

# RACKET & BALL

## Volleys & lobs

### How to Play:

- Students work in 4s in a half court area with a racket each and 1 ball
- Students 3 and 4 act as coaches
- Student 1 starts on the service line and feeds the ball underarm aiming for the ball to bounce in the service box
- Student 1 then moves forward into a volley position (use a throw down line as a marker if required)
- Student 2 lets the ball bounce then returns the ball over Student 1's head, playing a lob
- Student 1 tries to intercept the lob with their racket and the sequence stops
- Students 3 and 4 give feedback then have their turn on court
- Students continue switching on / off the court after every 2 balls
- When Student 1 and 2 return to court they switch roles

### Progression:

- Students play out the point after the lob using the full length of the court
- Students switch on / off the court after each point
- Alternate who serves

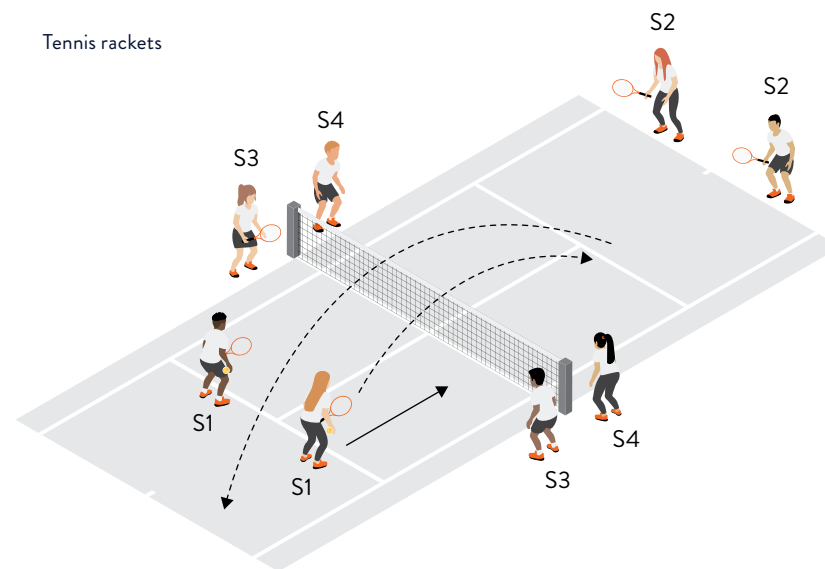
### Equipment:



Tennis balls



Tennis rackets



### TEACHING POINTS:

#### Volley:

- Balanced central ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact with a tap (no swing)
- Contact in front and to side of shoes

#### Lob:

- Racket path - low to high
- Strings pointing up
- The ball travels high above the head of the student at the net