

# RACKET & BALL

## Spot & Roll

Working individually, standing behind a spot, racket in the right hand, roll the ball over the spot taking the ball from the right side of the body, across the spot to the left side. Change the racket to the left hand and return, moving the ball from left to right.

Then stand in the middle of the spot. Using the right hand, roll ball all the way around the spot. Repeat using left hand.

### Teaching Points:

- Eyes tracking the ball
- Tip of the racket should be touching the floor
- Keep the racket away from the body.

### Skill UP

In pairs, Pupil 1 has two rackets, one in each hand with 2 spots in front of them – 1 to the right (red) and 1 to the left (blue).

Pupil 2 stands on a throw down line approx. 3m away.

Pupil 2 rolls the ball over one of the spots to Pupil 1, who then pushes the ball along the floor back to Pupil 2. Pupil 1 uses the corresponding racket to spot i.e. left racket if ball is on left spot, right racket if on right spot.

Pupils change roles and repeat.

### Skill UP

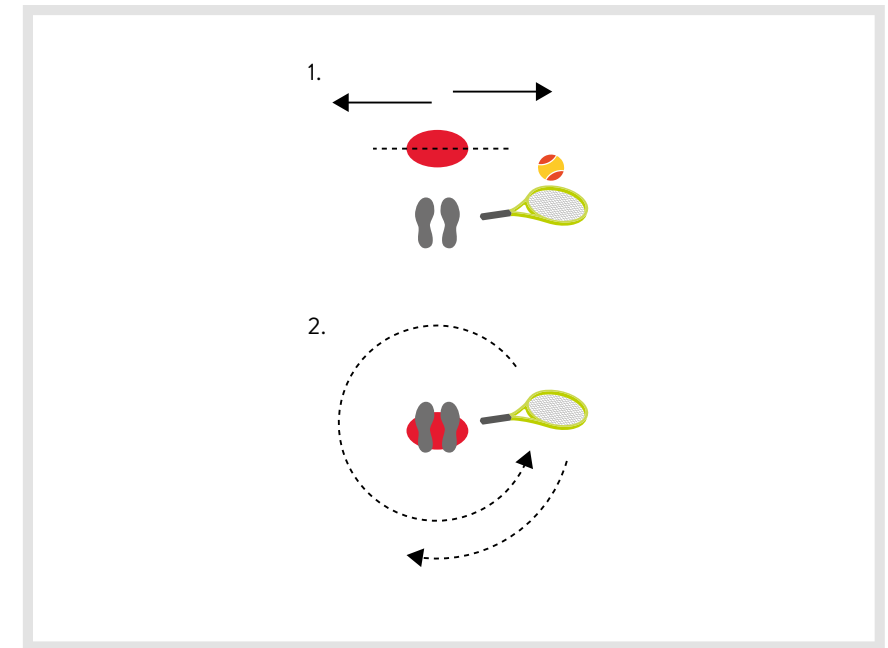
Contact the ball to the side of the body in front of the shoes.

Pushing action towards partner with tip of the racket touching the floor.





## Developing racket confidence

# 02

### Example of whole class activity set up:



### Equipment:

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

### Skill UP

