

RACKET & BALL

Colour Up

Pupils working in 4s. Pupil 1 is the roller and stands on a throw down line with 2 spots in front of them. Pupil 2 is the hitter and stands opposite behind their throw down line, also with 2 spots in front of them. A barrier tape net between them.

Pupil 1 rolls the ball under the net towards one of the 2 spots in front of their partner.

Pupil 2 stops the ball with the racket then pushes the ball back along the floor using the racket in the preferred hand and playing a forehand or backhand depending on which side they receive the ball. They should aim to hit the ball back to their partner.

Pupil 3 and 4 then swap in and do the same.

After 5 goes partners should swap roles.

When not hitting the other pupils should be observing and offer tips / coaching points to the playing pair.

Teaching Points:

- Stand side onto roll the ball and use corresponding hand to spot (i.e. right hand if on the right spot and left hand if on the left spot)
- Stop the ball in front of the shoes with the racket
- Use the correct side of the racket according to side / spot
- Forehand – palm of hand pushes towards
- Backhand – back of hand pushes towards.

Skill UP

Pupil 1 underarm throws the ball over the 'net' towards one of the spots.

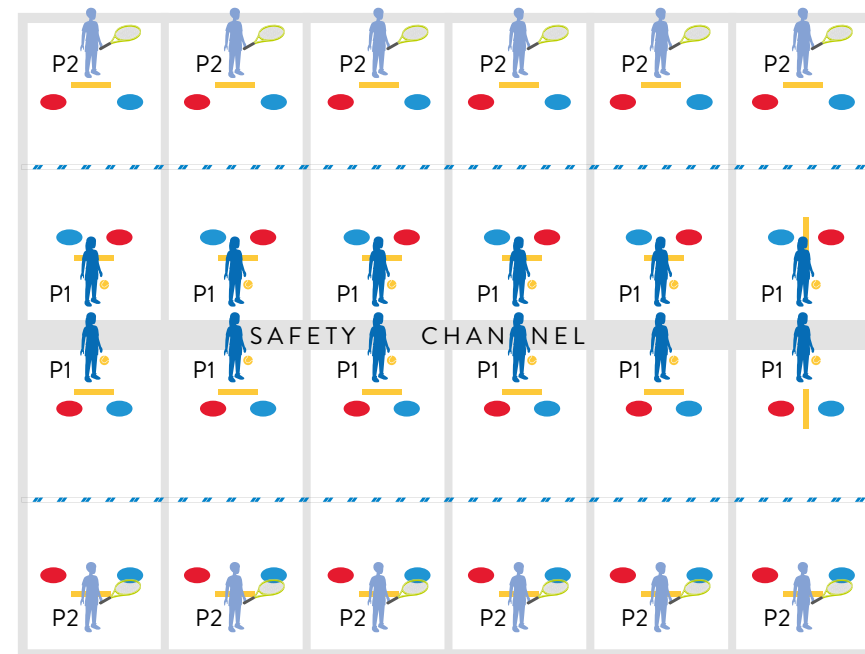
Pupil 2 moves towards the selected spot and taps the ball back to Pupil 1.

Repeat twice then swap pairs and roles.




Forehand and backhand return practice

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Example of whole class activity set up:



Equipment:

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

Activity set up:

