

DRILL

Midcourt crusher

How to Play:

- 2 students start on the baseline as hitters, 1 on the right hand side and 1 on the left hand side.
- 2 students start as feeders on the service line “T”.
- Feeders hand feed 2 balls to the hitter on their side. Feeders throw the first ball high to land approx. half way between the baseline and service line. The hitters move forward to hit an aggressive approach shot.
- The feeders hand feed a second ball to land on the service line. The hitters move further forwards to hit a second approach shot.
- Hitters sprint to touch the net, then move into the role of feeder on their side of the court.
- Feeders move to the sideline activities. Students at the end of the sideline activities crossover to the baseline on the other half of the court and become the hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets

TEACHING POINTS:

Hitters:

- Increase speed of swing to generate power.

Feeders:

- Feed to the outside shot i.e. forehand on right hand side of court, backhand on left hand side of court for right handers.
- Throw the ball high to give hitters enough time to move to the ball.

