

WARM UP

Number challenge

How to Play:

- Students work in 2s with a racket and throw down line each and 1 ball
- Students take 1 step back from the tramlines and place down their throw down line
- Student 1 taps the ball upwards, aiming for it to bounce inside the tramlines
- Student 2 lets the ball bounce once then taps the ball up, aiming for it to bounce inside the tramlines
- Students aim for a rally of 5
- Each time a rally of 5 achieved students score 1 point
- Take it in turns to start the rally
- Introduce a competition:
 - How many points can a pair score in 1 minute?
 - How many continuous tap ups can a pair achieve?

Progression:

- Students take a further step back and aim to bounce the ball between the tramline and the throw down line

TEACHING POINTS:

Ready position:

- Shoes wider than shoulders
- Weight forward and athletic position
- Hands and racket central
- Grip: shake hands with the racket
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Recover to the ready position after each tap

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines

