

# WARM UP

## Rebound catcher

### How to Play:

- Students work in 5s on 1 side of the net, with 1 racket and 1 ball between them and throw down lines
- Place the throw down lines parallel to the service line to mark a zone
- Student 1 starts in the zone with the racket
- Students 2, 3, 4 and 5 each stand in a quarter of the court approx. 2m away from Student 1, creating a square
- Student 2 throws the ball underarm to Student 3, 4 or 5 and they continue to throw to each other
- Underarm passes only and the ball can bounce before catching it
- Student 1 tries to intercept the ball and can use the racket
- Students 2, 3, 4 and 5 aim to reach 5 passes without Student 1 intercepting
- If Student 1 intercepts the ball, they switch with the student who threw the ball
- After 5 successful passes swap the student who is intercepting

### Progression:

- Students passing the ball now self-tap the ball up with their hand and catch the ball before throwing to another student

### TEACHING POINTS:

- Ready position
- Track the incoming ball
- Quick shoe movements
- Racket control
- Controlled underarm throw

### Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines

