

GAME

Waves

How to Play:

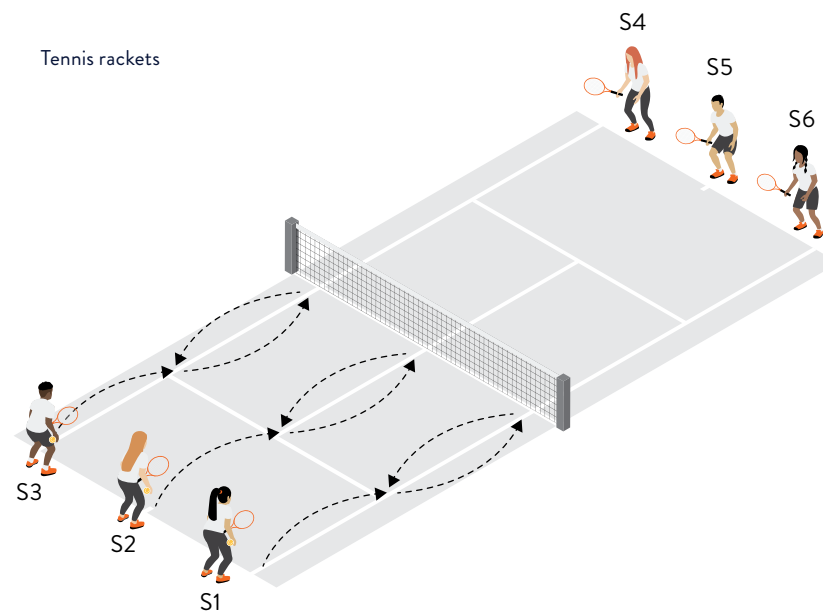
- Students work in 3s playing against another team in the full court, with a racket each and 1 ball
- Students start spaced along the baseline
- Student 1 feeds the ball underarm and the point is played out
- The team who win the point, move forward to start the next point on the service line
- If the point is won by the team who started on the service line, they move forward again to start the next point in a volley position. If they lost the point, they move back to the baseline and the opposite team moves forward to the service line.
- If a team wins the point when they started in the volley position they win a game and the teams restart the game with both teams starting at the baseline again
- Students take it in turns to feed the ball into play
- No lobs allowed
- Students change positions within their team at the start of each game

Progression:

- Lobs are now allowed
- If a lob is played the whole team should move backwards together

Equipment:

-  Tennis balls
-  Tennis rackets



TEACHING POINTS:

- Awareness of space
- Agile movement of shoes and body
- Quick reactions to the ball
- Work collaboratively