


CONDITIONED POINTS

Doubles charge

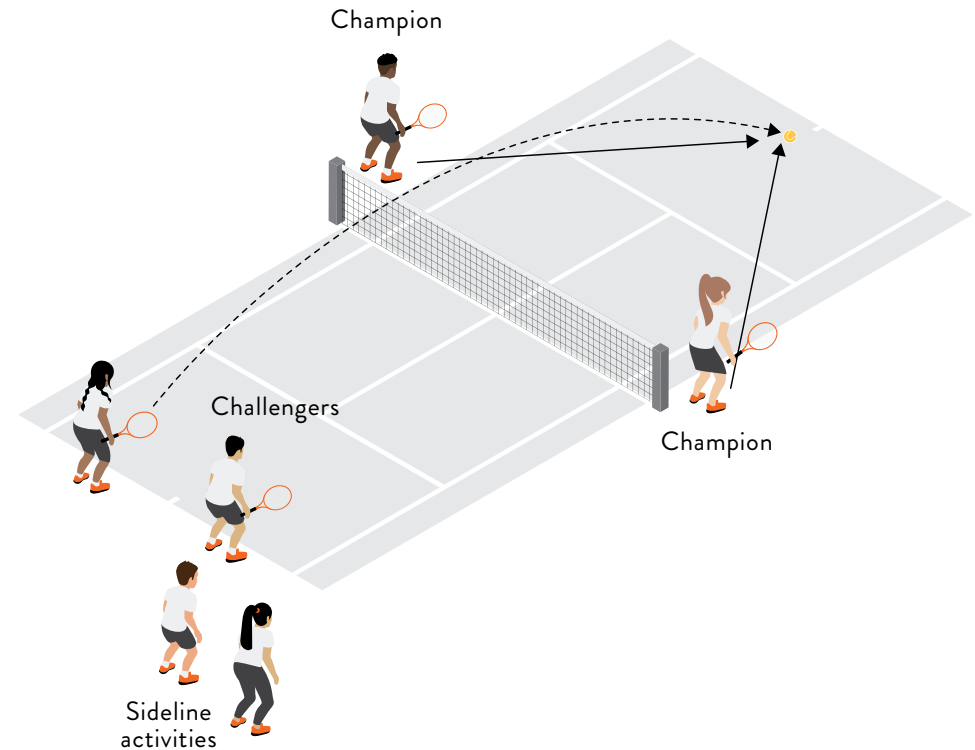
How to Play:

- Students work in pairs as a doubles team; 1 pair start as champion.
- Champions start either side of the net at the net posts.
- Challengers feed a loopy ball into champions side, (where there are no students).
- Champions charge to retrieve the ball and play the point out.
- If the challengers win the point, they become the champions.
- If the champions win the point, they return to the net posts for the next point against a new pair of challengers.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Feed the ball high to give the champions enough time to get to the ball.