

BODY & BALL

The twos tower

How to Play:

- Students work in 2s with a racket each and 1 ball
- Students start behind opposite service lines
- Students hit groundstrokes within the service box, aiming for a rally of 4 shots
- When they achieve a rally of 4, increase the rally target to 6, and continue increasing the target by 2 each time they are successful
- Take it in turns to start the rally

Progression:

- Specify the number of forehands and backhands students have to hit e.g. 2 forehands and 2 backhands to achieve the rally of 4
- Continue increasing the target by 2

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Stop before hitting (where possible)
- Shoes wider than shoulders
- Contact the ball to the side and in front of the shoes
- Maintain racket control
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets

