

CONDITIONED POINTS

Cross court team chase

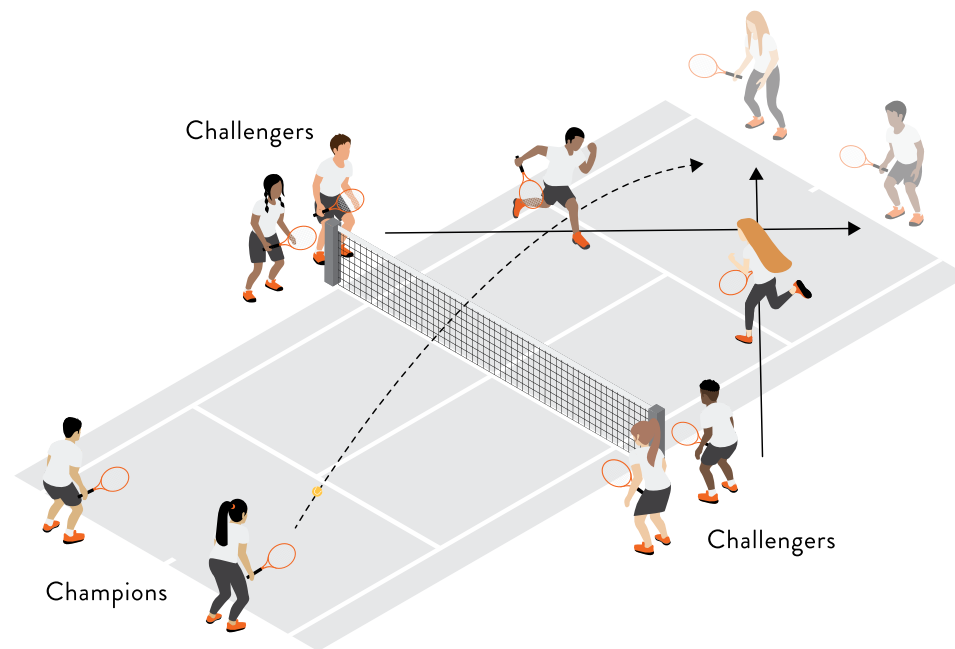
How to Play:

- Students work in doubles pairs.
- 1 pair start as champions.
- Challengers start with 1 student at the right net post and 1 student at the left net post.
- The champions feed a cross court lob into play. The challengers chase the ball, return it and then the point becomes live.
- If challengers win they sprint round and become champions.
- If the challengers lose they swap sides and perform the sideline activities and the next challengers come onto the court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Feed the ball cross court making sure it is challenging but achievable.