

RACKET & BALL

Elephant Play

In 4's, 2 pairs taking it in turns.

Pupil 1 is the thrower, and stands behind a throw down line with 2 throw down spots in front of them: 1 to the right (red) and 1 to the left (blue). Pupil 2 is the hitter, on the other side of the net with a racket standing in the ready position behind a throw down line. Pupil 2 also has 2 spots slightly in front of them.

Pupil 1 underarm throws from their right (red) spot to Pupil 2's right (red) spot, or from the left (blue) spot to Pupil 2's left (blue) spot. Pupil 2 holds the racket in their preferred hand, moves towards the ball and hits either a forehand or backhand depending on the side, and hits the ball back diagonally to Pupil 1 to catch the ball.

Pupil 3 and 4 wait at the back of the court and swap in after 1 shot. Pupils keep swapping over after each shot.

Switch roles within the pair so both have a turn as the hitter.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- Contact in the ball in front of the shoes
- Push racket with palm of hand towards target for forehand and back of hand towards target for a backhand.

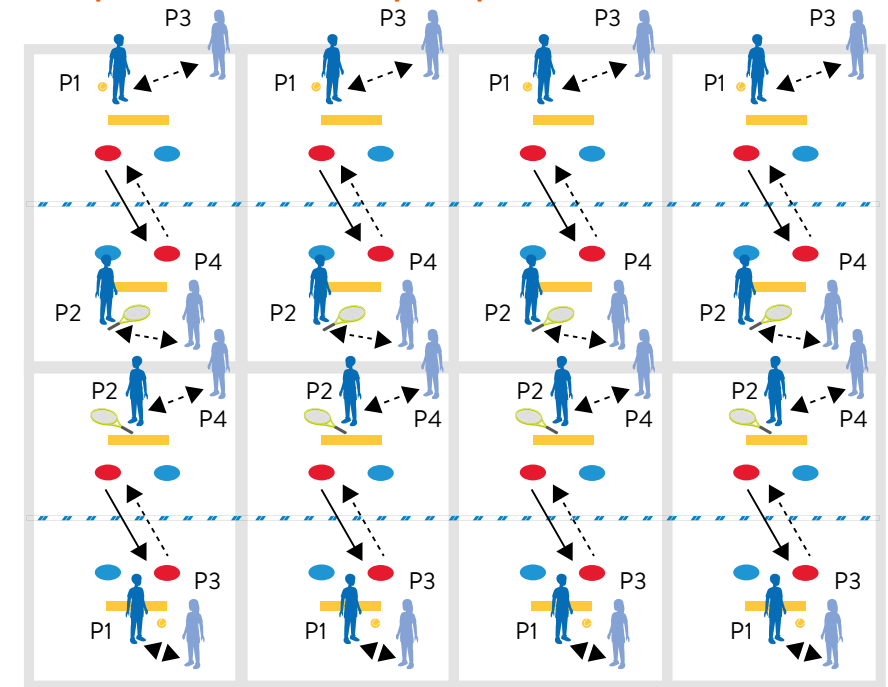
Skill UP

Pupil 1 throws to a spot, instead of returning the ball diagonally Pupil 2 returns it straight and Pupil 1 moves sideways to catch the straight return. Repeat as above.

Developing forehand and backhand actions

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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:

