

WARM UP

Flower play

How to Play:

- Students work individually with 2 cones and 1 ball
- Place the cones upside down 2m apart
- Students start between the cones with the ball
- Students side step to either cone, place the ball inside the cone and lifts the cone to head height then back to the floor
- Remove the ball and side step to the other cone
- Repeat 5 times to each cone

Progression:

- Students now use a racket
- Students side step to the right cone
- Put the ball in the cone with the left hand and pick up the cone with the left hand
- Using the racket in the right hand, tap under the cone to push the ball upwards out of the cone
- Catch the ball in the cone and replace it on the floor
- Pick the ball out of the cone with the left hand and side step to the left cone
- Put the ball in the cone with the right hand and tap the ball out of the cone with the racket in the left hand
- Catch the ball with the cone and place cone back to the floor
- Repeat 5 times to each cone
- Tap the ball up then put the cone on the floor and try to catch the ball between the racket and hand before the ball bounces twice




TEACHING POINTS:

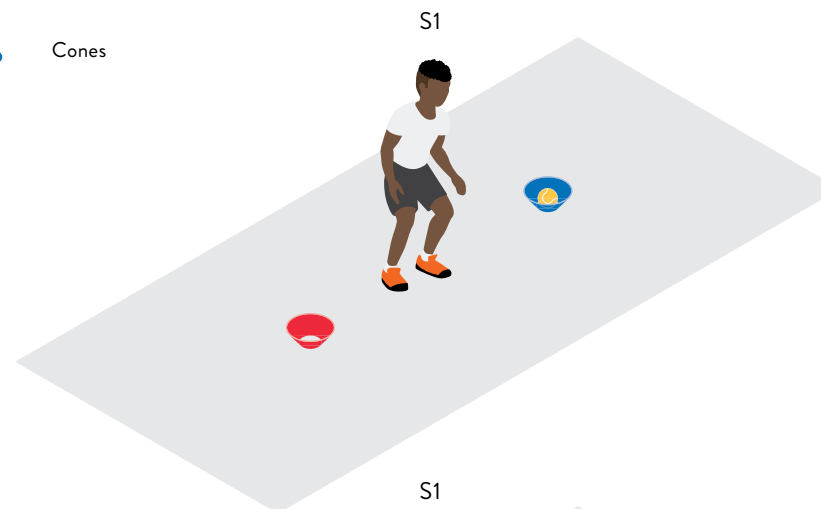
- Ready position
- Light on feet
- Balanced movement
- Bend knees to reach towards the cone

PROGRESSION TEACHING POINTS:

- Arm holding the cone should be extended
- Opposite shoe to the racket stepping forwards
- Control the racket face
- Racket flat with strings parallel to the floor and palm facing upwards when tapping the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Cones



Progression with racket:

