


CONDITIONED POINTS

Bedlam

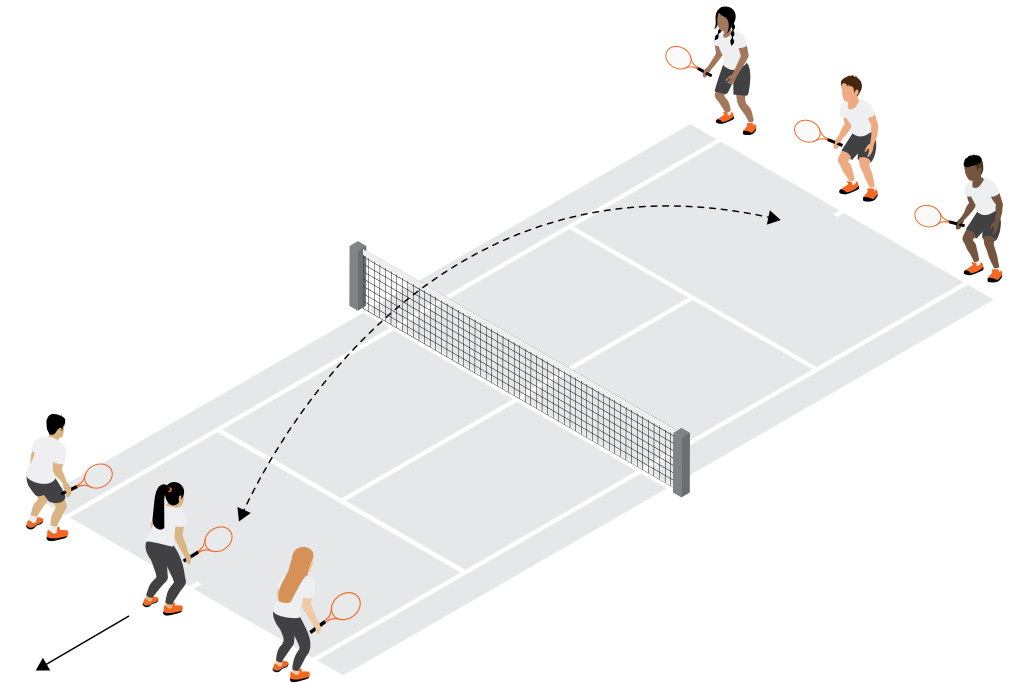
How to Play:

- Split students into 2 teams per court, with approx. 3 students per team.
- 1 team feeds the ball into play and the point is played out.
- As soon as a student hits the ball, they must turn and run to the back wall / fence, touch it then quickly get back on court - this is whilst point is being played out.
- All students work as a team to cover spaces left as students run on and off court.
- If there are too many students to safely start on the court; students should perform sideline activities and swap on / off after each point.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The feed should be cooperative to start the point.
- Move to cover spaces.
- Communicate clearly as a team.