

WARM UP

Hot potato

How to Play:

1:

- Students work individually with 1 ball and 1 throw down line each
- Students place their throw down line on the floor and show the ready position
- Extend the dominant hand forward and gently underarm throw the ball upwards to eye level
- Let the ball bounce once and catch the ball with 2 hands in a cupped position
- Repeat, starting with the ready position each time
- Repeat using the non-dominant hand

2:

- Students now work in 2s with 1 line each and 1 ball between them
- Students stand approx. 1m apart with their shoes either side of their line
- Student 1 underarm throws the ball upwards to eye level
- Student 2 catches the ball with 2 hands after 1 bounce
- Student 2 recovers to their line
- Student 2 releases the ball for Student 1 to catch
- Repeat 5 throws each

3:

- Students now work in 2s in a service box sized space with 1 ball
- Student 1 underarm releases the ball into a space
- Student 2 moves to catch the ball
- Student 2 then releases the ball from where they caught it, into a space for Student 1 to catch
- Students try to move each other around the space keeping the sequence going
- The ball should always bounce higher than knee height

Progression:

- Students work in 2s in a service box sized space with 1 ball
- Students score a point if their opponent cannot catch the ball before the ball bounces twice or the ball goes out of the area
- Each rally starts with the students facing each other taking it in turns to start
- Aim to score 5 points

Extended Progression:

- Students work in 4s as doubles pairs with 1 ball and a larger court area
- Pairs aim pass the ball 5 times without the other team intercepting the ball

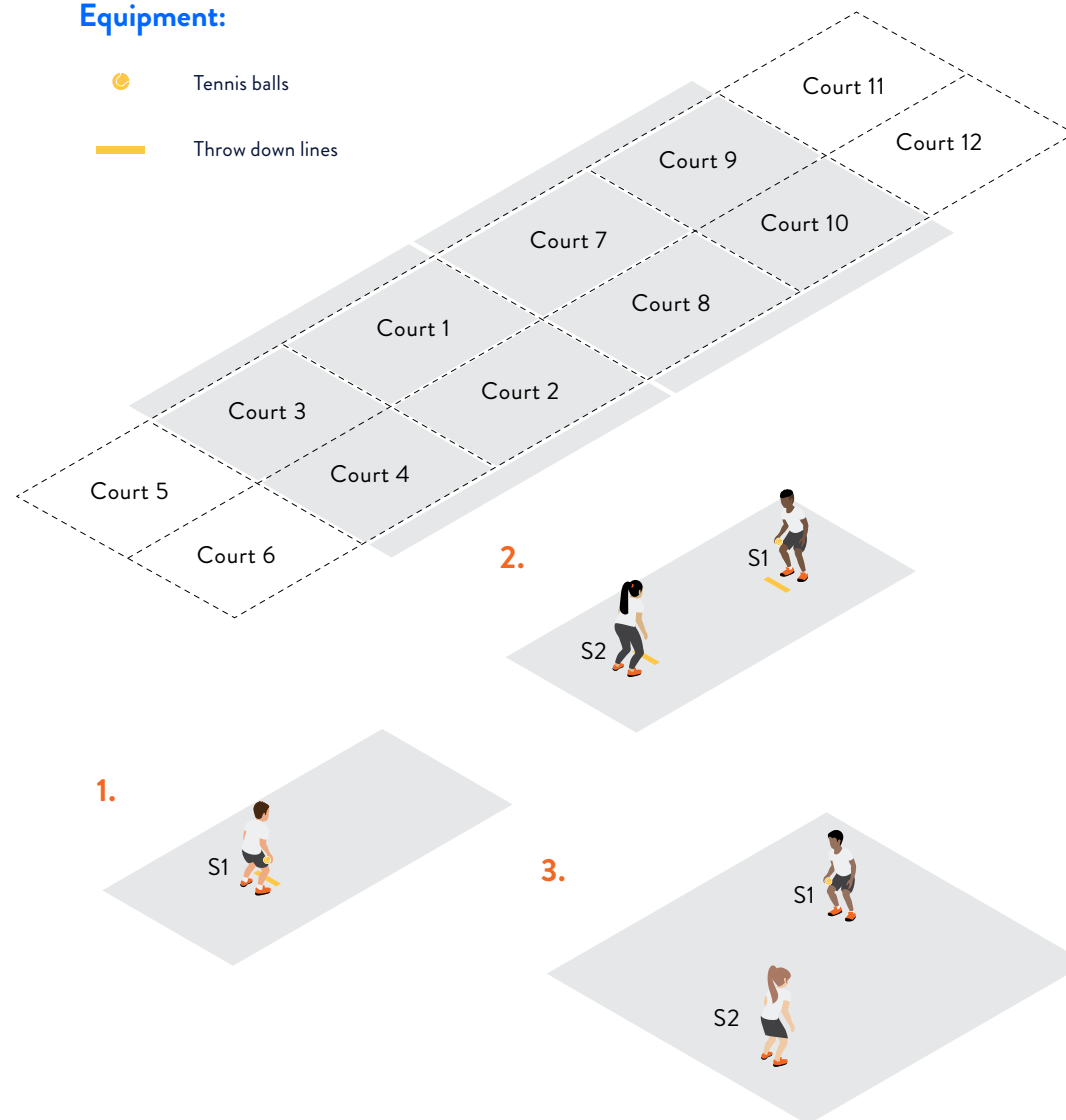
Equipment:



Tennis balls



Throw down lines



TEACHING POINTS:

Ready position:

- Shoes wider than shoulders
- Weight forward and athletic position
- Track the incoming ball

- Balanced movement of body, knees slightly bent
- Emphasise forward and backward movement
- Recover to the ready position after each throw