

RACKET & BALL

The team approach

How to Play:

- Students work in 2s as a doubles pair, 3 or 4 pairs per court, all with rackets and balls
- Students play in the full court
- 2 pairs start on opposite baselines
- Pair 1 feeds the ball underarm into the diagonal service box
- Pair 2 return the ball and pairs play the point out
- Pairs aim to hit a deep ball into the back part of the court, beyond the service box
- If the ball lands in the service box the receiving pair must move forward together into a volleying position and continue to play the point out
- No lobs allowed
- After 1 point Pair 2 switches on / off with Pair 3
- Pair 1 stay on court for 3 points, then switch with Pair 2, who then switch with Pair 3 after a further 3 points

Progression:

- Start the point with an overarm serve, alternating serving from the right and left
- Lobs allowed

TEACHING POINTS:

- Hit the ball higher over the net to hit a deeper shot
- Increase the length of the racket swing
- Contact the ball in front and to the side of the shoes
- Racket path - low to high
- Two hands on the grip for a backhand

Equipment:

-  Tennis balls
-  Tennis rackets

