

RACKET & BALL

Return & approach

How to Play:

- Students work in 3s with a racket each and 1 ball, in a half court
- Students 1 and 2 start on opposite baselines
- Student 3 starts as umpire
- Student 1 starts the point with an overarm or underarm serve into the service box
- Student 2 hits a return and they play the point out
- After each point students rotate taking it in turns to play and umpire

Progression:

- After the return of serve, if the ball lands in the service box, then the student must hit an approach shot and move forward to a volley position and continue to play the point out
- No lobs allowed

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Recover into the ready position after each shot
- Play the ball into a space to move your opponent

PROGRESSION TEACHING POINTS:

- Move forwards and stop before hitting (where possible)

Equipment:

-  Tennis balls
-  Tennis rackets

