

SKILL APPLICATION

Target Hoops

Pupils self-select to use either their racket hand or a racket.

In pairs, pupils stand opposite their partner either side of a net. Each pupil stands behind a line and has a hoop on the floor in front of them.

Pupil 1 push serves the ball aiming to get the ball to land in Pupil 2's hoop, scoring 1 point if the ball bounces in the hoop. Pupil 2 then push serves the ball back aiming to bounce the ball into Pupil 1's hoop.

Repeat.

Teaching Points:

Server:

- Stands with opposite shoe to racket hand forward
- Balances the ball in non-hitting hand in front of the shoes
- Uses a pushing action contacting underneath the ball.

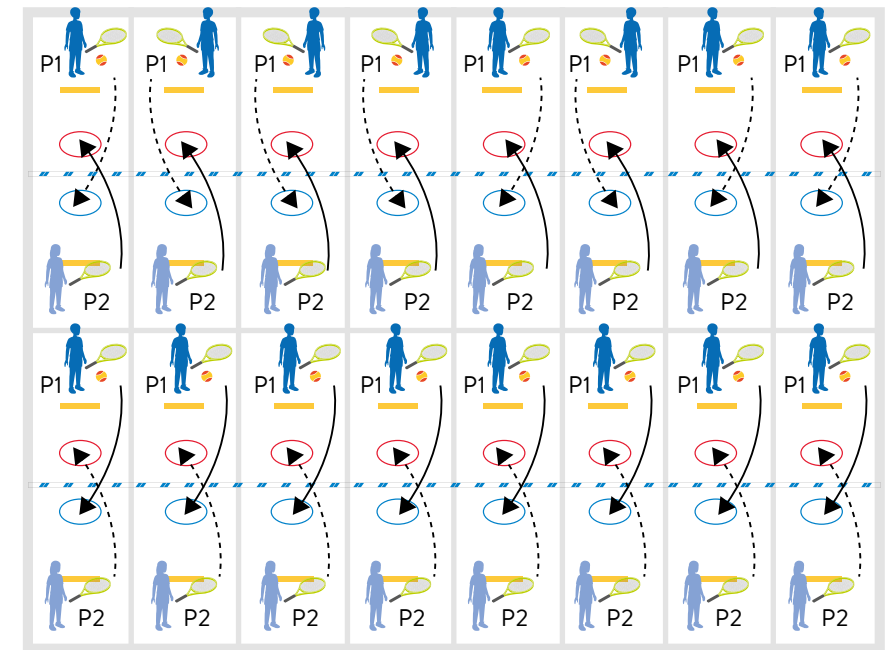
Skill UP

- How many points can you score?
- Can you beat your score?






Developing the push serve with targets and challenges

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Example of whole class activity set up:



Equipment:

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

Activity set up:

