

GAME

Half court singles

How to Play:

- Students work in 3s in a half court with a racket each and 1 ball
- Students 1 and 2 start on opposite baselines
- Student 3 starts as the umpire
- Student 1 serves overarm or underarm to start the point
- Student 1 serves for the whole game
- Students play first to 3 points with sudden death at 2-2
- Student 2 then serves for the game against Student 3
- Student 3 then serves for the game against Student 1
- Students continue the rotation, keeping score of how many games they win

Progression:

- Play full tennis games i.e. 15-30-40

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Recover into the ready position after each shot
- Play the ball into a space to move your opponent
- Move into a volleying / attacking position

Equipment:

-  Tennis balls
-  Tennis rackets

