

WARM UP

Switch & change

How to Play:

- Students work in groups of 6-8 in a half court
- Students stand in a circle facing inwards with a small gap between each student
- The teacher or a student is the 'caller'
- "GO" students start side stepping clockwise staying in their circle
- "CHANGE" students change direction of the side step
- "SWITCH" students turn to face outwards and continue side stepping in the same direction
- "STOP" students stop immediately and adopt the ready position
- Give calls increasingly faster

Progression:

- Pass a ball in the opposite direction to the way the students are moving
- "CHANGE" students change direction of the ball and the side step so the ball still travels in the opposite direction
- Pass another ball in the same direction as the students are moving
- Use different types of ball

TEACHING POINTS:

- Clear communication from the caller
- Ready position
- Balanced side step movement
- Quick shoe movement to change direction

PROGRESSION TEACHING POINTS:

- Focus on the shoe movements first
- Keep hands in a ready position for receiving the ball
- Control the speed of the ball

Equipment:

- Tennis balls

