

RACKET & BALL

Up & In

Pupils have a racket and a ball each.

They stand on their spot and try and tap the ball up with their racket strings, let the ball bounce and catch it between the racket strings and free hand.

Up, bounce, catch sequence.

Teaching Points:

- Gently tap / push the ball (no higher than head height)
- Palm and racket strings facing upwards
- Eyes tracking the ball.

Skill UP

In pairs with a spot between them.

Pupil 1 taps the ball up and Pupil 2 catches it after it bounces. Pupil 2 then taps the ball up for Pupil 1 to catch after the bounce.

Up, bounce, catch, up, bounce, catch sequence.

Pupils count how many times they can consecutively tap the ball to land on the spot and catch it.

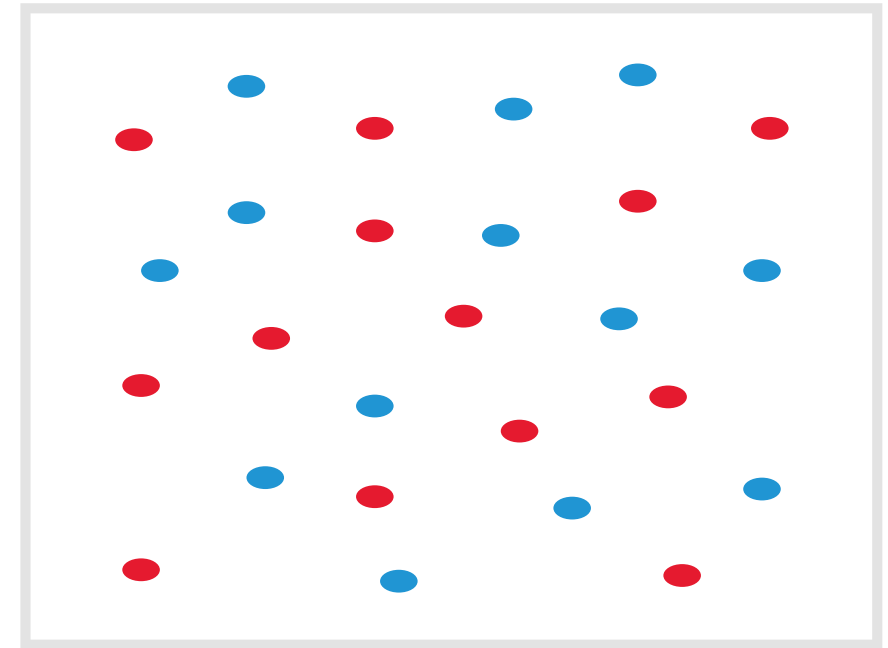
Pupils remove the catch and try to increase their sequence tapping alternatively.

Up bounce, up, bounce sequence.




Introducing an upward tapping action with rackets

05

Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down spots

Activity set up:

