



DRILL

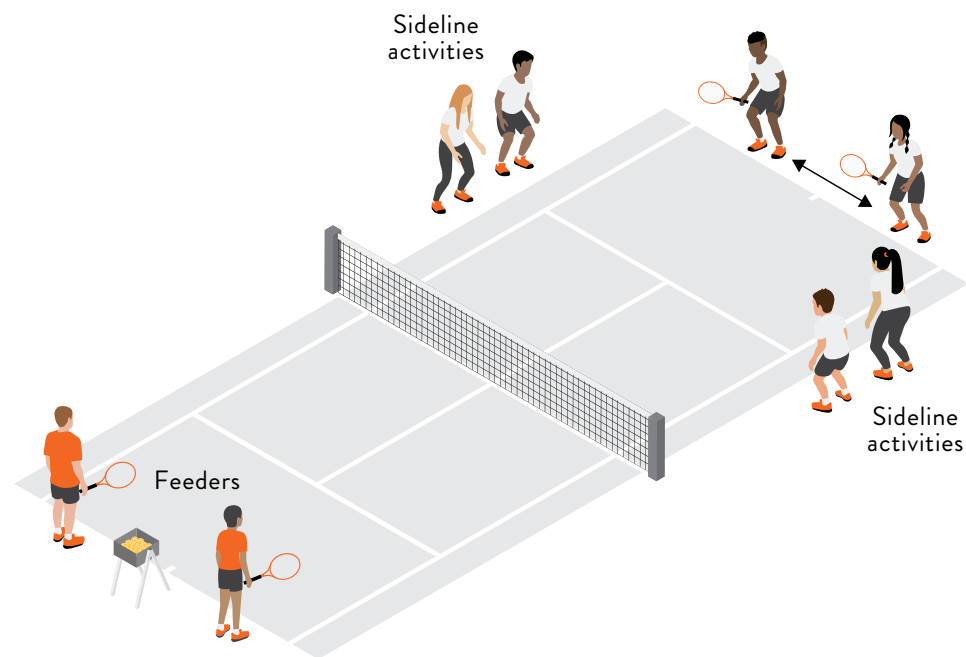
Partner switch

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 hit 3 balls (6 in total) to the opposite baseline. The ball may go towards either hitter.
- After each hit, the hitters have to switch sides.
- After the 6 balls all students move round in a clockwise direction. The feeders and hitters move off court to perform sideline activities. Students who were performing sideline activities become the feeders or hitters.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

Hitters:

- Communicate to ensure moving safely past each other.

Feeders:

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