

SKILL APPLICATION

Double Trouble

Barrier net is erected across the length of the space.

Throw down lines are used to create a court for each group of 4 pupils.

Pupils work in pairs, 2 on the court playing, 2 observing and counting from the back of the court.

Pupil 1 serves the ball using a tap up bounce serve over the net, from the back of their court.

Pupil 2 receives the serve, lets the ball bounce once and hits the ball back to Pupil 1 and they continue the rally back and forth over the net until the rally breaks down (i.e. the ball lands out, bounces more than once, or doesn't go over the net).

The other two pupils count the number of shots in the rally. When the rally breaks down they start again with Pupil 2 serving. After the end of the second rally the pairs swap roles (hitters become umpires and vice versa).

Teaching Points:

- Keep the racket in the preferred hand
- Adapt to the ball
- Short low to high swing
- The rally stops when the ball lands out, bounces more than once or doesn't go over the net.

Skill UP

Pupils play 2v2, alternating shots to have a continuous rally. Each rally starts with a serve and the pupils take turns to serve.

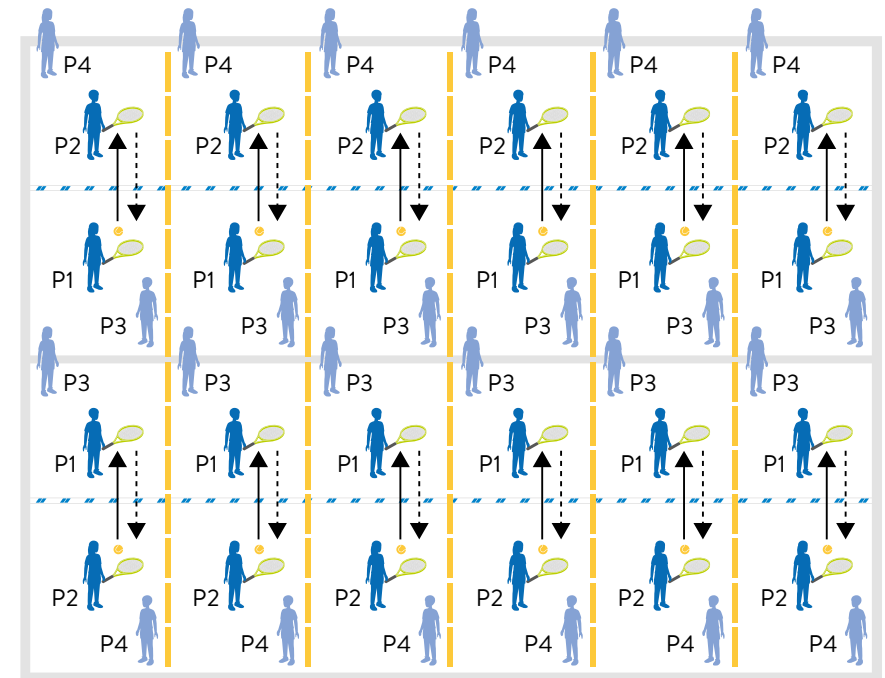
Ensure that when it is not their turn to hit they are recovering to the back of the court out of the way for their partner to hit.

Encourage pupils to shake hands at the end of the game.





Serve and receive rally game

14

Example of whole class activity set up:



Equipment:

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

Activity set up:

