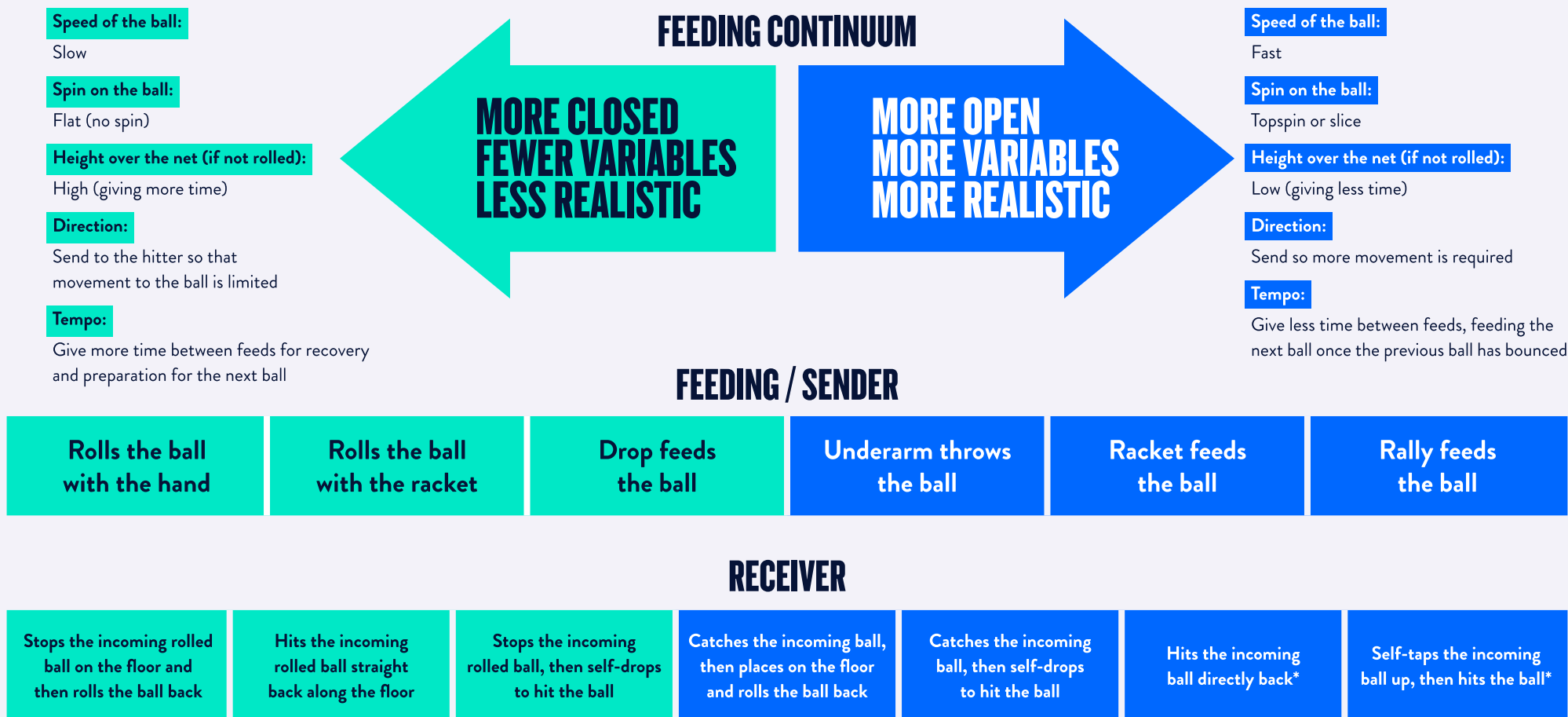


FEEDING

Tennis is a sport based on sending and receiving a ball. In order to improve receiving skills, the ball needs to be sent appropriately to the level of the receiver.

Using the continuum below teachers can differentiate drills and practices for students, or give students options allowing them to self-differentiate to progress or regress an activity. The methods of sending and receiving can be mixed and matched, for example the feeder could underarm throw the ball and the receiver could catch the ball and then self-drop to hit the ball back. To make it easier the receiver could catch the ball, place the ball on the floor and roll it back; to make it harder the receiver could hit the ball straight back.



* The self-tap before hitting helps to control the ball. If the activity involves rallying and students are both the receiver and feeder, students may find they get more success by adding a self-tap to control the ball before hitting the ball back, although the skill in itself is harder.