



CONDITIONED POINTS

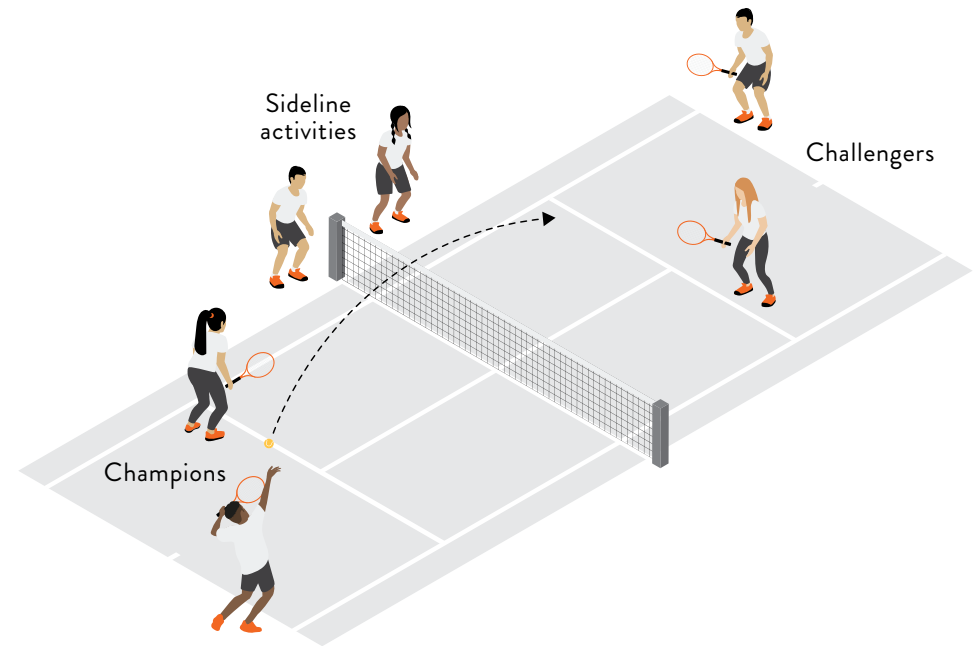
Return to sender

How to Play:

- Students work in doubles pairs. 2 pairs start on court in 1 up and 1 back formation.
- Champions serve to start the point, with challengers receiving.
- Once the challengers have returned the ball they cannot let the ball bounce on their side.
- Champions are not allowed to lob.
- If the challengers win, they become the champions.
- Champions alternate serving from right and left side, and alternate serving within the pair.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

- Return and use the momentum of the action to run to the net.