

RACKET & BALL

Bumper rackets

How to Play:

- Students work in 3s on half a court. Students 2 and 3 have a racket and throw down spot each. Student 1 has 3 balls.
- Student 1 is the feeder and starts 2m back from the net
- Student 2 starts on the service line with a spot 1m in front of them, positioned on the forehand side
- Student 3 starts behind Student 1 on the service line with a spot cross court from Student 2
- Student 1 throws underarm aiming to bounce the ball on the throw down spot
- Student 2 self-taps the ball, lets it bounce, then hits the ball over the net aiming to bounce the ball on the diagonally opposite spot
- Student 3 self-taps the ball after 1 bounce and then catches the ball on strings of the racket
- Repeat for the 2nd and 3rd ball
- Rotate positions after 3 goes each

Progression:

- Student 2 hits the ball straight over the net without a self-tap
- Student 2 starts further back
- Change the position of the diagonal spot to a different place but maintain the diagonal angle

TEACHING POINTS:

Student 1:

- Extend the throwing arm towards the spot
- Opposite shoe stepping forward
- Control the speed of the ball

Student 2:




- Ready position

- Adapt the body and racket to the incoming ball
- Racket waist height pushing palm of hand towards the opposite spot

Student 3:

- Ready position
- Track the incoming ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots

