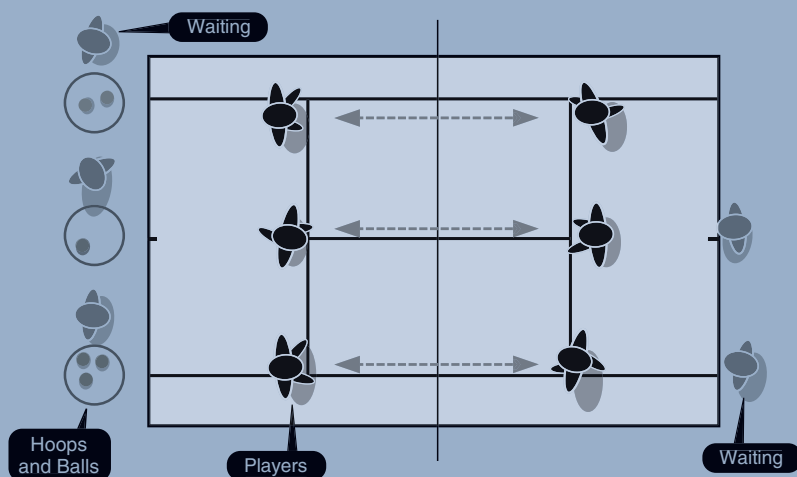


RACING RALLIES



Racing rallies

Teams rally on half/third of a court in service boxes. At one end, just behind the baseline, there is a team hoop with 3 balls inside.

- Players start on the service line.
- On 'go' Player 1 gets a ball from their hoop and returns to the service line to rally.
- When the team gets a rally of 10, Player 1 takes the ball and puts it in another team's hoop.
- Player 1 then gets another ball from their hoop and starts again.
- The winning team is the first one to have no balls in their hoop.

Easier

- Use orange/green balls.
- Rally to 5.

Harder

- Hit only backhand.

Tips

Teams rally on half/third of a court in service boxes. At one end, just behind the baseline,

- You can have more than 2 in a team by rotating the players between rallies or shots.
- After 3 minutes, if there is no winner then the game stops and the team with least balls in their hoop wins.

RACING RALLIES

Organisation and safety

- Spacing between teams.
- Loose balls.

Key elements covered

- Warm up.
- Pulse raising.
- Mobilisation.
- Stretching muscle groups.
- Forehand.
- Backhand.
- Movement around the court.
- Hit to partner.

Learning outcomes

- Carry out warm up routines safely.
- Hit the ball with reasonable consistency and accuracy in cooperative rallies.

Scoring

- As per explanation.

Evaluation

- Why are you warming up?
- What components of fitness has this focused on?