

RACKET & BALL

Blitz Hits

Working in 4's. Using a sponge ball.

Pupil 1 and 2 are the Returners.

Pupil 3 and 4 are the Servers.

Pupil 1 stands on a throw down line in a central ready position with 2 hoops in front of them (right and left positions). Pupil 2 waits behind. Pupils 3 and 4 have rackets and are opposite with 2 spots in right and left positions.

Pupil 3 moves to the right spot, tap serves the ball overarm aiming to bounce the ball in the hoop. Pupil 1 moves to the hoop, lets the ball bounce, catches it, then throws the ball aiming for the spot it was served from. Pupil 4 steps to the left spot and tap serves an overarm serve to Pupil 1 who moves to the other hoop, catches the ball after one bounce, and throws the ball back.

Pupil 2 then takes their turn.

(Pupils 1 and 2 are catching and throwing, Pupils 3 and 4 are tap serving with rackets).

Repeat 2 goes each then switch over roles.

Teaching Points:

Servers:

- Stand side on to tap serve
- Contact the ball above head height.

Returners:

- Ready position
- Contact the ball in front of their shoes.

Skill UP

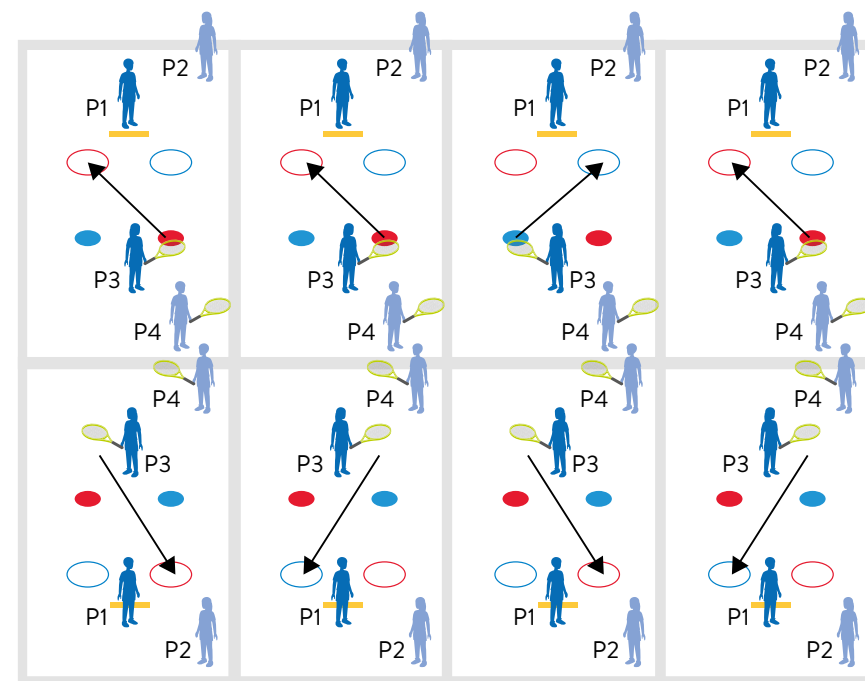
All pupils now have rackets.

Repeat the same sequence however Pupils 1 and 2 will either play a forehand or backhand shot to return the serve.

Developing serving and sending / receiving actions

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Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots
- Hoops

Activity set up:

