




DRILL

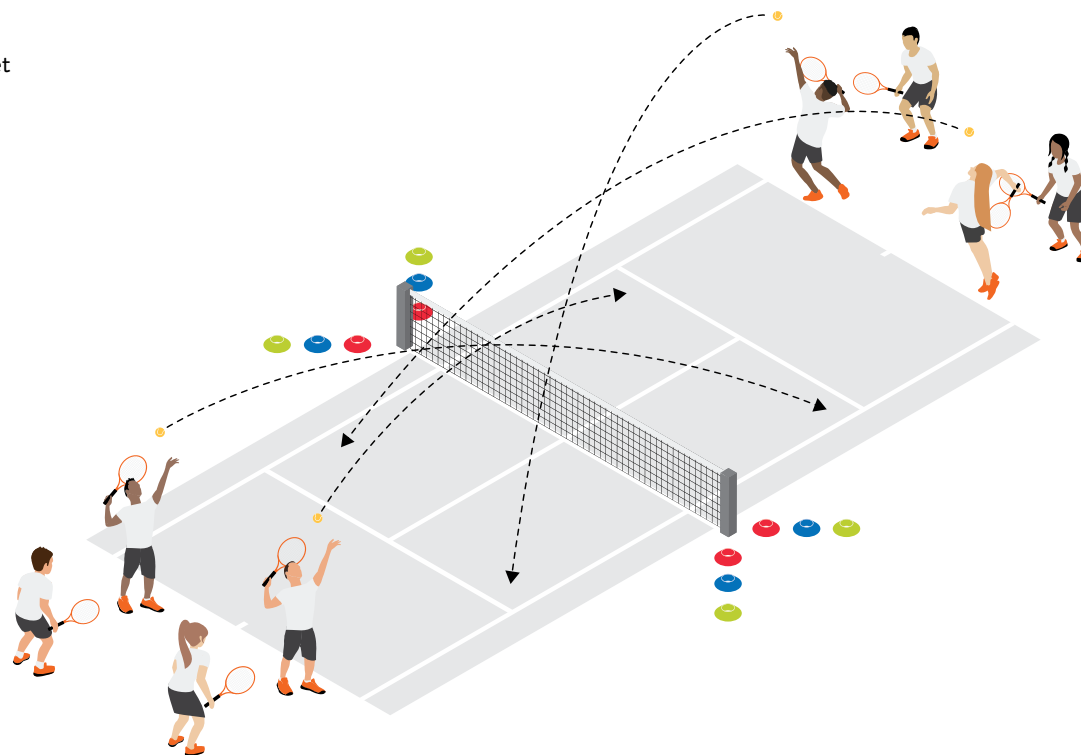
Team service

How to Play:

- Students are divided into 4 teams per court.
- The first student from each team stands behind the baseline ready to serve into the diagonally opposite service box.
- A set of cones is placed next to the net post for each team.
- The first student from each team serves cross court.
- If the serve is in, the server sprints to the net post, collects 1 of their team cones and sprints back to the baseline.
- If the serve goes out they sprint to the net post and back without collecting a cone.
- First team to collect all cones wins, (or timed if taking too long).
- When students aren't hitting they perform sideline activities.

Equipment:

-  Low compression tennis balls
-  Tennis rackets
-  Cones



TEACHING POINTS:

- Contact the ball above head height.