

WARM UP

Beat the tap

How to Play:

- Students work in 2s with 4 cones, 1 throw down line and 1 racket and ball, in a service box size court
- Place the 4 cones upturned in the corners of the service box with the throw down line in the middle of the box
- Student 1 starts on the throw down line
- Student 2 starts to the side with a racket and ball
- Student 2 taps the ball up on the forehand side counting the number of taps out loud
- Student 1 has to touch as many of the cones as they can before Student 2 has completed 20 tap ups
- Student 1 must return to the throw down line before moving to the next cone
- Student 1 should touch cones on the right with their right hand, and cones on the left with their left hand, but can turn in any direction to move towards the cones
- Student 1 scores one point for every cone they touch
- Switch roles after the 20 tap ups
- Students should try to beat their previous score

Progression:

- Tap the ball up with a backhand
- Tap the ball up alternating the racket face between forehand and backhand

TEACHING POINTS:

Student 1:

- Ready position
- Lunge towards the cones
- Reach with outstretched arms to touch the cones
- Balanced body and quick movement of the shoes

Student 2:

- Focus on the ball
- Racket held out in front of shoes
- Racket strings parallel to the floor
- Control the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Cones

