

RACKET & BALL

Double Defender

In pairs, opposite each other, both standing behind a throw down line.

2 different coloured spots are placed side by side (2m apart) half-way between them. Pupil 2 has 2 upturned cones just in front of their line. Pupil 1 has a racket and faces Pupil 2.

Pupil 2 rolls the ball, using either their right hand to roll to the right (red) spot or their left hand to roll to the left (blue) spot.

Pupil 1, moves towards the appropriate spot, meets the ball, stops it with the racket strings behind the ball and then taps back aiming at the upturned cones.

Repeat x 5 and switch.

Teaching Points:

- Start in the ready position
- Stop the ball in front of the shoes
- Racket to the side of the body
- Strings pushing towards the cones when rolling the ball
- Low to high action to hit.

Skill UP

Pupil 1 now stops the ball, picks it up and self feeds and taps back aiming at the upturned cones. Use the right hand to hit back or left hand corresponding to side they receive the ball.

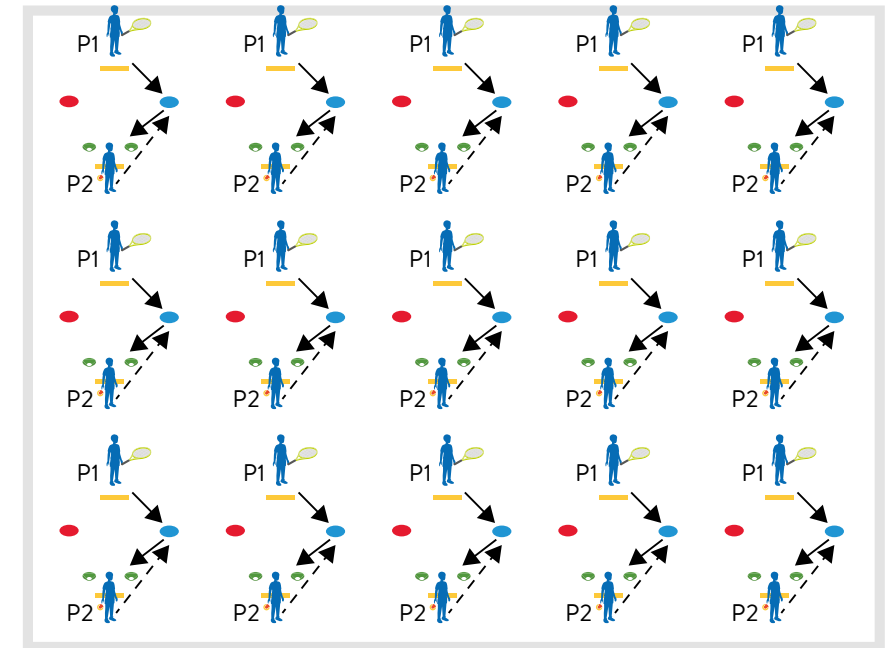
Pupil 2 uses the right hand when rolling to the spot on the right as they face, or left hand to the spot on the left.

Repeat x 5 and switch.






Rolling at targets and tapping back using rackets

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Throw down spots
-  Cones

Activity set up:

