

RACKET & BALL

Serve it

How to Play:

- Students work individually with 1 ball and racket
- Stand sideways, place the racket on the floor so the grip comes out of the non-dominant shoe
- Hold the ball in the non-dominant hand, and throw the ball up in a straight line (Toss Up) and catch it with the non-dominant hand
- Repeat 10 times
- Start with the dominant arm touching the back of the head
- Toss the ball up using the non-dominant hand
- Reach up with the dominant hand and catch the ball above and in front of the head with a straight arm
- Students work in 2s with 1 ball
- Students start either side of the net on the service line
- Student 1 overarm serves the ball to bounce inside the service box
- Student 2 stops the ball with their racket, after one bounce

- Student 2 moves to the service line and overarm serves the ball back to Student 1
- Repeat 3 times each, then both students take a step backwards, gradually moving back to the baseline

Progression:

- Students work in 4s in half a court, switching 2 on and 2 off, all with rackets, 2 throw down lines and 1 ball between them
- Student 1 and 2 place a throw down line half way between the service line and the baseline
- Students stand behind the line and take it in turns to serve overarm aiming for the ball to land in the service box
- The receiver stops the ball with their racket after one bounce, then serves the ball from behind their throw down line
- Score 1 point for each serve that bounces in the service box
- Students 1 and 2 switch with Students 3 and 4 after 2 serves each
- Move the throw down line gradually back towards the baseline each time they score 3 points

TEACHING POINTS:

- Opposite shoe forwards to the dominant hand

Non-dominant hand:




- Ball is released straight up and fingers stretch to the sky

Dominant hand:

- Hand behind the head

- Elbow high above head (Nike tick or Bolt position)
- Extend arm to straight position as it passes over the head
- Catch / contact the ball with a straight arm in front of the body at a 12 o'clock position

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines

