

DRILL

Partner charge

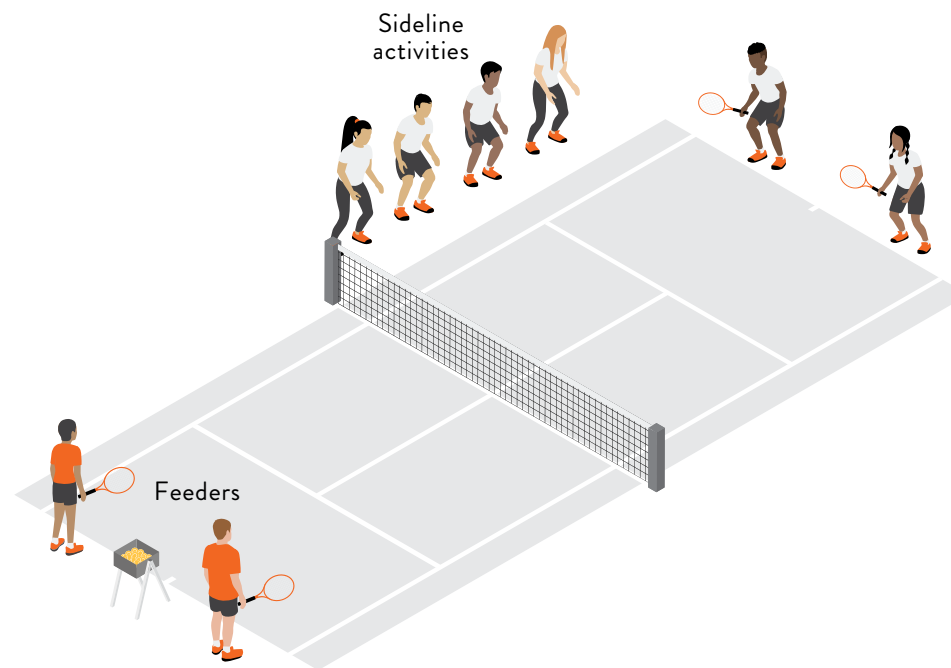
How to Play:

- Students work in doubles pairs.
- 1 pair start on the baseline as hitters and 1 pair start on the other side of the net as feeders.
- The feeders take it in turns to feed 6 balls for the hitters.
- The first and second ball should be fed to the baseline for the hitters to play groundstrokes.
- The third ball is fed to the service line; the hitters play an approach shot and move forward into a net position.
- The fourth and fifth balls are fed for the hitters to volley.
- The sixth ball should be fed high for the hitters to smash.
- The sequence is groundstroke – groundstroke – mid-court approach shot – volley – volley – smash.
- After the 6 balls the hitters sprint around the net to become feeders. Feeders move to the sideline activities.
- Students at the end of the sideline activities move onto the court to become the next hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Move together in order to cover the court.
- Call who will hit each ball.

Feeders:

- Give the hitters time to recover between each feed.
- Make feeds challenging but achievable.