

BODY & BALL

Volley 4 life

How to Play:

- Students work in 4s in the service boxes with a racket each, 2 throw down spots, 1 throw down line and 1 ball
- Student 2 places the throw down spots 1m in front of the service line in a right and left position
- Student 1 places the throw down line approx. 1m back from the net on the other side of the net
- Students 3 and 4 act as coaches
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- Student 1 starts on the service line and throws the ball overarm towards the right spot, then moves forward into a volley position on the throw down line
- Student 2 lets the ball bounce and then hits a groundstroke to Student 1
- Student 1 volleys the ball aiming to bounce the ball in the service box
- After the volley the rally stops
- Students 1 and 2 repeat the practice, with Student 1 throwing towards the left spot
- Students 3 and 4 give feedback then have their turn hitting
- When Student 1 and 2 return to the court they swap roles, so Student 2 is now volleying

Progression:

- Students 1 and 2 play out the point after Student 1 has volleyed the ball
- Play 2 points then swap on / off with Student 3 and 4

TEACHING POINTS:

- Split step then move forwards into the volley position
- Accurate throw
- Control the speed of the throw

Volley:

- Balanced central ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact with a tap (no swing)
- Contact in front and to the side of shoes

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots

