


DRILL

8 Baller

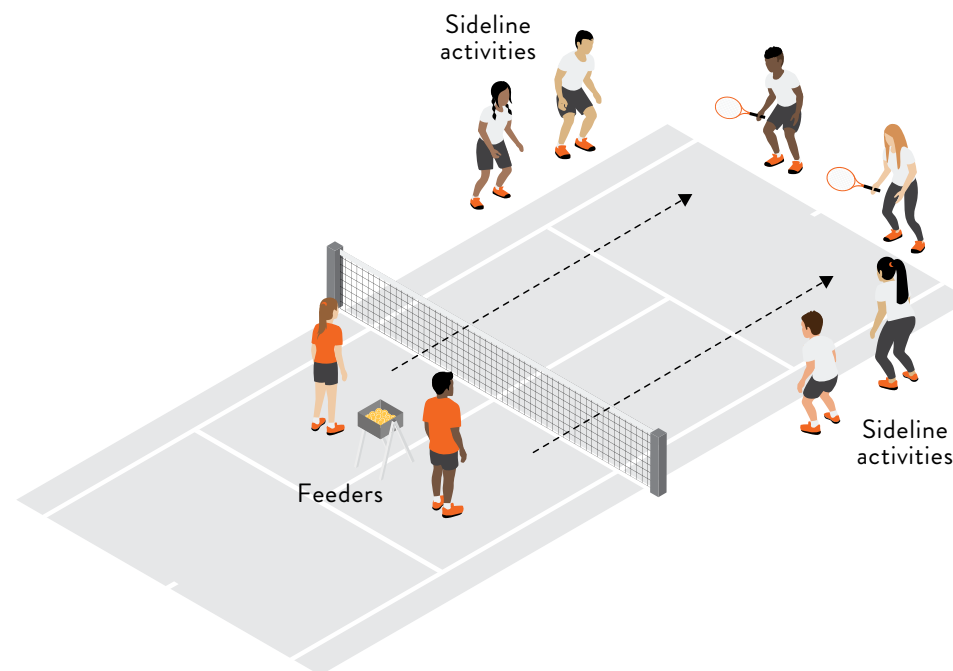
How to Play:

- 2 students start on the baseline as hitters; 1 on the right side and 1 on the left side.
- 2 students start on the opposite side of the net as the feeders; 1 on the right and 1 on the left.
- Feeders hand feed a sequence of 8 balls to the hitter opposite them.
- As students hit the ball they shout the number (1-8).
- Hitters must return towards centre of baseline between shots.
- Feeds can be varied e.g. narrow, wide.
- After 8 balls the hitters run to the net and all students rotate clockwise to the next position / activity.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Groundstrokes:

- Recover back to the baseline after each shot.

Feeders:

- Make feeds challenging but achievable by controlling the speed and position of the ball.
- Give the hitter time to recover between feeds.