

CONDITIONED POINTS

Defend the smash

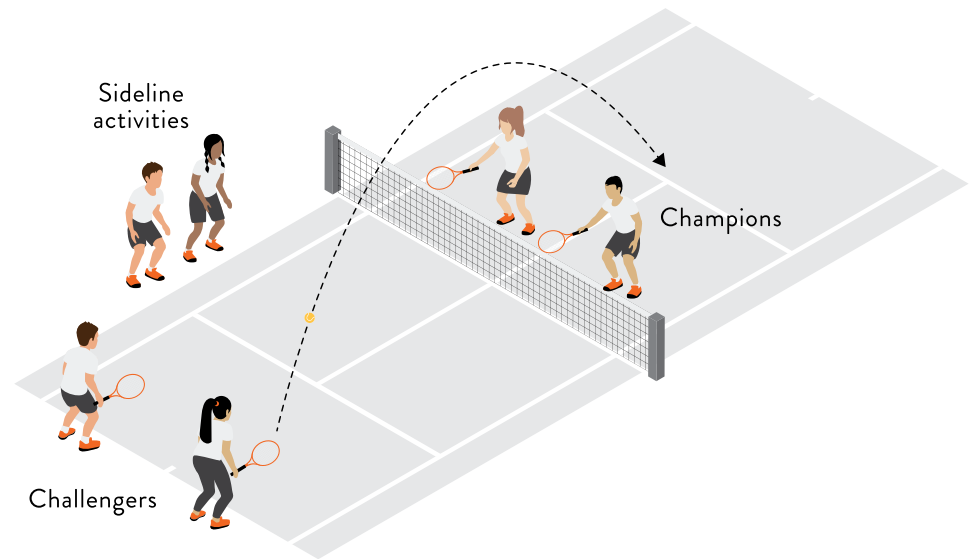
How to Play:

- Students work in doubles pairs.
- 1 pair start as champions with both students starting with their rackets touching the net.
- Challengers start on the baseline.
- Challengers feed in a lifted ball to start the point and the point is played out.
- If the challengers win, they become the champions.
- If the challengers lose they perform the sideline activities and the next challengers come onto the court to play.
- When students aren't hitting.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The feed should be cooperative for the champions to be able to smash.