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EQUIPMENT:

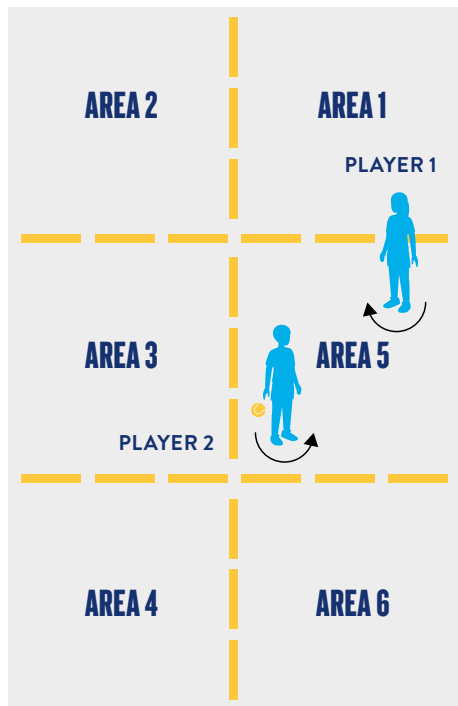
- Balls
- Rackets

ORGANISATION:

- Players work in pairs.
- Position the players to the side of the court and demonstrate.
- Mark out a playing areas.

ROCK DROP

Activity Type: Starter activity
Playing Standard: Any level



ACTIVITY:

- Player 1 has a ball and underarm throws the ball above head height into a space within their court area, aiming to make Player 2 move.
- Player 2 moves and catches the ball after it bounces once, they then throw the ball underarm above head height and into a space, to make Player 1 move.
- Both players should be moving around the court area and throwing above head height from balanced positions.

EASIER:

- Use a larger/slower ball.
- Make the space smaller.
- Allow two or more bounces before catching.
- Work co-operatively rather than making players move around.
- Play in partners rather than individually but allow either of the pair to catch the ball.

HARDER:

- Make into a competition. Players score points if their opponent doesn't catch the ball, throws it out or lets it bounce more than once. Play tiebreak scoring, first to 7 points (sudden death at 6-6).
- Vary the ball, or use more than one.
- Make the space bigger.
- Players can play as partners against another pair; alternate who catches the ball i.e. Player 1 and Player 2 vs Player 3 and Player 4.



SEE IT IN ACTION