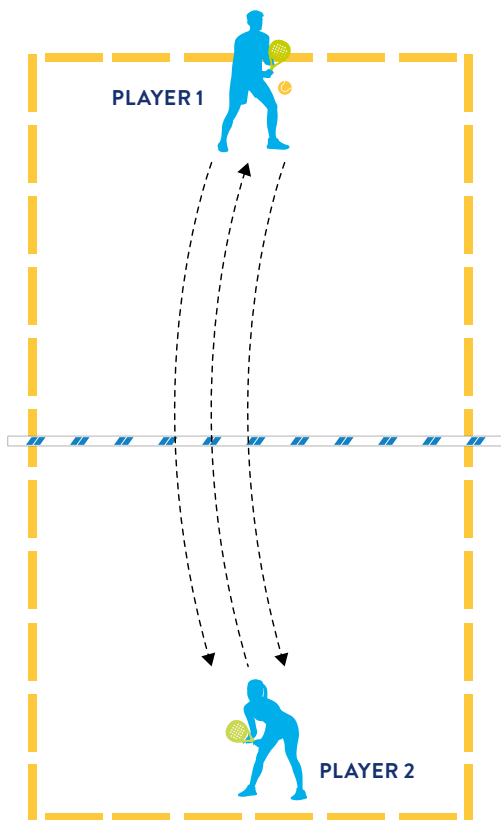
- Balls
- Rackets
- Throw-down lines
- Barrier tape or net

ORGANISATION:

- Players work in pairs.
- Position players at the side of court and demonstrate.
- Mark out a court area with a net in the middle. Both players have a racket.

RALLY 1, 2, 3

Activity Type: General play
Playing Standard: Beginner



ACTIVITY:

- This game starts cooperatively trying to get a rally of 3 and then switches to playing against each other.
- Player 1 stands behind the baseline and tap serves the ball overarm to player 2 who hits it back to player 1, player 1 hits the ball back to player 2 (rally of 3).
- After 3 shots players can start trying to win the point by hitting the ball into space (moving their opponent).
- Each point a different person starts the rally with the serve.
- If the rally breaks down before 3 shots have been hit, players start the point again with the same player serving.

EASIER:

- Start the rally with a throw rather than a serve.
- Remove the rackets and complete the activity by throwing over the net.
- Reduce the rally to two shots to start.

HARDER:

- Increase the court size.
- Increase the number of shots that need to be completed before players can try to win the point.
- Players can choose to use a racket or use their hands to throw and catch.



SEE IT IN ACTION