

CONDITIONED POINTS

Capture the net

How to Play:

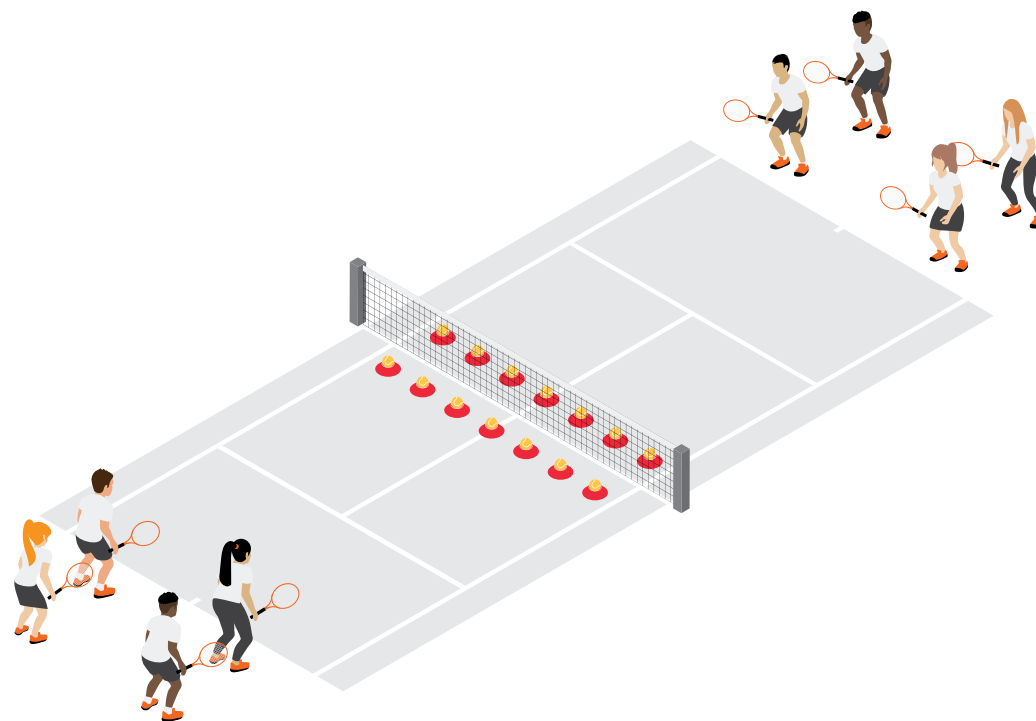
- Organise students into 2 teams, students work in pairs.
- Place 8 balls on top of cones, (close to the net) on each side of the net.
- 1 pair feeds first ball and point is played out.
- Both pairs come off court and next pair from both teams comes on.
- The pair from the team who won the previous point sprint to the net and 1 student takes a ball from a cone and feeds it in.
- Point is played out against other team who are on the baseline.
- First team to clear all 8 balls are the winners.
- All other team members perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets

 Cones



TEACHING POINTS:

- The ball must be fed cooperatively.