

# 13

## EQUIPMENT:

- Balls
- Rackets

## READY STEADY

Activity Type: Starter activity

Playing Standard: Any level

JOG, THEN  
GET READY



## ORGANISATION:

- Define the playing area and boundaries. Position the players in the area and demonstrate.
- Highlight the need to stay in the area and watch other players to avoid collisions.

BALANCED  
ON TIPTOES

ON BOTTOM

ONE HAND  
AND KNEE

ONE HAND  
AND FOOT

BACKHAND

FOREHAND



## ACTIVITY:

- Players jog around the court in different directions.
- On the “ready” command of the Activator; they stop in a ready position then run to the nearest line and balance (steady) in a particular way indicated by the Activator.
- Use further varied commands both with and without rackets:
  - **Without rackets** – two feet, one foot, one foot and one hand, on tiptoes, one knee and one hand, etc - players balance using those body parts.
  - **With rackets** - Activator calls out forehand, backhand, serve, smash, etc - players shadow swing the shot.

## EASIER:

- Run and stop on a line with both feet in a ready position.
- Stand or jog on the spot, on command of Ready, players change to ready position.

## HARDER:

- Hold the balance positions for different lengths of time.
- Vary the types of movement players need to make - hopping, skipping, jumping.
- Give players a ball to use with their hands or a racket – tap ups or downs whilst moving.



SEE IT IN ACTION