

GAME

Dot to recover

How to Play:





- Students work in 4s, on half a court, with 2 throw down lines, 4 throw down spots, 1 ball and a racket each
- Throw down lines are placed just behind the baseline on both sides. The spots are placed just inside the service lines, 1 on the right and 1 on the left.
- Students 1 and 2 start on court; Student 3 and 4 start as umpires / coaches
- Student 1 starts at the baseline and overarm throws the ball towards the right spot on the other side of the net
- Student 1 recovers to the throw down line as soon as they have thrown the ball
- Student 2 starts on the throw down line and self-taps the ball, lets the ball bounce and hits the ball back (returns) aiming for a spot
- Student 2 then recovers back to the throw down line after hitting
- Student 1 moves to the ball, self-taps the ball and hits the ball over the net aiming for a spot, then recovers
- Students continue the rally as long as possible

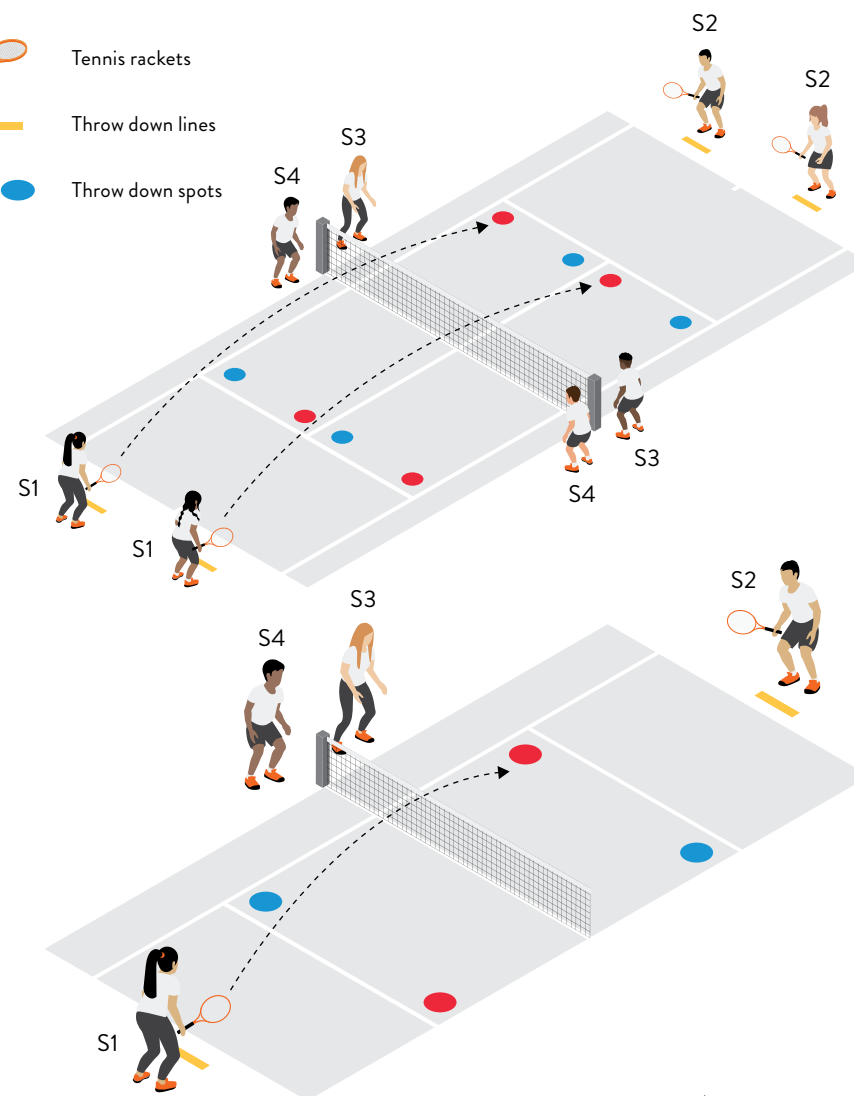
- To start the next rally Student 2 overarm throws to the right spot
- Student 1 starts the next rally throwing to the left spot
- Student 2 starts the next rally throwing to the left spot
- After 4 service points Students 3 and 4 come on court and Students 1 and 2 become umpires / coaches

Progression:

- Start the rally with an overarm serve using the racket
- Make it competitive and score a point each time the point is won
- Umpires call when a point is won / lost and keep the score
- Hit the ball back directly without a self-tap

Equipment:

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



TEACHING POINTS:

- Control the throwing action
- Control the racket and ball
- Communicate when a point has been won / lost and why

PROGRESSION TEACHING POINTS:

- Aim for space to win the rally