

BODY & BALL

Touch tennis

How to Play:

- Students work in 3s with a racket and ball each, in half court service boxes
- Students 1 and 2 start on court on opposite sides of the net
- Student 3 starts as the umpire
- Students 1 and 2 start by balancing the ball together on top of the net using the index finger of their non-dominant hand
- On the count of 3 they let go of the ball and play the point out
- The ball must bounce before it is hit
- After each point the student who lost rotates with the student who is umpiring

Progression:

- Volleys can be played after the initial shot

TEACHING POINTS:

- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Control the speed of the ball

Equipment:



Tennis balls



Tennis rackets

