

BODY & BALL

Cannon ball blue

How to Play:

- Students work in 3s with a racket and throw down line each. Student 1 has 3 balls and Student 2 has 2 cones
- Student 1 and 2 stand behind their throw down lines about 2m apart
- Student 2 puts two cones approx. 1m away on their backhand side, creating a goal
- Student 3 starts behind their throw down line 1m behind Student 2
- Student 1 pushes the ball along the floor using a backhand action towards Student 2
- Student 2 stops the ball with their racket, then pushes the ball along the floor using a backhand action aiming for the goal
- Student 3 moves from their starting point when Student 1 pushes the ball and moves to between the cones and aims to stop the ball with the racket in the backhand position before the ball rolls into the goal

- Repeat the sequence for the 2nd and 3rd ball
- Rotate positions after 3 goes each
- Keep score of goals scored

Progression:

- Student 1 taps the ball up to Student 2
- Student 2 lets the ball bounce, self-taps the ball up, then taps the ball towards the goal using their backhand
- Student 3 catches the ball between the racket strings and hand on the backhand side, or catches with 2 hands
- Repeat the sequence for the 2nd and 3rd ball

TEACHING POINTS:

Backhand action:

- Two hands on the racket grip
- Dominant hand at the bottom of the grip
- Tip of the racket is touching the floor
- Back of hand facing partner
- Racket lifts off the floor and extends towards partner as the ball is pushed
- Control the ball speed and direction

Student 2:

- Move shoes and turn 90°
- Allow the ball to pass in front of the body





Student 3:

- Adapt to the incoming ball

PROGRESSION TEACHING POINTS:

- Contact the ball with the racket at waist height
- Push the racket strings towards target
- Control the speed and direction of the racket / ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Cones

