



DRILL

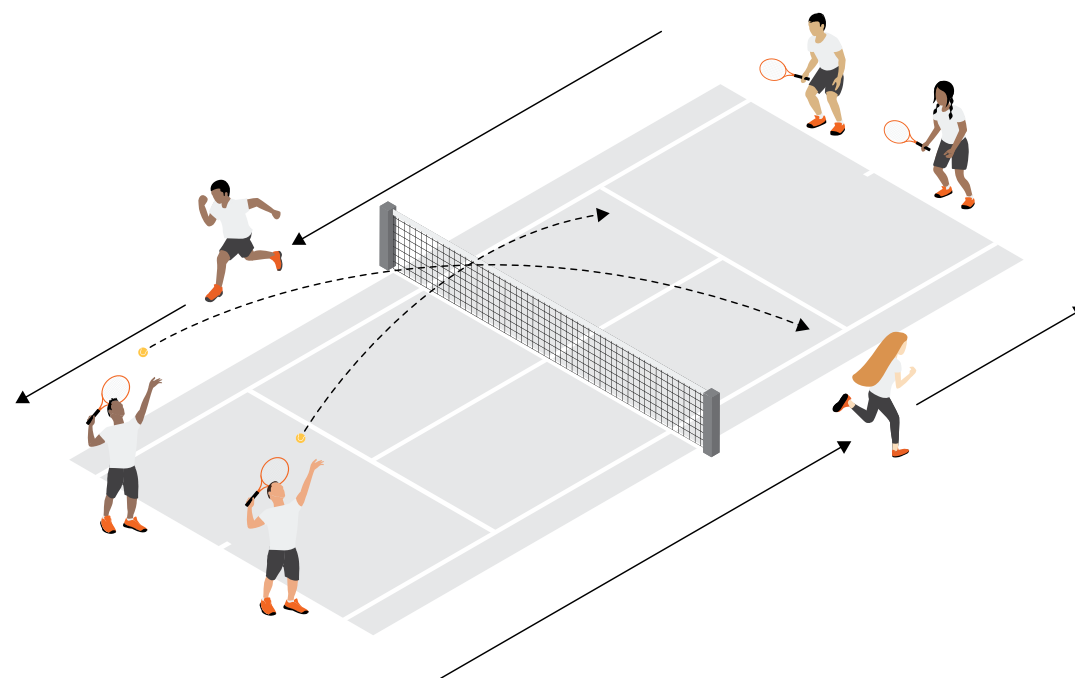
Hit & run

How to Play:

- Students are divided into 2 teams per court: servers and returners.
- 2 servers start on the baseline, 1 on the right hand side and 1 on the left hand side. 2 returners start on the other side of the net, 1 on the right and 1 on the left.
- Server 1 (right hand side) serves diagonally to returner 1, then sprints straight down the right side of the court to the other side of the net to become a returner.
- Returner 1 hits the return cross court then sprints straight down the right side of their net to become a server.
- Server 2 and returner 2 (left hand side of the court) follow straight after.
- When students aren't hitting they perform sideline activities.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

Servers:

- Contact the ball above head height.

Returners:

- Adapt to the incoming ball with the body and racket.