

RACKET & BALL

Tap Serve Rally

The hall is divided into mini courts with a net (using barrier tape / cones / bench). Throw down lines mark out courts.

Working in 4s as 2 pairs. One pair will be on court whilst the second pair will observe and call IN or OUT (umpires and line judges).

Both pupils have rackets.

Pair 1 start the rally with a tap serve and then hit the ball back over the net with the racket. They are aiming to get up to a rally of 5 shots. The ball may bounce and / or they may volley the ball.

Pair 2 observe and call IN or OUT and count the number of shots in the rally.

Pair 1 have 2 serves (one each), play their rally, shake hands then switch with Pair 2.

Pupils set their own target and try to beat their personal best scores.

Teaching Points:

- Serve from behind the baseline
- Adapt to the ball
- Contact the ball in front of the shoes
- Co-operate to achieve a rally (control the ball with gentle hits).

Skill UP

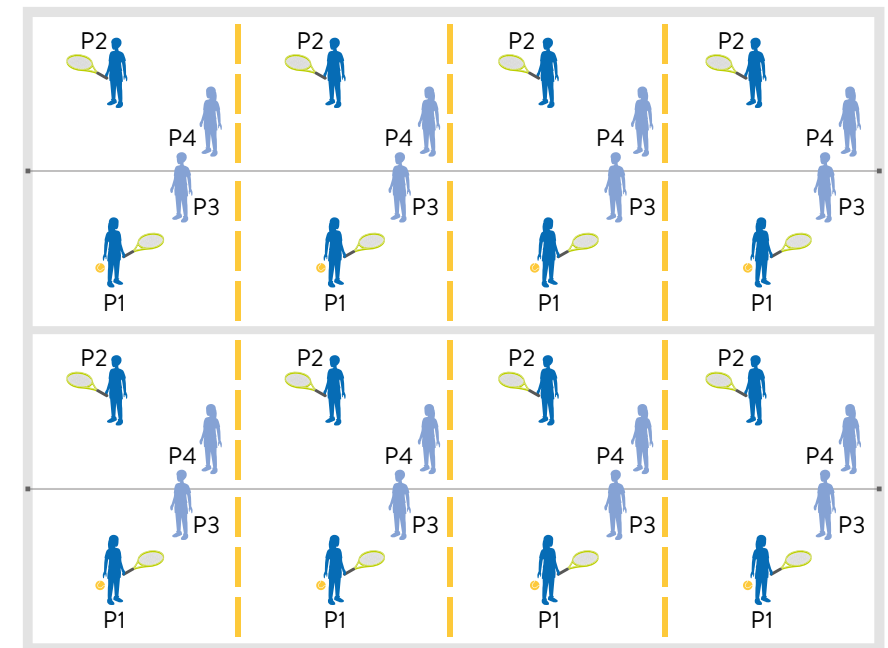
Pupils set their own target and try to beat their personal best scores.

Increasing the target each time they achieve their rally target.





Mini court game with tap serve and rallies

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Net

Activity set up:

