

RACKET & BALL

Racket Receivers

Working in 4's Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. Barrier tape is positioned to create a 'net'.

2 spots are placed side by side between Pupils 3 and 4 and the net, a short distance apart (in right and left positions). Pupils 3 and 4 use rackets to tap up and hit the ball back.

Pupil 1 throws the ball underarm (over barrier tape) towards one of the spots. Pupil 3 moves towards the ball, taps the ball up with their racket, lets the ball bounce and then taps the ball back over the barrier tape to Pupil 2 who has come forward to the line.

Pupil 2 repeats but throws to Pupil 4.

Repeat 3 times and then switch sides and roles.

Teaching Points:

- Use corresponding hand to side / spot
- Wait in the ready position
- Contact the ball to the side and in front of the shoes
- Forehand – push palm of hand towards where you want the ball to go
- Backhand – push back of hand towards where you want the ball to go.

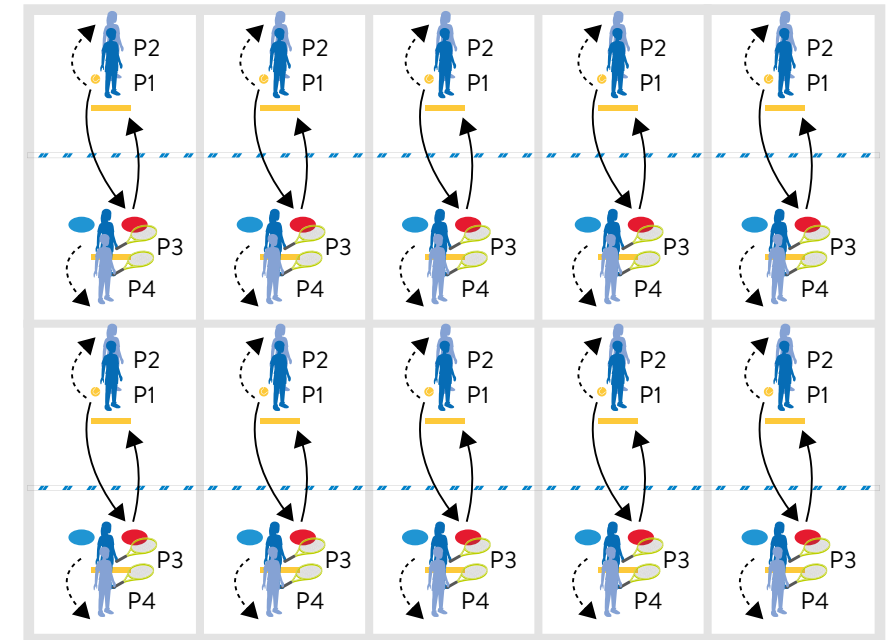
Skill UP

The senders tap the ball over the net with rackets to the receivers who also have rackets. Pupils 1 and 3 try to do continuous taps to each other then swap with Pupils 2 and 4.






Developing forehand and backhand actions, aiming at targets

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Example of whole class activity set up:



Equipment:

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

Activity set up:

