

GAME

Champion of the court

How to Play:

- Students work in 3s or 4s using a half court (tramlines are in) with a racket each and 1 ball
- Student 1 starts as Champion of the court
- Other students are the Challengers and start at the other end
- Student 2 starts the point with an underarm serve
- Students 1 and 2 play the point out
- If Student 2 wins the point, they score 1 point
- The Challengers take it in turns to play against the Champion
- Students keep their own score
- The first Challenger to score 3 points becomes the Champion and switches places with Student 1. Challengers points reset to 0.

Progression:



- If a Challenger hits a backhand which wins the point, they automatically become the Champion

TEACHING POINTS:

Underarm serve:

- Bounce the ball in front of shoes
- Forehand tap over the net towards opponent
- Recover after hitting the ball into the ready position
- Control the direction and depth of the ball
- Aim for space
- Adapt the body and racket to the incoming ball
- Keep track of own score

Equipment:

-  Tennis balls
-  Tennis rackets

