

SKILL APPLICATION

Floor Tennis

In pairs, both pupils standing on a throw down line a short distance apart. Both pupils have a racket and 1 ball between them. Pupils push the ball to each other along the floor to practice rallying. Pupils swap the hand that the racket is in depending on which side the ball comes to. They can either stop the ball before hitting or hit it straight back.

Teaching Points:

- Eyes tracking the ball
- Contact with the ball in front of the shoes
- Push towards your partner
- Swap the racket to the side where the ball is.

Skill UP:

Set challenges:

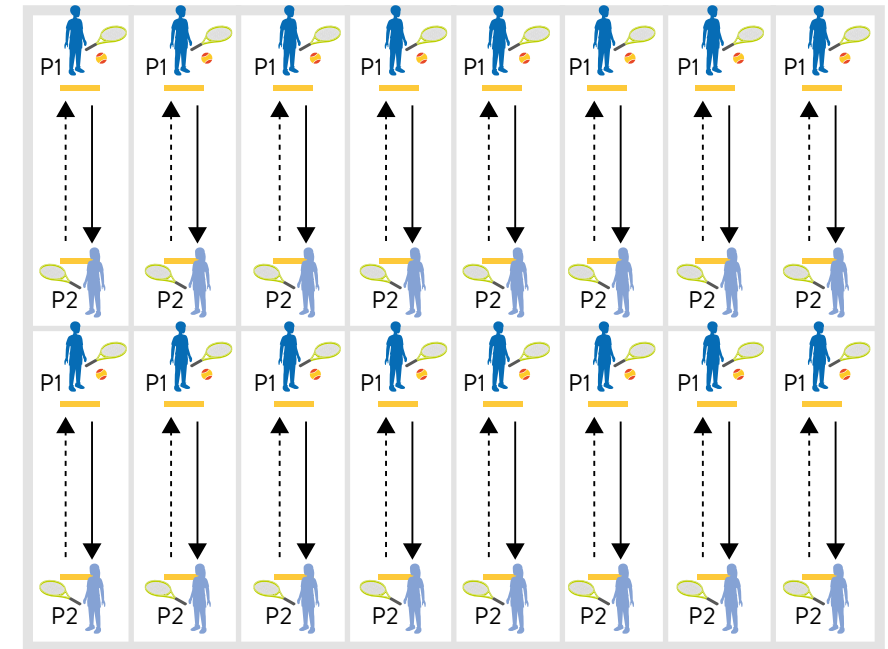
- Which pair can reach a floor rally of 10 first?
- How many rolls can you get between the rackets in 30 seconds?
- Can you beat your score?



INTRODUCING RACKETS TO SEND AND RECEIVE A BALL

01

Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines

Activity set up:

