

RACKET & BALL

Rally Rackets

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 4's. One pair play, one pair umpires.

Pupil 2 has a racket. Pupil 1 starts the point by throwing the ball overarm to serve. Pupil 2 then hits the ball back for Pupil 1 to catch and throw back underarm, continuing until the rally breaks down. Working cooperatively they try to throw and hit the ball after one bounce, back and forth to maintain the rally, seeing how many consecutive shots they can do.

Pupil 3 and 4 continue to be the umpires and count the number of shots in the rally.

Switch pairs after each point.

After a few minutes, swap the hitters and throwers i.e. Pupil 1 hits and Pupil 2 throws.

Teaching Points:

- Thrower serves overarm from behind the baseline
- Adapt to the ball
- Ball should bounce once
- Contact in front of the shoes
- The rally stops if the ball lands outside of the court on the first bounce, doesn't go over the net, or it bounces more than once.

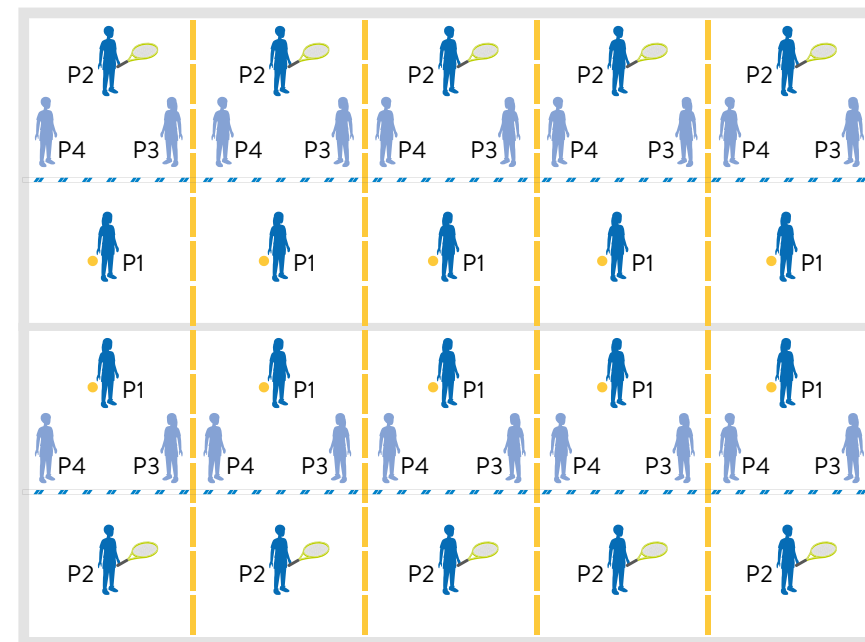
Skill UP

The pupil with the racket taps the ball up after 1 bounce to themselves and then they hit over the net. Sequence: bounce, tap up, bounce, hit over net. The pupil on the other side of the net continues to catch and throw the ball.





Throw, catch and racket rally game

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Barrier tape (net)

Activity set up:

