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EQUIPMENT:

- Balls
- Rackets
- Net or barrier tape

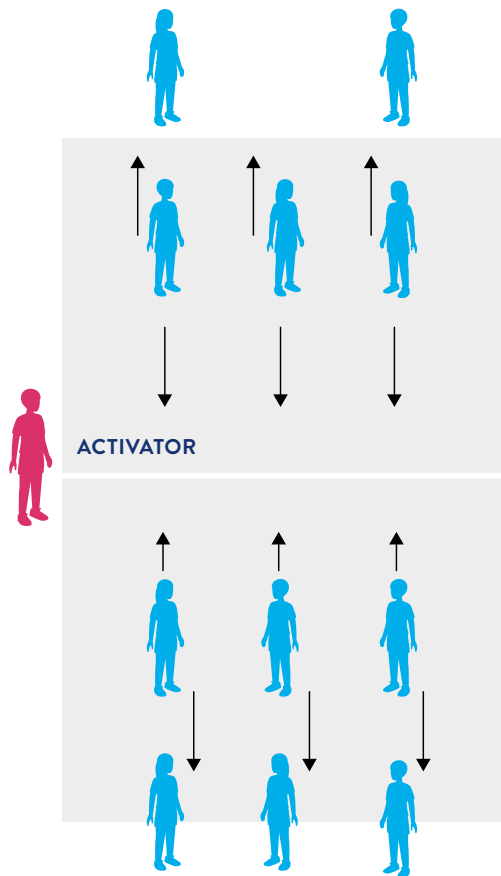
ORGANISATION:

- Explain the format and scoring to the players.
- Position players at the side of the court and demonstrate.
- Decide on a winning score, i.e. first team to win 10 points wins the game.
- Call out 'rotate' for the first few points to help them with the organisation.
- Look to feed the ball in each time so that the rally starts fairly.

TRIPLES

Activity Type: Game

Playing Standard: Intermediate advanced



ACTIVITY:

- Using the whole court, divide the players into 2 teams, half at each end.
- Three members of the team adopt 'on-court' positions; one at the net and two at the baseline. The other players stand 'off-court' at the back but remain active by bouncing on the spot.
- The point is played with the six players on court.
- Once the point ends, each team rotate clockwise one position, then play another point.
- Activator feeds the ball in and the players play out the point
- The team that wins the point moves up the court, if they are at the net they stay there, the other team move back, if they are on the baseline they stay there.

EASIER:

- Play with a slower moving ball.
- Tap up before hitting the ball over to give more time.
- More than one person from the team can hit the ball before it has to go over the net.

HARDER:

- Minimum rally required before the point is live.
- Reduce the number of rackets per team to encourage communication.



SEE IT IN ACTION