

# SKILL APPLICATION

## Team of Teams

Pupils working in 4s.

Pupil 1 and 2 are the servers. Pupil 3 and 4 are the hitters. Pupil 1 stands on one spot; Pupil 2 stands on a spot level and to the left hand side of Pupil 1. Pupils 3 and 4 are on the other side of the net one behind the other, behind a central throw down line. Pupil 3 and 4 have 2 hoops in front of them one to the right (red) and one to the left (blue).

Pupil 1 throws the ball overarm from the right spot, over the net, diagonally to bounce in the right hoop. Pupil 3 moves to the hoop and hits the ball back over the net to Pupil 2 who catches the ball. Pupil 3 recovers by getting their shoes behind the throw down line into the ready position. Pupil 2 then throws the ball from the left spot, diagonally towards the left hoop. Pupil 3 moves to hit the ball, aiming towards Pupil 1.

Pupil 3 will play a forehand and backhand.

Pupil 4 then steps forward into the ready position and Pupil 1 and 2 throw for them.

Repeat twice then switch roles i.e. Pupil 1 and 2 become the hitters and Pupil 3 and 4 become the servers.

Pupil 1 and 2 get points if the ball bounces in the hoop. Pupil 3 and 4 get points if they hit the ball back over the net to Pupils 1 and 2 to catch.

### Teaching Points:

- Start and return to the ready position
- Adapt to the ball
- Hit using forehand and backhand actions pushing the palm or back of the hand towards the target.

### Skill UP

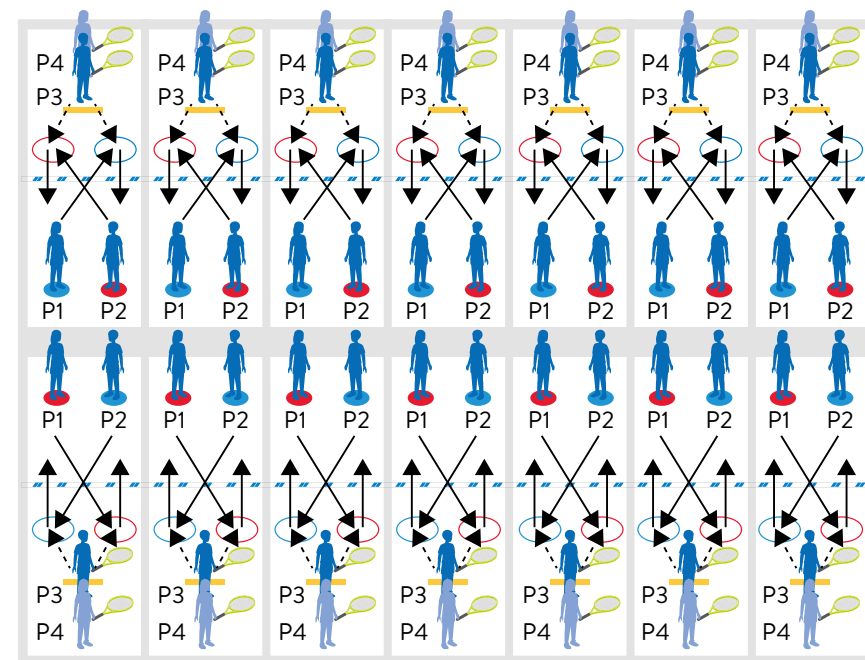
1 minute challenge – how many points can they score as a team in 1 minute? Swap roles and repeat.

Add all scores together for a team score.

## Forehand and backhand throw and hit challenges

# 15

### Example of whole class activity set up:



### Equipment:

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

### Activity set up:

