

RACKET & BALL

Push Volleys

Pupil 1 and Pupil 2 stand facing each other with a throw down line in between them (the net). Both pupils should start about 1m back from the line.

Pupil 1 throws underarm to Pupil 2 who holds racket out in front and push volleys (hits the ball before it bounces) the ball back to Pupil 1 to catch without bouncing.

Repeat 5 times and switch over roles.

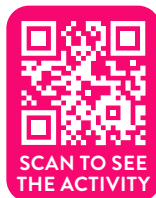
Teaching Points:

- Contact the ball to the side and in front of the shoes
- Palm of hand towards partner for a forehand volley
- Back of hand towards partner for a backhand volley
- Racket may cross in front of the body for a backhand
- Pupil 2 moving forwards and backwards to play shots
- Pupil 1 adjusts the throwing action for the bounce or a volley return.

Skill UP:

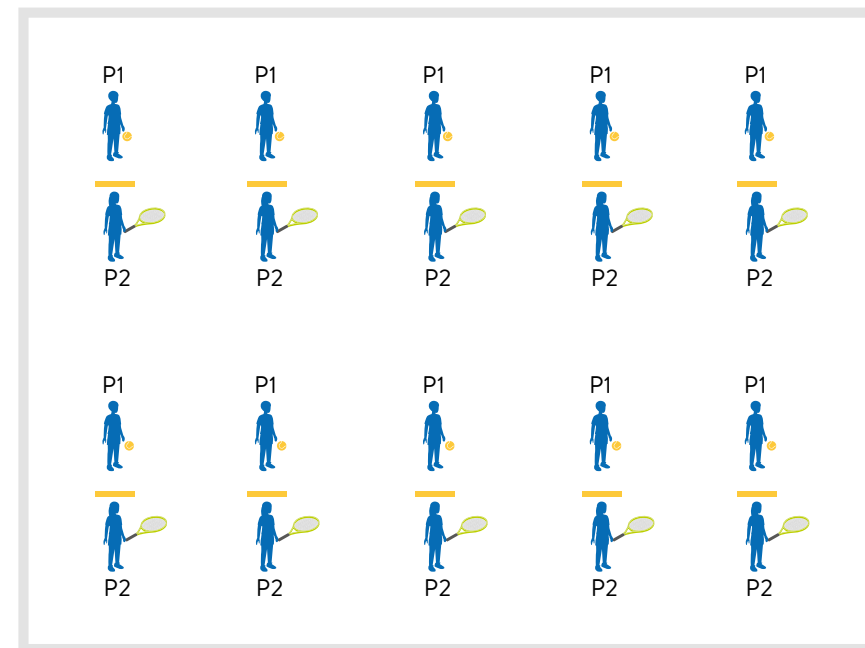
Pupil 1 underarm throws to Pupil 2 who lets the ball bounce, hits a forehand / backhand groundstroke back to Pupil 1 who catches the ball and throws it back to Pupil 2 who moves forward and plays a forehand / backhand volley back to Pupil 1.

Repeat and switch roles.



DEVELOPING THE VOLLEY ACTION WITH RACKETS

Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:

