

RACKET & BALL

Pack partners

How to Play:

- Students work in 4s in a half court with a racket each, 1 ball and 2 throw down lines
- Place a throw down lines half-way between the service line and baseline on both sides of the court
- Students 1 and 2 start on court and Student 3 and 4 start as coaches
- Students start on the service line and hit 2 forehand groundstrokes, 2 backhand groundstrokes, then both move into volley, and hit 2 forehand volleys then 2 backhand volleys
- Students swap on / off court after each rally
- The observing pair give feedback identifying why the players were successful or reasons why the sequence broke down
- If successful students start at the throw down line half-way between the service line and baseline and repeat the sequence: 2 forehand groundstrokes, 2 backhand groundstrokes, both move into a volley position and hit 2 forehand volleys, followed by 2 backhand volleys
- If successful students start on the baseline and repeat the sequence

Progression:

- Extend the number of shots in the sequence e.g. 4 forehand groundstrokes, 4 backhand groundstrokes, 4 forehand volleys and 4 backhand volleys
- Progress through the 3 sequences without stopping i.e. moving forwards and backwards on the court

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Contact to side and in front of shoes
- Racket path - low to high
- Control the speed and length of the ball through the racket swing
- Co-operate to achieve the sequence
- Side step when moving backwards on the court

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines

