

BODY & BALL

Throwing challenge

How to Play:

- Students work in 2s with a racket and ball each
- Students start on opposite service lines and place their rackets down inside the service box as a target
- Student 1 starts with the 2 balls
- Student 1 throws the ball overarm (serve) aiming to bounce the ball on their partner's racket
- Student 2 catches the ball
- Student 1 overarm throws a second serve and Student 2 catches it
- Student 2 now overarm throws a first and second serve
- Students score 5 points if the ball bounces on the racket strings and 1 point if it lands within 1m of the racket
- Students try to beat their previous score each time it is their turn to serve
- Change the target racket position after 2 sets of throws each

Progression:

- Students throw from half-way between the service line and baseline
- Students throw from the baseline

TEACHING POINTS:

- Opposite shoe to throwing arm forwards
- Ball to be released in front and above the head in a 12 o'clock position
- Arm to extend fully and finish pointing towards the target

PROGRESSION TEACHING POINTS:

- Ball should travel higher above the net the further back the server stands
- Take a bigger backswing when standing further back
- Server can step forward onto the court to follow through the throwing action

Equipment:

-  Tennis balls
-  Tennis rackets

