

DRILL

Ball rush

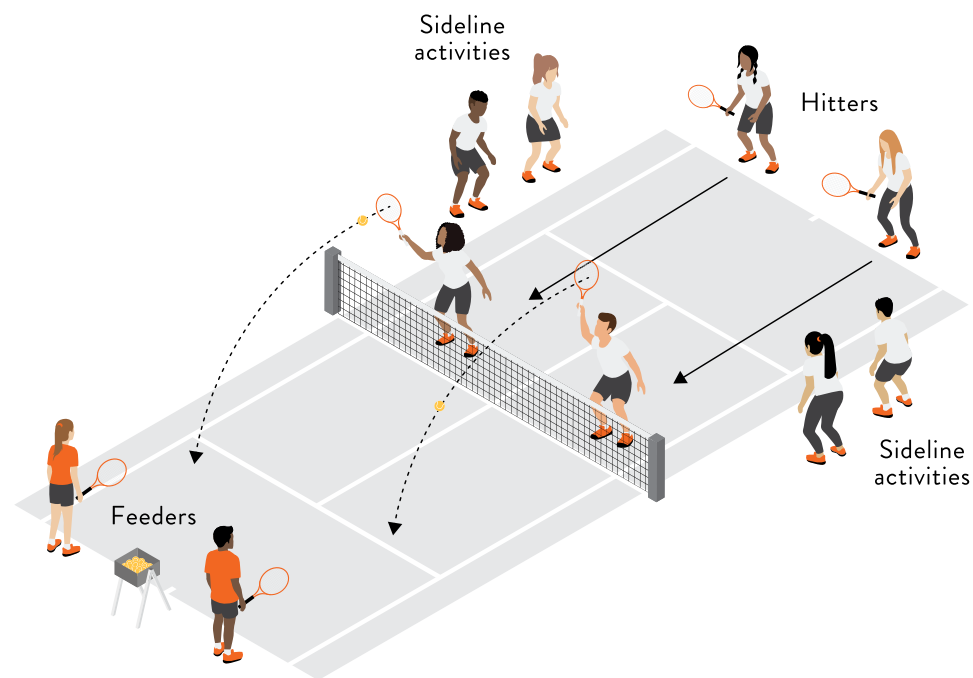
How to Play:

- 2 students start as hitters on the baseline, 1 on the right and 1 on the left.
- 2 students start as feeders on the other side of the net, 1 on the right and 1 on the left.
- Hitters sprint to the net, touch it with their racket and shout “go.”
- Feeders hit a lifted ball for the hitter to smash.
- Feeders then hit a second ball for the hitter to volley.
- Hitters sprint around the net to become the feeders.
- The feeders move to the sideline activities. The students at the end of the sideline activities move onto the court into the hitting position.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Turn side on and sidestep back into position

Feeders:

- Give the hitters time to move into position before feeding.
- For the smash, feed the ball high to allow hitters to contact above the head.