

CONDITIONED POINTS

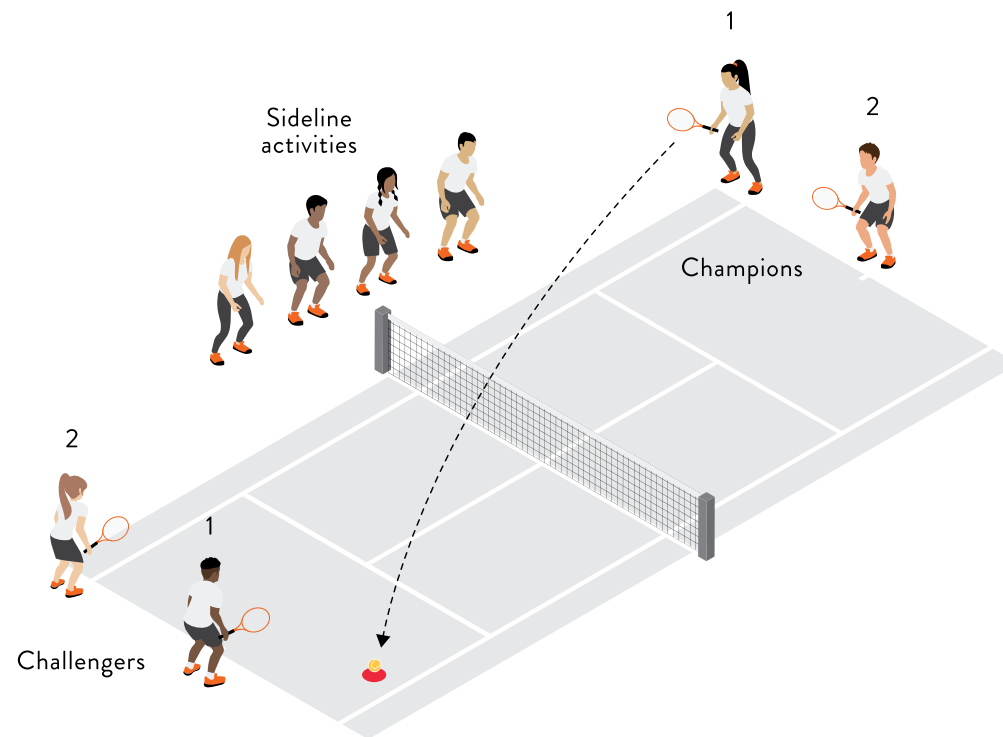
Doubles chase

How to Play:

- Students start in pairs as a doubles team. 1 pair start as champions and 1 pair start as challengers.
- Pairs start with 1 student in the middle of the baseline and their partner on the baseline in the tramlines.
- Champion 1 feeds a wide crosscourt ball into play for challenger 1 to hit.
- Point is played out as doubles pair.
- When a point is won / lost, the students rotate 1 place.
- If challengers win, challenger 1 rotates to becomes champion 2, and champion 1 lines up as a challenger.
- If challengers lose, challenger 1 moves through side line activity and lines up as challenger.
- Waiting challengers perform sideline activities and rotate in as challenger 2 when it is their turn.

Equipment:

-  Low compression tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS:

- Work as a team to cover the court.