

BODY & BALL

Hit the spot

How to Play:

- Students work in 2s with a throw down line each, 1 throw down spot and 1 ball
- Students start approx. 3m apart facing each other behind their throw down line, with a spot placed halfway between them
- Student 1 uses their right hand to throw the ball downwards aiming to hit the spot
- Student 2 catches the ball after it bounces using their right hand
- Student 2 returns to their line and throws the ball with their right hand aiming for the spot
- Repeat 5 times each
- Repeat using the left hand to throw and catch
- Repeat alternating hands to throw and catch
- Students score a point each time they hit the spot, aiming to score 5 points

Progression:

- Students work in 2s
- Student 1 uses their right hand to throw the ball downwards aiming to hit the spot
- Student 2 lets the ball bounce and uses their right hand as a racket to tap the ball down aiming for the spot
- Repeat using the left hands to throw and hit
- Repeat with Student 2 throwing and Student 1 hitting
- Repeat with both students hitting the ball with their hand alternating the hand they use to hit
- Stop and restart the rally when the ball bounce is lower than waist height

TEACHING POINTS:

- Start in the ready position
- Eyes track the bounce of the ball
- Palm of hand facing downwards for throwing action

PROGRESSION TEACHING POINTS:

- Opposite shoe stepping forward when tapping the ball
- Turn the body sideways when tapping the ball

Equipment:

-  Tennis balls
-  Throw down lines
-  Throw down spots

