

GAME

Black hole

How to Play:

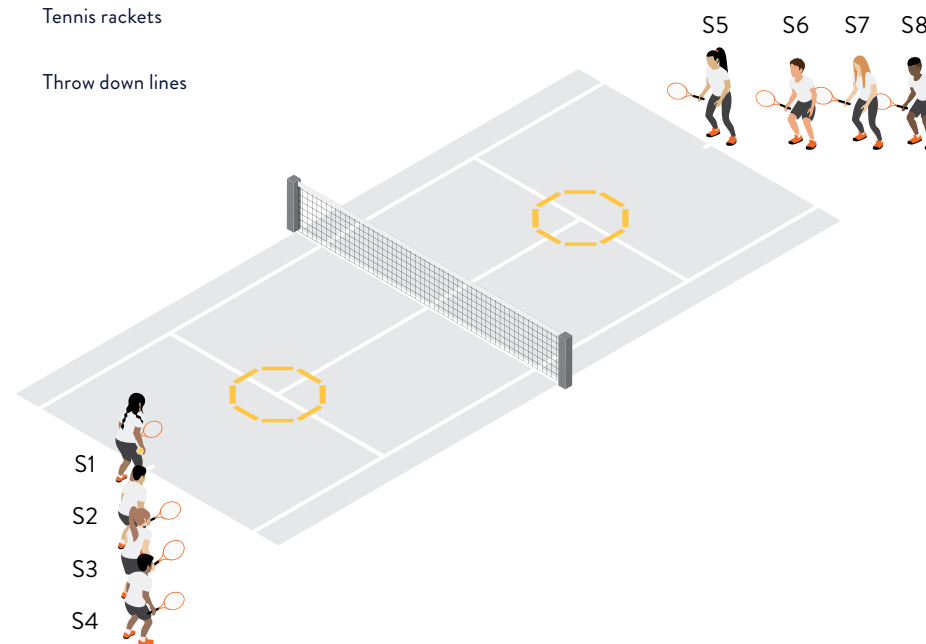
- Students play in teams of 4 against another team. Each team needs a racket each, throw down lines and 1 ball.
- Place the throw down lines in the centre of the court around the service line to mark a “Black Hole”
- Teams start on opposite baselines
- Student 1 feeds the ball into play then moves to the back of their team
- Students take it in turns to hit the ball and recover to the back of their team
- Teams play out the point avoiding the Black Hole
- If a team hit the ball into the black hole, they automatically lose the point
- Keep the score

Progression:

- Increase the size of the black hole
- Limit the type of shot to forehands or backhands only
- Start each point with an overarm serve which must land in the service box

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



TEACHING POINTS:

- Start in the ready position
- Adapt the body and racket to the incoming ball
- Set up to hit before the incoming ball bounces
- Contact to the side and in front of the shoes
- Racket path – low to high
- Increase the depth of the ball by increasing the length of the racket swing and aiming higher over the net