

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Twist jumps	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip • Keep shoulders facing forwards • Jump and turn hips to one side • Jump and turn hips to the other side 	<ul style="list-style-type: none"> • Jump back to a central position before twisting to the other side
Squat jumps	<ul style="list-style-type: none"> • Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position 	<ul style="list-style-type: none"> • Perform squats without the jump
Squat, shoulder press and side bend	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip, in line with the chest • Start with shoes shoulder width apart • Squat down and push back up • Shoulder press the arms straight up • Bend to one side and return to central position • Repeat the whole sequence, bending to the other side 	<ul style="list-style-type: none"> • Stay higher in the squat
Quarter single leg squat	<ul style="list-style-type: none"> • Bend one knee into a quarter squat position • Lift the other leg up and balance • Leap onto the other shoe landing in a quarter squat and holding the balance • Keep the chest up • Push the landing knee out towards the little toe 	<ul style="list-style-type: none"> • Quarter squat then step from one side to the other