

CONDITIONED POINTS

Triples

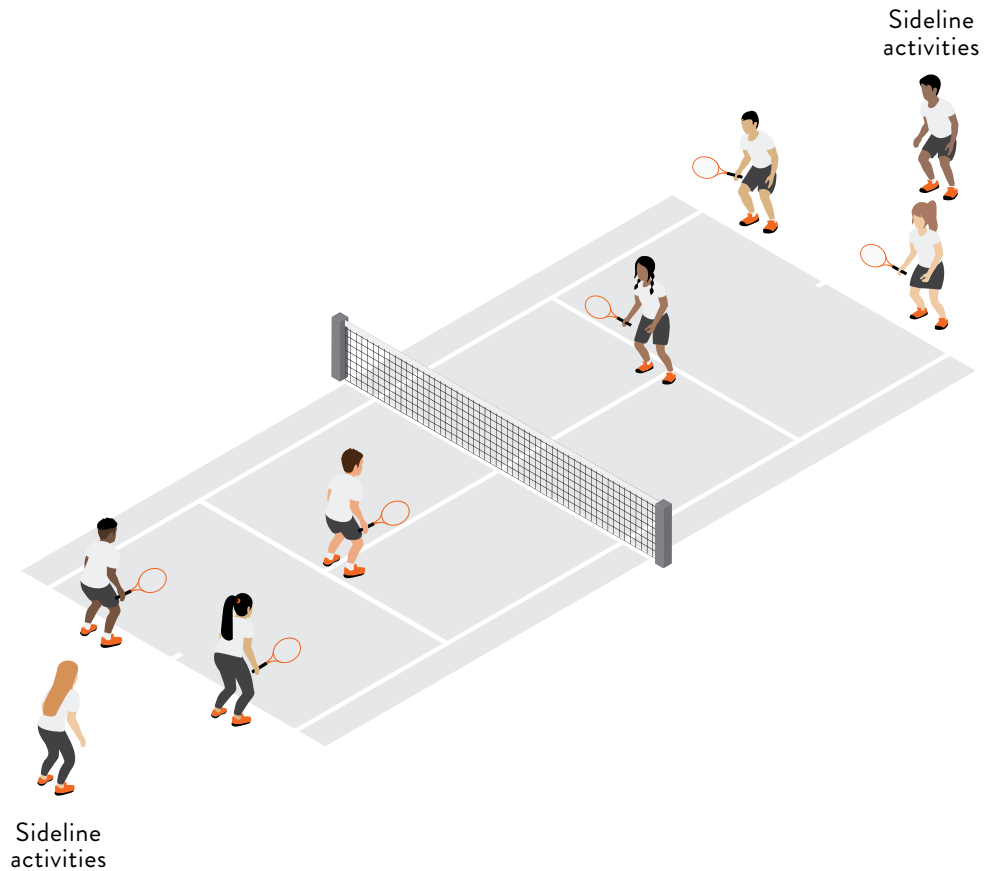
How to Play:

- Students work in teams of 3, with 2 teams per court.
- Teams stand with 1 student at the net and 2 students on the baseline.
- A student feeds the ball in and the point is played out. Any student may hit the ball.
- All students rotate 1 position after each point.
- First team to 7 points wins.
- Students performing sideline activities may rotate in after each point or after the game has been won or after a set period of time.

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.