

RACKET & BALL

Serve & Catch

In pairs opposite each other either side of a barrier tape net. Each pupil has a racket. A throw down line each can be used to create a 'back line' to serve behind – about ½ way back on their court.

Pupil 1 standing at the 'back line' throws the ball up and tap serves the ball to Pupil 2 who catches it between their racket strings and hand after it has bounced.

Pupil 2 then serves back to Pupil 1 who sandwich catches it.

Repeat.

Teaching Points:

- Stand side on with opposite foot forward to racket hand
- Point racket upwards to start the tap action
- Gentle toss of ball upwards to just above head height
- Contact the ball above head height and in front of shoes
- Push the racket forward and downwards to tap the serve.

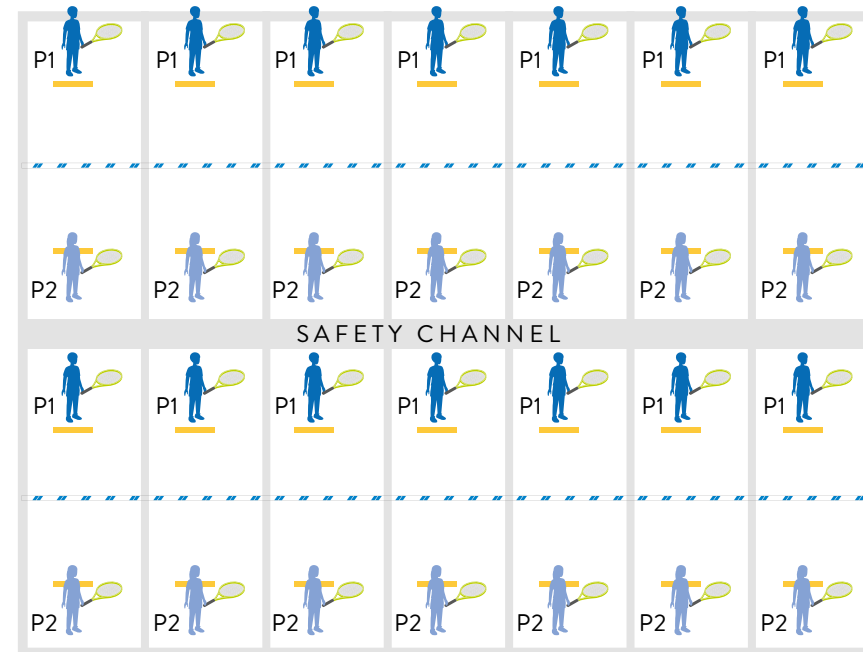
Skill UP

Continue the activity, but if successful in tap serving the pupil moves their 'back line' backwards one step, gradually moving further back on the court. If they are unsuccessful they can move forward a step – self-regulating their progress.





Developing an overarm tap serve

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Barrier tape (net)

Activity set up:

