

RACKET & BALL

True blue

How to Play:

- Students work in 2s with a racket and 1 throw down spot each and 1 ball
- Students stand opposite each other on the service line with their spot approx. 1m in front of them on their backhand side
- Student 1 overarm throws the ball aiming for the opposite spot
- Student 2 lets the ball bounce, taps the ball up in the air, then hits the ball using a backhand aiming towards the opposite spot
- Students try and keep a backhand rally going tapping up each time before returning the ball
- Take it in turns to start the rally with an overarm throw
- Students see how many shots they can hit in a rally

Progression:

- Students hit the ball straight back to their partner (a return) without the tap up
- Rally backhand to backhand
- When a rally of 6 backhands is achieved, students move 1 step backwards and rally again
- Move back 1 step each time a rally of 6 backhands is achieved

TEACHING POINTS:

Student 1:

- Extend the throwing arm towards the spot
- Opposite shoe stepping forward
- Control the speed of the ball

Student 2:

- Ready position
- Two hands on the racket grip
- Adapt the body and racket to the incoming ball
- Contact to the side and in front of shoes
- Pushing back of hand and strings towards the opposite spot
- Racket path - low to high

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots

