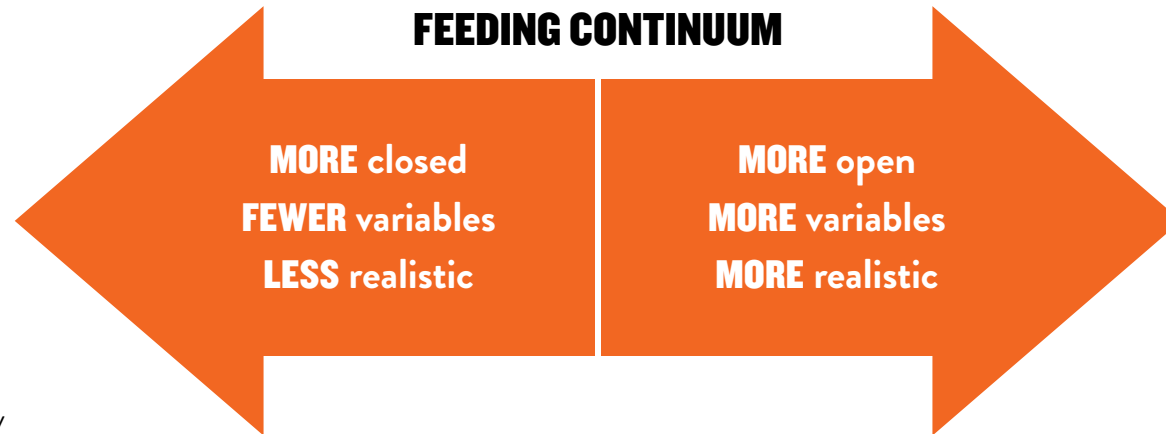


# FEEDING

Tennis is a sport based on sending and receiving a ball. In order to improve receiving skills, the ball needs to be sent appropriately to the level of the receiver.

Using the continuum below teachers can differentiate drills and practices for students, or give students options allowing them to self-differentiate to progress or regress an activity. The methods of sending and receiving can be mixed and matched, for example the feeder could underarm throw the ball and the receiver could catch the ball and then self-drop to hit the ball back. To make it easier the receiver could catch the ball, place the ball on the floor and roll it back; to make it harder the receiver could hit the ball straight back.



**SPEED OF THE BALL:**

Slow

**SPIN ON THE BALL:**

Flat (no spin)

**HEIGHT OVER THE NET (if not rolled):**

High (giving more time)

**DIRECTION:**

Send to the hitter so that movement to the ball is limited

**TEMPO:**

Give more time between feeds for recovery and preparation for the next ball

**SPEED OF THE BALL:**

Fast

**SPIN ON THE BALL:**

Topspin or slice

**HEIGHT OVER THE NET (if not rolled):**

Low (giving less time)

**DIRECTION:**

Send so more movement is required

**TEMPO:**

Give less time between feeds, feeding the next ball once the previous ball has bounced

## FEEDING / SENDER

Rolls the ball with the hand	Rolls the ball with the racket	Drop feeds the ball	Underarm throws the ball	Racket feeds the ball	Rally feeds the ball
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## RECEIVER

Stops the incoming rolled ball on the floor and then rolls the ball back	Hits the incoming rolled ball straight back along the floor	Stops the incoming rolled ball, then self-drops to hit the ball	Catches the incoming ball, then places on the floor and rolls the ball back	Catches the incoming ball, then self-drops to hit the ball	Hits the incoming ball directly back*	Self-taps the incoming ball up, then hits the ball*
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\*The self-tap before hitting helps to control the ball. If the activity involves rallying and students are both the receiver and feeder, students may find they get more success by adding a self-tap to control the ball before hitting the ball back, although the skill in itself is harder.