

DRILL

Team cover the net

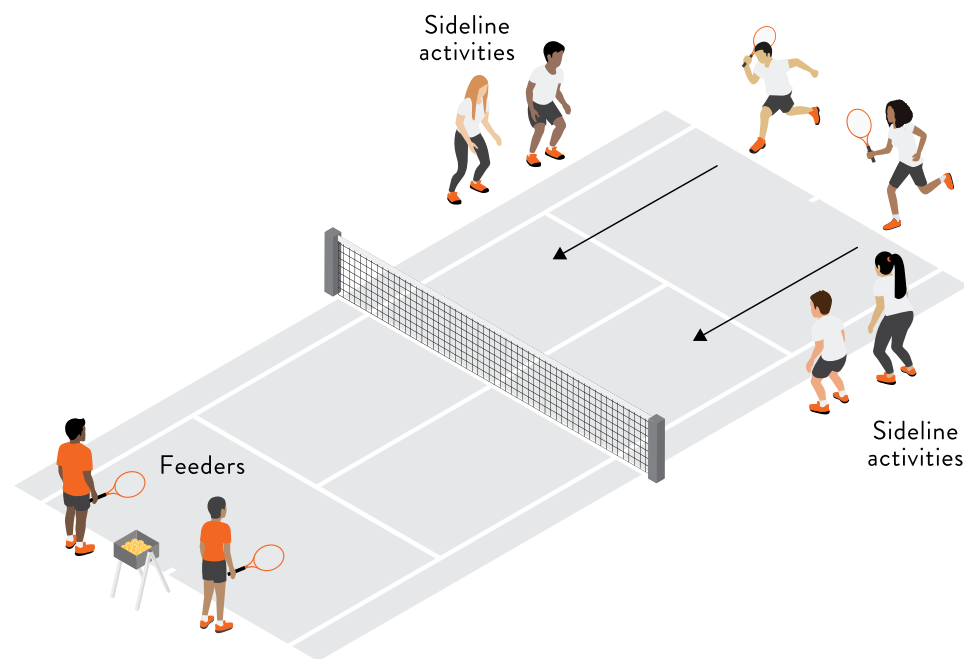
How to Play:

- Students work in doubles pairs.
- 1 pair start on the baseline as hitters and 1 pair start on the other side of the net as feeders.
- The feeders shout “go” and the hitters run to the net and touch the net with their rackets.
- The feeders take it in turns to feed 6 balls for the hitters to volley. The feeds should be rapid, with the next ball fed instantly after the hitter has played a volley.
- The balls can be fed to either hitter.
- The hitters work together to cover each other, constantly moving, as if attached.
- After the 6 balls the hitters sprint around the net to become feeders. Feeders move to the sideline activities.
- Students at the end of the sideline activities move onto the court to become the next hitters.

Equipment:

🟡 Low compression tennis balls

🎾 Tennis rackets



TEACHING POINTS:

Hitters:

- Move together as if attached, in order to cover the court.
- React quickly to adapt to the incoming ball.

Feeders:

- Decide quickly where to feed the ball.
- Make feeds challenging but achievable by controlling the speed and position of the ball.