

BODY & BALL

Colour throw

How to Play:

- Students work in 2s with 2 throw down spots each, Student 1 has a racket and Student 2 has 2 balls
- Students stand opposite each other on the service line either side of the net
- Students place the spots approx. 1m in front and 2m apart in forehand and backhand positions
- Student 2 throws the ball overarm, aiming for the right spot
- Student 1 lets the ball bounce, self-taps the ball up and after one bounce hits a forehand aiming diagonally to the opposite right spot
- Student 2 throws overarm now aiming for the left spot
- Student 1 lets the ball bounce, self-taps the ball up and after one bounce hits a backhand aiming diagonally to the opposite left spot
- Repeat the sequence and change roles after 4 sets

Progression:

- Student 1 hits a forehand or backhand without the self-tap, aiming for the diagonal spot

TEACHING POINTS:

Overarm throw:

- Opposite shoe forward
- Throwing hand above head height
- Release the ball at 12 o'clock
- Control the speed of the ball

Hitting:

- Adapt the body and racket to the incoming ball
- Track the flight and bounce of the incoming ball
- Strings to target

Forehand:

- Palm of hand pushing towards the target (forehand)

Backhand:

- Back of hand pushing towards the target (backhand)

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots

