

RACKET & BALL

Return rockets

How to Play:




- Students work in 4s with a racket and throw down spot each, and 1 ball
- Students play half court singles diagonally
- Place 2 spots approx. 1m in front of the service line in a right and left position, and 2 spots the other end, half way between the service line and baseline, in front of the server
- Students 1 and 2 start on court; Students 3 and 4 start off court
- Student 1 starts behind the baseline and serves the ball overarm aiming for the right or left spot in the diagonally opposite service box
- Student 2 lets the ball bounce and hits the return aiming diagonally to the corresponding spot i.e. if Student 1 aimed towards the right spot, Student 2 aims for the right spot
- Student 1 serves again and Student 2 hits a return shot
- Students 1 and 2 switch with Students 3 and 4

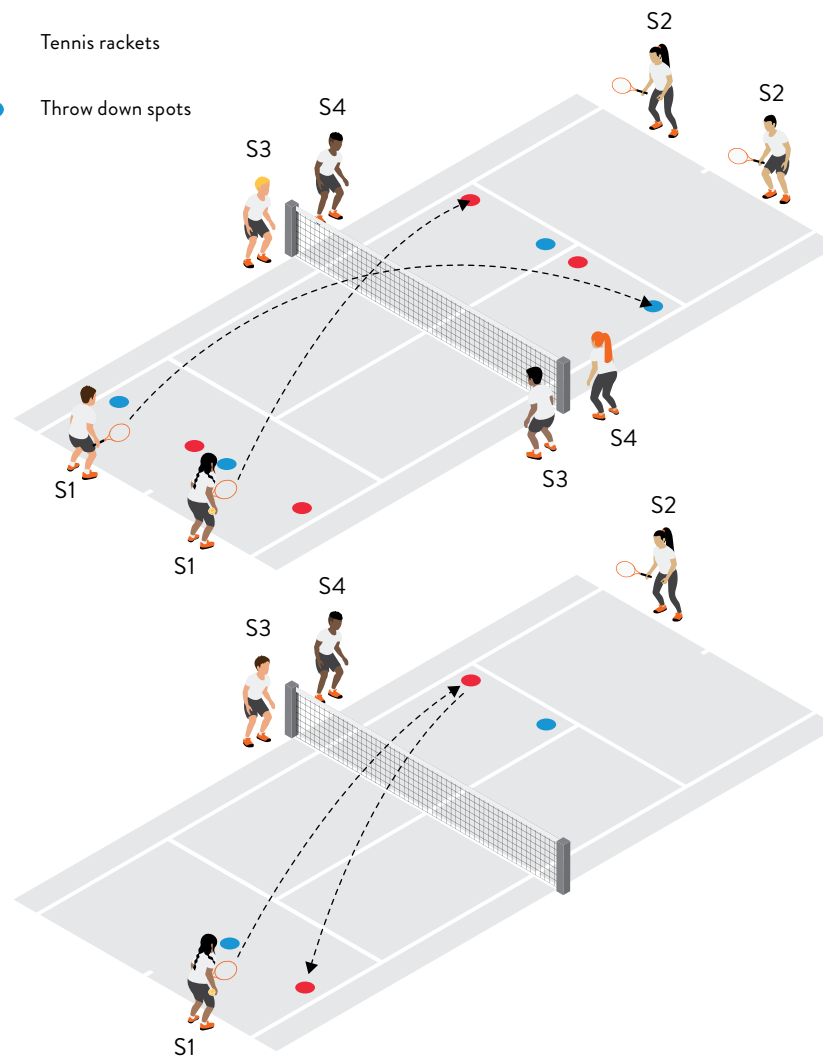
- Students 3 and 4 serve and return
- Students 1 and 2 return to the court and Student 2 now serves twice
- Continue the serve and return rotation
- Students switch to the other half court and practice serving and returning from the alternative diagonal

Progression:

- After the serve and return students play the point out
- Switch on / off court after each service point

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS SERVER:

- Opposite foot forwards to the dominant hand

Non dominant hand:

- Ball is released straight up and fingers stretch to the sky

Dominant hand:

- Racket behind the head
- Elbow high above head (Nike tick or Bolt position)
- Contact the ball at 12 o'clock using an overarm throwing action

TEACHING POINTS RETURNER:

- Adapt the body and racket to the incoming ball
- Recover to the ready position after each shot

Forehand:

- Palm of hand towards the target

Backhand

- Two hands on the grip
- Back of hand towards the target