

BODY & BALL

Puma Play

Working in 4's. Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. Barrier tape is positioned to create a 'net'. 2 spots are placed side by side between the net and Pupils 3 and 4, a short distance apart (i.e. in right and left positions).

Pupil 1 and 2 are the senders and Pupil 3 and 4 are the receivers.

Pupil 1 throws the ball underarm over the net towards one of the spots. Pupil 3 moves towards the ball, lets it bounce once then taps the ball up with their corresponding hand (e.g. right spot use right hand) and catches it. They then throw the ball over the net to Pupil 2 who has come forward to the line.

Pupil 2 repeats but throws to Pupil 4.

Repeat 3 times and then switch sides and roles.

Teaching Points:

- Use corresponding hand to side / spot
- Wait in the ready position
- Throw from side on position with opposite shoe forward.

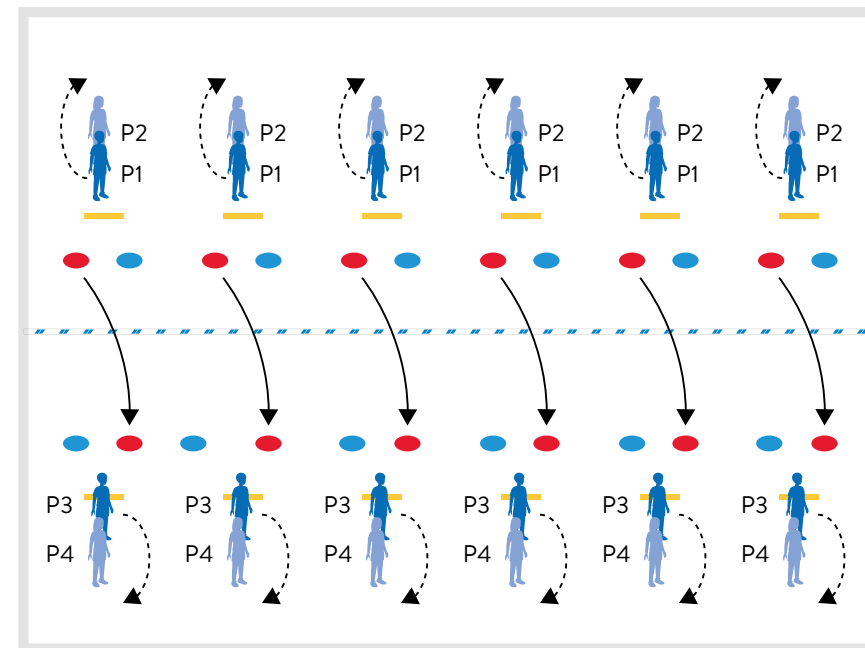
Skill UP

Same sequence as above but now Pupil 1 starts with a drop, bounce, hit sequence, using their hand to hit the ball over the net. Pupil 3 receiving the ball, taps the ball up using their hand, lets the ball bounce and then hits the ball back over the net with their hand and the sequence continues.





Aiming and targets with hands and rackets

13

Example of whole class activity set up:



Equipment:

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

Activity set up:

