

WARM UP

Rockets & mines

How to Play:

- Students work in 2s with a racket each and 1 ball
- Place the rackets end to end between the tramlines on one side of the court creating a target
- Both students stand on the opposite tramlines across the court
- Student 1 starts on the inside tramline facing the racket target
- Student 2 stands behind Student 1 on the outside tramline with the ball
- Student 2 rolls the ball between Student 1's shoes, aiming to hit the racket target on the opposite tramlines
- Student 1 runs to stop the ball before the ball hits the rackets
- Students take it in turns to roll and chase the ball
- Student 1 starts facing Student 2
- Student 2 rolls the ball as previously and Student 1 turns and chases the ball

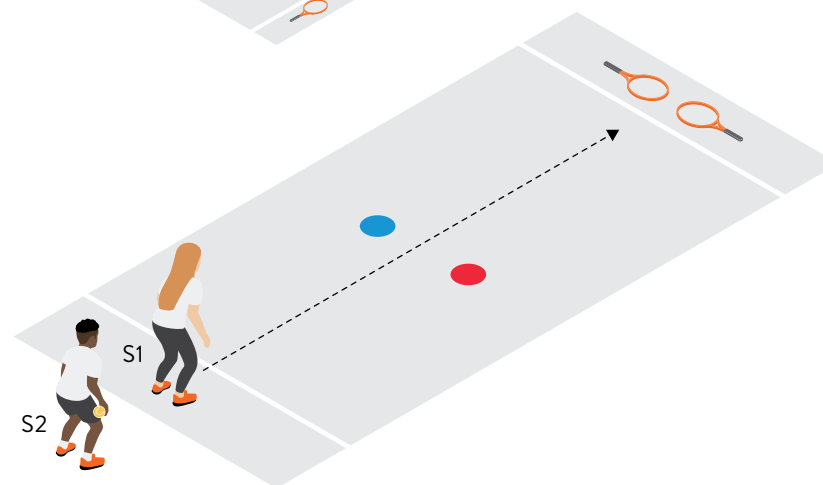
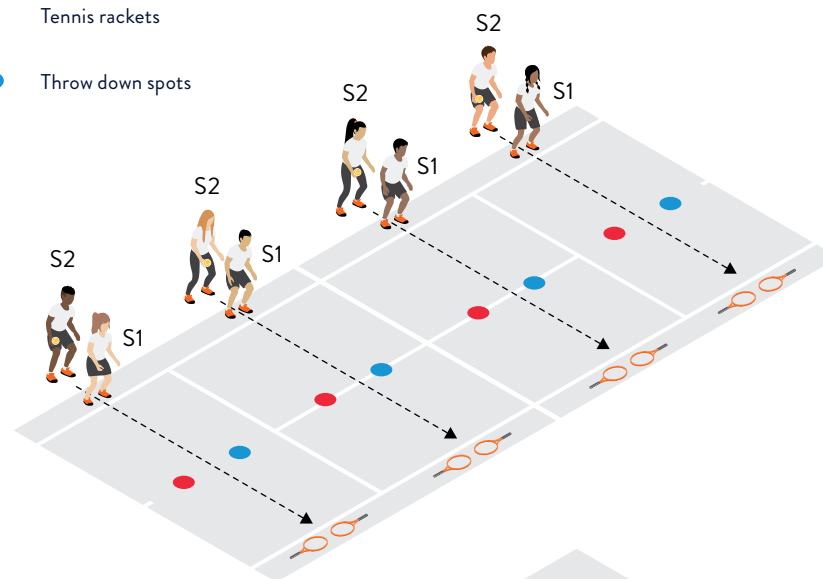
- Student 1 starts facing Student 2
- Student 2 underarm throws the ball up and over Student 1's head (a lob)
- Student 1 turns, lets the ball bounce once and then stops the ball before it reaches the targets

Progression:

- Two throw down spots are placed approx. 2m apart on the left and right of the path towards the racket target
- The student who releases the ball calls "RIGHT" or "LEFT"
- The student running must touch the 'called' spot before they stop the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS:

Chaser:

- Ready position
- Quick reaction to the rolling ball
- Agile movement with shoes and body

Sender:

- Low body position
- Opposite shoe forward to the rolling arm
- Extend the rolling arm to point at the target
- When rolling or throwing, release the ball smoothly

PROGRESSION TEACHING POINTS:

- Clear communication of the instruction
- Use of sidestep and lunge when reaching for the spot
- Low body position
- Quick reactions
- Track the flight and bounce of the ball (lob)