


WARM UP

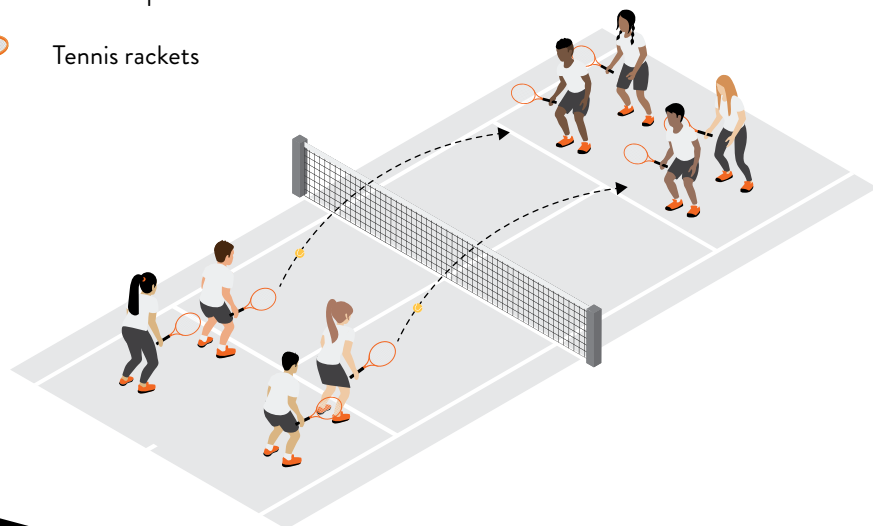
Bump & catch:

- Students rally in service boxes, keeping the ball going co-operatively.
- Student 1 bump serves the ball into play and student 2 returns it.
- Student 1 catches the ball and both students switch sides of the court, student 2 becomes the server.
- Add a third shot, student 1 volleys ball back for student 2 to catch, both students switch sides of the court.
- Add a fourth shot, student 2 volleys the ball back for student 1 to catch, both students switch sides of the court.

Equipment:

 Low compression tennis balls

 Tennis rackets



Students shadow the serve:

Serve:

- Stand side on.
- Hold the ball with the palm facing upwards in the non-dominant hand.
- Toss the ball up with the non-dominant hand.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

TEACHING POINTS:

Bump Serve:

- Contact the ball above head height.

Return:

- Let the ball bounce then hit a groundstroke.

Volley:

- Move forward to a volleying position near the net.