

CONDITIONED POINTS

Serve & volley

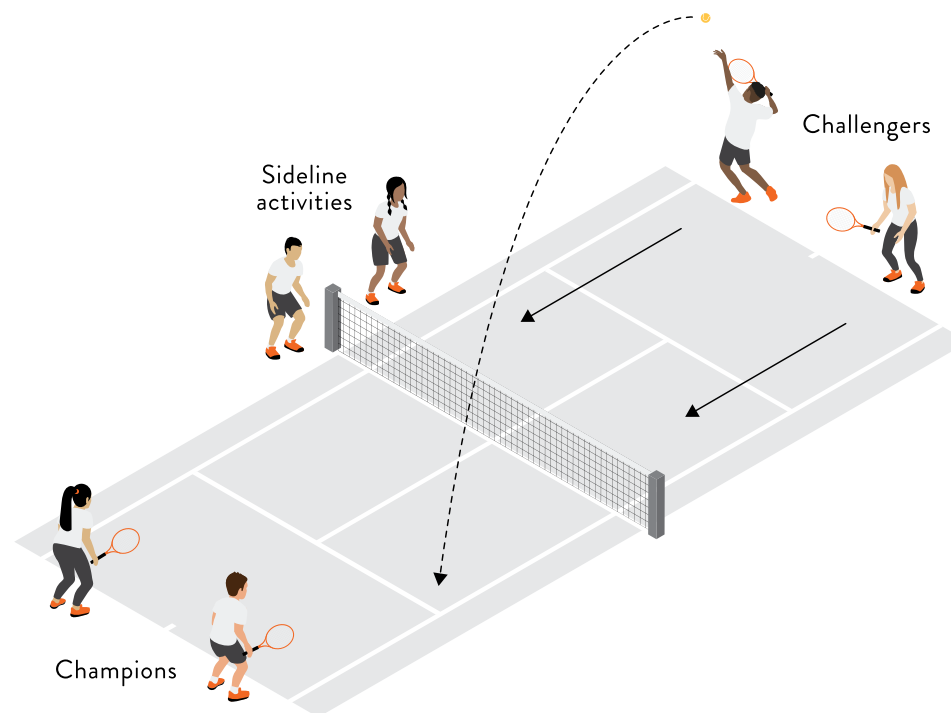
How to Play:

- Students work in doubles pairs. 2 pairs start on court with all 4 students at the baseline.
- A challenger serves the ball to the diagonally opposite service box and both challengers run to the net (regardless of whether the serve is in or out).
- Champions do not return the serve. Champions feed a ball for the challengers to volley and the point is now live.
- If the challengers win they become the champions.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.
- When challengers return to the court to serve they change the server.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Serve and use the momentum of the action to run to the net.