

RACKET & BALL

Serve Catch

In pairs, Pupil 1 is the server and places a throw down line on the floor and stands behind it (a back line). Pupil 2 is the receiver and stands opposite, a short distance apart, with their line perpendicular to Pupil 1. Pupil 2 has their shoes either side of their line in a ready position.

Pupil 1 stands sideways behind their line, with their left (blue) foot forwards. They place the ball in the flat palm of their left (blue) racket hand and using their right (red) hand serves the ball by pushing it off towards Pupil 2.

Pupil 2 moves to catch the ball after it has bounced. They then throw it back to Pupil 1 underarm from where they caught the ball.

Repeat 5 times then switch roles.

Repeat again with left (blue) racket hand. Right (red) shoe forward, and ball balanced on palm of right (red) hand.

Repeat 5 times then switch roles.

Teaching Points:

Server:

- Stands with opposite shoe to racket hand forward
- Balances the ball in non-hitting hand
- Uses a pushing action with racket hand contacting underneath the ball.

Receiver:

- Starts in the ready position
- Eyes tracking the ball.

Skill UP

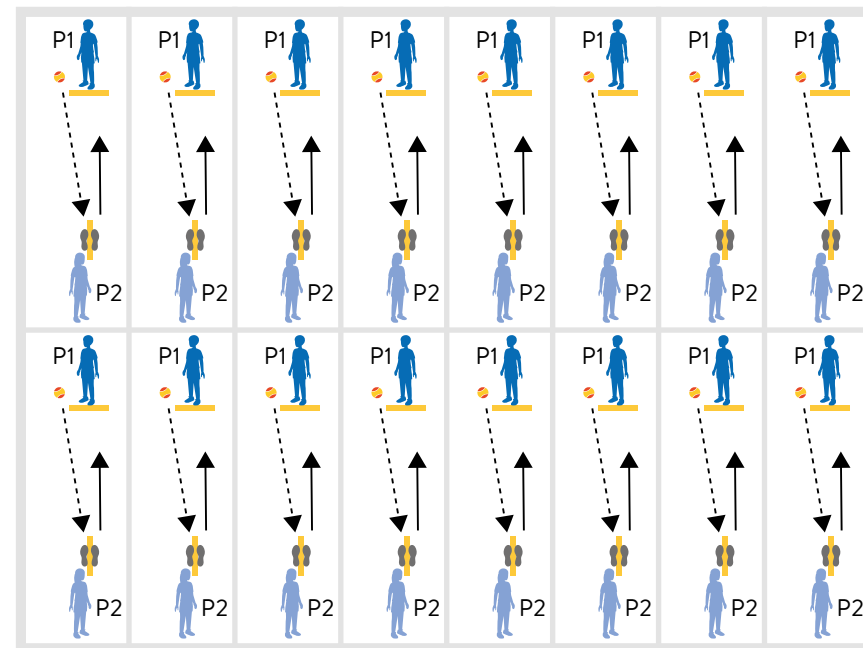
Turn both throw down lines to create back lines opposite each other (parallel). Pupil 1 and Pupil 2 stand behind their lines and push serve to each other letting the ball bounce each time before moving towards the ball to catch it. Pupils return to their line to serve.

Pupils take it in turns.

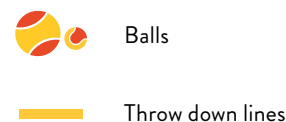
Introducing a push serve action

03

Example of whole class activity set up:



Equipment:



Activity set up:

