

# RACKET & BALL

## Throw, Catch, Hit

Pupils in 3's, Pupil 1 is the thrower, standing on a throw down line. Pupil 2, the hitter stands opposite Pupil 1. There is a throw down line creating a net between Pupil 1 and Pupil 2. There are two spots on the floor between Pupil 2 and 'the net'.

Pupil 3 stands behind Pupil 1. Pupil 1 throws underarm over the net line towards either of the spots; the ball should bounce before the spot. Pupil 2 moves towards the spot and catches the ball, places it on the floor and rolls it to Pupil 3 who has moved sideways to be level with the selected spot. Pupil 3 collects the ball and passes it back to Pupil 1.

After 3 goes, switch positions.

Repeat with the hitter (Pupil 2) using their hands to hit the ball back to Pupil 3 who catches the ball after it bounces.

After 3 goes, switch positions.

### Teaching Points:

- Start in the ready position
- Adapt to the ball
- When rolling and hitting, use the right hand at the right spot, and left hand at the left spot
- Contact in front of the shoes
- Pushing action to hit.

### Skill UP

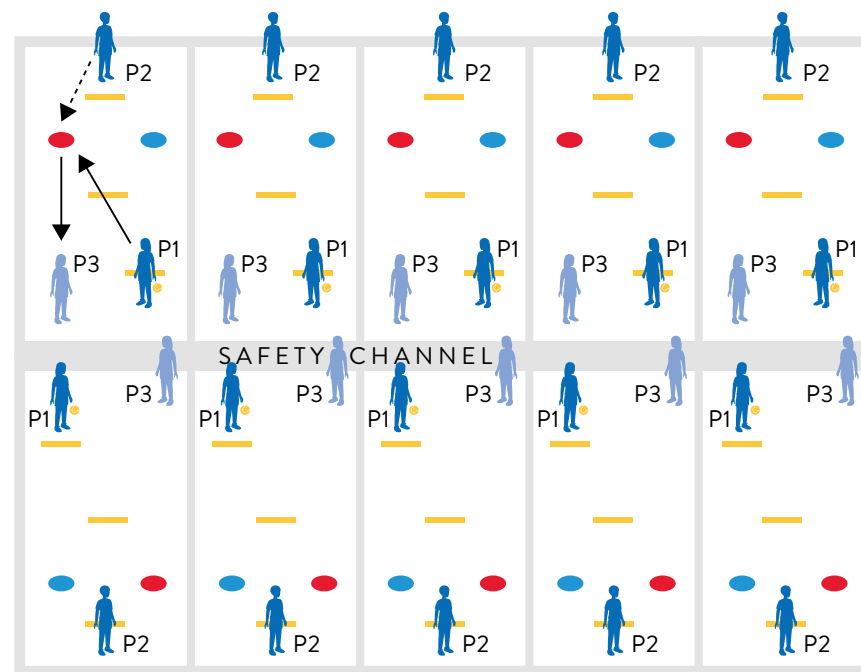
Throw, catch and hit – in 3's, Pupil 1 is the thrower, Pupil 2 is the hitter and has a racket, Pupil 3 is the collector / catcher. Throw underarm over the net to either the right or left spot. The hitter, using a racket to either hit straight back (or drop feed and then hit the ball back) over the net line for the collector to catch.

3 goes each and switch.





## Developing hitting towards targets

# 08

### Example of whole class activity set up:



### Equipment:

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

### Activity set up:

