

BODY & BALL

Quick & go

How to Play:

- Students work in 2s with 1 ball using the end zone of the court
- Student 1 starts on the service line with the ball
- Student 2 starts on the baseline facing Student 1
- Student 1 underarm throws the ball to the left or right of Student 2
- Student 2 split steps and moves to the ball to catch it after 1 bounce
- Student 2 uses 2 hands to throw the ball back to Student 1 (like a rugby ball)
- Student 2 throws the ball from where they caught it, and throws from the side of the body that they caught it i.e. throw from right if they caught on right side
- Swap roles after 4 throws each

Progression:

- Students now place 2 rackets 1m in front of the baseline, 1 to the right and 1 to the left
- Student 1 throws towards the right or left racket, aiming to bounce the ball before the racket
- Student 2 has to touch the racket with their hand before they can catch the ball
- Student 2 throws the ball back using 2 hands
- Swap roles after 4 throws each
- Student 2 has to touch the racket with the opposite hand before they catch the ball
e.g. the racket on the right side, has to be touched with the left hand and vice versa

TEACHING POINTS:

- Ready position
- Accurate throwing
- Track the incoming ball
- Adapt to the incoming ball

Split Step:

- Small jump from 2 shoes landing on 2 shoes
- Jump is a few cm high
- Time jump as the ball is thrown

Equipment:



Tennis balls



Tennis rackets

