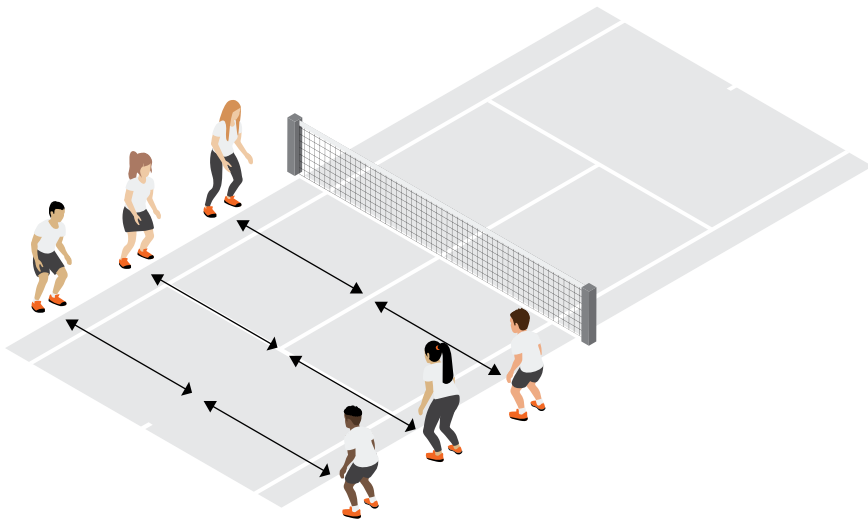


WARM UP

Approach and volley shadows and footwork:

- Students line up along the tramlines facing in to the court.
- Students jog to centre line and back.
- Students sidestep to centre line and back to tram line.
- Students skip forwards and back.
- Repeat the above several times.



Dynamic stretches:

- Students walk to the centre line and back performing hip flexor internal and external rotations (open and close the gate).
- Students walk to centre line and back performing heel kicks.
- Students move to the centre line and back performing lunges.

Students shadow volleys:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Racket path – tap (no swing).
- Contact the ball in front and to the side of the shoes.
- Keep the racket head above wrist height.
- Bend the knees for low balls.
- Forehand Volley: Contact on the dominant side of the body.
- Backhand Volley: Two hands on the racket grip (where possible), with the dominant hand at the bottom.
- Contact on the non-dominant side of the body.

TEACHING POINTS:

Side Step:

- Wide base
- Stay low
- Keep a gap between the shoes

Skiping:

- Power up with the arms
- Long air time

Hip flexor rotations:

- Keep the knee at hip height

Walking heel kicks:

- Knee pointing down

Walking lunges:

- Knees at 90°
- Back straight
- Rotate over front leg