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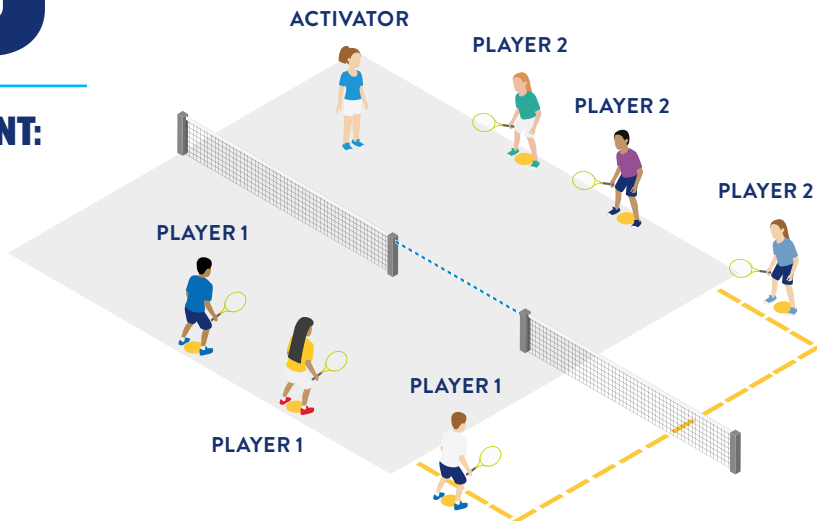
START & PLAY UP

Activity Type: General play

Playing Standard: Beginner

EQUIPMENT:

- Balls
- Rackets
- Throw-down spots
- Cones



ORGANISATION:

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

ACTIVITY:

- Players stand with shoes either side of throw-down spots outside the 'court' area.
- Player 1 throws the ball, over arm to Player 2, who then hits the ball, using a racket to Player 1.
- They count 1 hit.
- Player 1 catches the ball using their hand and racket. Both players have scored 1 point and move to a rally of 2.
- Players call "out" if the ball bounce is outside of 'court', and start rally count again.
- Repeat this.
- Player 1 hits ball, with racket to Player 2.
- Player 2 catches ball using their hand and racket. Both Players have scored another point, and move to rally of 3.
- Player 2 now starts rally throwing ball over arm to Player 1.
- Repeat until Players reach a rally to 5.
- Activator initiates rotation so all Players have a different partner.

EASIER:

- Remove rackets and introduce cones to help with catching.
- Remove the net if necessary.

HARDER:

- Make the court space longer.
- Complete the same activity using volleys (shots with no bounce) rather than groundstrokes (shots with a bounce).
- Both players use rackets to get a rally of one, two, three etc.



SEE IT IN ACTION