

SKILL APPLICATION

Step Back Volleys

Pupils in pairs, stand on a spot on opposite sides of the net facing each other, both with rackets.

Start close to the net, on their spots and they play a sequence of volleys to keep the rally going.

Pupils work co-operatively to achieve 5 consecutive volleys then both pupils take a small step back and reposition their spot. Repeat for 10, 15 and 15 volleys each time taking a small step backwards when the target is achieved.

If they make a mistake twice they step forward, and aim for the lower target number again.

Continue moving backward / forward with the aim of getting to 20 volleys.

Pupils can use a variety of forehand and backhand volleys.

Teaching Points:

- Work co-operatively
- Adapt to the ball
- Contact the ball front of the shoes
- Gently tap the ball
- Pupils shouldn't volley from a position more than half-way back (it is likely to go out).

Skill UP

In pairs, both with rackets.

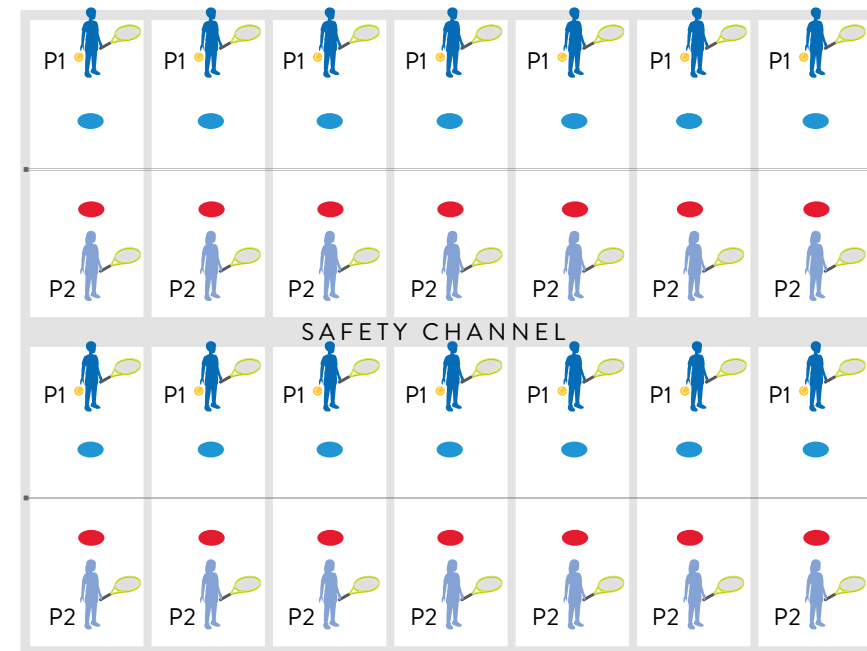
Pupils play a rally from the back of the court, over the net and can keep the rally going with a mixture of forehand / backhand ground strokes and volleys.

Serving can be any method.





Developing the volley action and applying it in a competitive game

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down spots
-  Net

Activity set up:

