

GAME

Treble up

How to Play:

- Students work in 2s in a service box sized area with a racket, ball and 1 throw down line and 1 throw down spot each
- Students place their spot 2m back from the net on their forehand side
- Students start on their throw down line on the service line in the middle of their space
- Student 1 throws the ball overarm aiming for the ball to bounce on the opposite spot
- Student 2 lets the ball bounce then hits a forehand over the net aiming for the diagonal spot
- Student 1 hits a forehand back
- Stop the rally after 3 shots
- Repeat taking it in turns to start the rally
- Only hit forehands
- Repeat 3 times then increase the rally to 6
- Repeat 3 times then increase rally to 9 etc.
- Students try to beat their score each time

Progression:

- Move the throw down line back 1m each time students achieve a rally of 3, 6 and 9, gradually working towards the baseline

TEACHING POINTS:





Student 1:

- Direct the overarm throw
- Opposite shoe forward when throwing

Student 2:

- Contact the ball to the side and in front of the shoes
- Control the depth of the ball
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots

