

# BODY & BALL

## Speed box doubles

### How to Play:

- Students work in 2s as a doubles pair, with 4 pairs per court, and 1 ball per game
- Students use the service boxes extended to the outside tramlines
- Pair 1 and Pair 2 start on opposite service lines
- Pair 3 and Pair 4 start behind opposite baselines
- Pair 1 throws the ball underarm to bounce in the service box
- Pair 2 catch the ball and throw it underarm back from where they caught it
- The pairs continue to throw and catch until the ball is thrown out or a pair fails to catch it after one bounce
- The ball must bounce before each catch
- Either student from the pair can throw and catch the ball
- The pair that win stay on court; the pair that lose switch with the pair waiting at the same end

### Progression:

- After the serve and return throws, the students may catch the ball before it bounces i.e. a volley
- Any type of throw is permitted
- Students use rackets and start the rally with an underarm serve

### TEACHING POINTS:

- Throw the ball into a space
- Work as a team to cover the court area
- Adapt to the incoming ball
- Quick, balanced shoe movement
- Recover on own half of the court

### Equipment:

- Tennis balls

