

GAME

Back of the court

How to Play:

- Students work in 3s on a half court with a racket each and 1 ball
- Student 1 and 2 play against each other
- Student 3 is the umpire
- Student 1 starts the point with an underarm or overarm serve then students play out the point
- Students select their starting point i.e. service line, half-way back or baseline
- Students take it in turns to serve
- A winning backhand shot scores 3 points
- Student 3 calls “OUT” or “STOP” and keeps the score
- Play first to 7 points then swap on / off court

Progression:

- After the serve, the first ball hit must be a backhand
- Play 2 v 1, with the team of 2 limited to 1 playing forehands and the other playing backhands only
- The single player can hit any shot

TEACHING POINTS:

- Set up behind the ball and on balance before contact
- Contact the ball to the side and in front of the shoes
- Racket path - low to high
- Increase the length of the swing to hit deeper shots
- Recover to the ready position
- Execute a split step

Equipment:

-  Tennis balls
-  Tennis rackets

