

GAME

Net play

How to Play:

- Students work in 4s as two pairs, with a racket each, 4 spots and 1 ball
- Student 1 and 2 start on court; Student 3 and 4 start as umpires
- Student 1 places 2 spots 1m back from the net in right and left volley positions
- Student 2 places 2 spots just inside the opposite service line in right and left positions
- Student 1 starts behind the service line and overarm throws to the diagonal right spot then moves forwards to the net between the spots
- Student 2 returns the ball after the bounce to Student 1
- Student 1 hits a volley and they play the point out
- No lobs allowed
- Student 1 serves again diagonally towards the left spot and moves forward to the net between the spots
- Student 2 returns the ball to Student 1 to volley and they play the point out
- Umpires keep the score
- Students swap on / off court after every 2 points
- Change the server each time the pair return to the court to play

Progression:

- Student 1 now starts on the baseline and serves the ball overarm into the service box. They then follow the serve into a volley position at the net.
- Students play the point out
- Students swap on / off court after 2 points

TEACHING POINTS:

Volleys:

- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Tap the ball (no swing)

Groundstrokes:

- Adapt the body and racket to the incoming ball
- Contact to the side and in front of the shoes
- Racket path – low to high
- Recover to a central position
- Work collaboratively for the serve and return

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots

