

RACKET & BALL

Bounce setter

How to Play:

- Students work in 2s with a racket each, 2 throw down lines and 2 balls
- At 1 end of the court place 1 throw down line 1m in front of the service line and the other 1m behind the service line making a target area
- Student 2 starts on the baseline behind the target area with the 2 balls
- Student 1 starts on the opposite baseline
- Student 2 feeds the ball to Student 1 who aims to hit the ball into the target area
- Student 2 stops the hit ball and feeds the next ball
- Each time the return ball bounces in the zone the pair score 2 points
- Students may use either forehand or backhand groundstrokes
- Swap roles after 5 hits
- Maximum 10 points available per person; 20 in total

Progression:

- Students now rally continuously
- Student 1 continues to aim for the target area scoring 2 points each time the ball first bounces in the area
- Introduce a competition to see which pair can score the most points in a set amount of time
- Students swap roles and add their scores together
- Use either forehand or backhand groundstrokes only, or alternate groundstrokes

TEACHING POINTS:

- Accuracy of ball and racket control
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Contact the ball to the side and in front of the shoes
- Strings towards target at contact

Forehand:

- Palm of hand pushing towards the target

Backhand:

- Back of hand pushing towards the target
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines

