


CONDITIONED POINTS

Turbo Switch

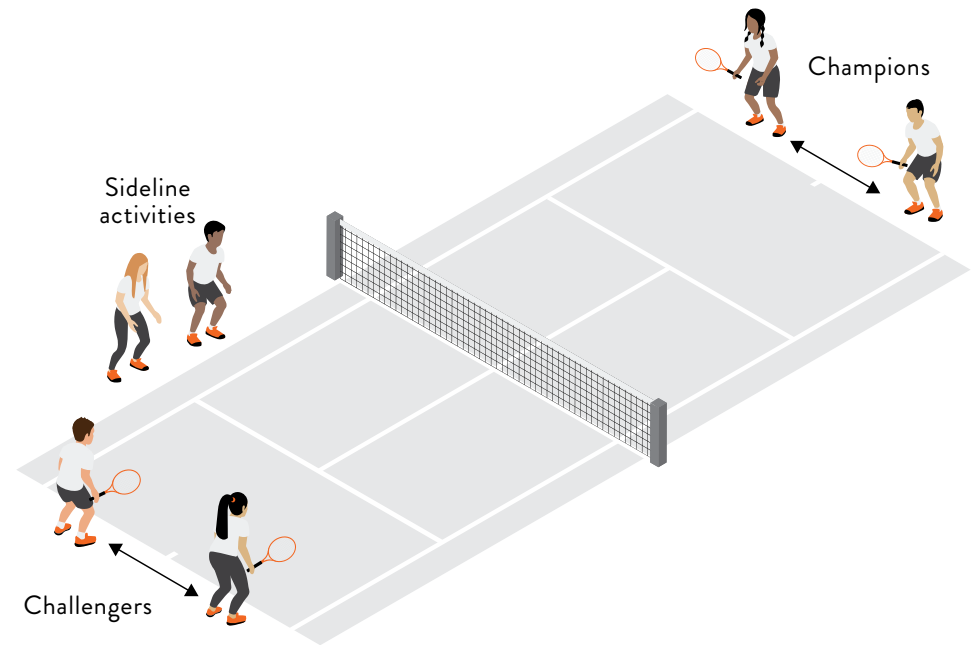
How to Play:

- Students work in doubles pairs.
- 1 pair start as champions on the baseline and 1 pair start as challengers on the opposite baseline.
- The champions feed a ball in and the point is played out.
- Students switch sides with their partner every time one of them hits the ball.
- If challengers win, they become champions.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The feed should be cooperative to start the point.