

RACKET & BALL

Bird serves

How to Play:

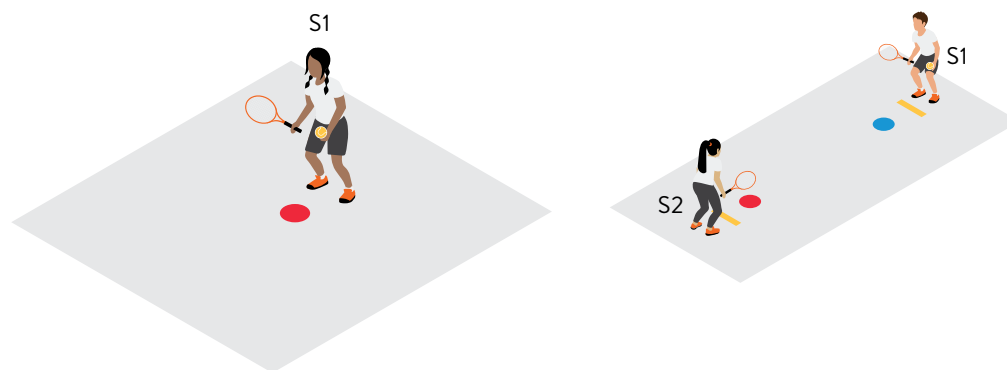
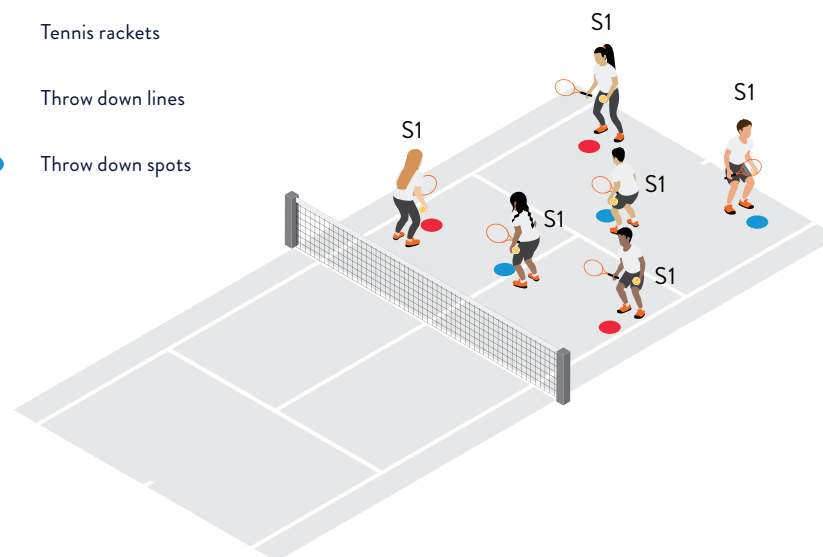
- Students work individually with a racket, ball and throw down spot
- Students use their non-dominant hand to release the ball underarm to eye level
- After the ball bounces, use the racket in a flat position (forehand action) to tap the ball upwards
- Repeat the upward tap after each bounce
- Repeat with a backhand action
- Students place a spot on the floor approx. 1m in front
- Repeat the upward tapping action aiming to bounce the ball on the spot each time
- Repeat with a backhand action
- Alternate between forehand and backhand tapping actions aiming to bounce on the spot each time

Progression:

- Students work in 2s, with a racket, throw down line and spot each and 1 ball between them
- Students stand behind their line approx. 4m apart (service box sized area) facing each other
- Place the spots 1m in front of each of the throw down lines
- Student 1 taps the ball up, then taps it aiming to bounce the ball on the spot in front of Student 2
- Student 2 catches the ball on their racket strings
- Student 2 taps the ball up, then taps it aiming to hit the spot in front of Student 1
- Repeat 5 times each
- Remove the catch. Tap the ball up, let it bounce, then tap towards partner's spot
- Remove the tap up, and build a continuous rally using a forehand action
- Extend further using a backhand action

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



TEACHING POINTS:

- Grip: shake hands with the racket
- Racket flat, strings parallel to the floor
- Track the incoming ball
- Adapt the body and racket to the incoming ball

Forehand:

- Palm of hand facing upwards

Backhand:

- Palm of hand facing downwards

PROGRESSION TEACHING POINTS:

Change the racket position (forehand):

- Strings parallel to the floor for the self-tap
- Palm of the hand and strings pushing towards the target

Change the racket position (backhand):

- Strings parallel to the floor for the self-tap
- Back of the hand and strings pushing towards partner