

BODY & BALL

Volley catch



How to Play:

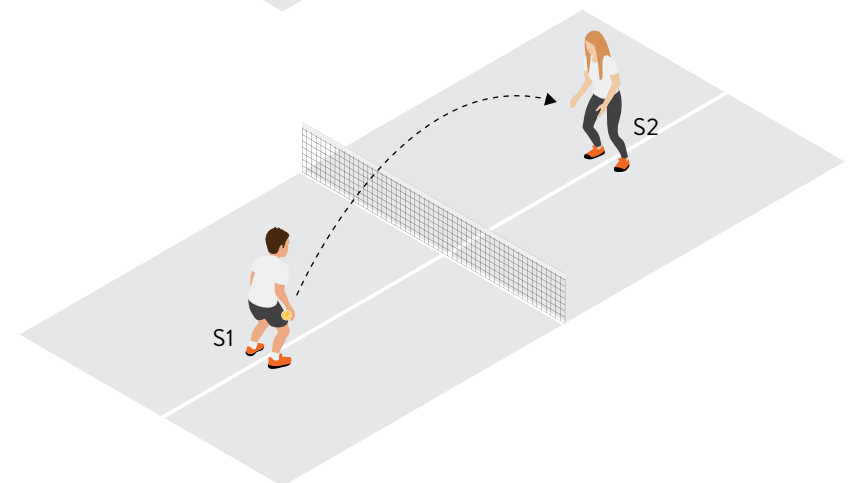
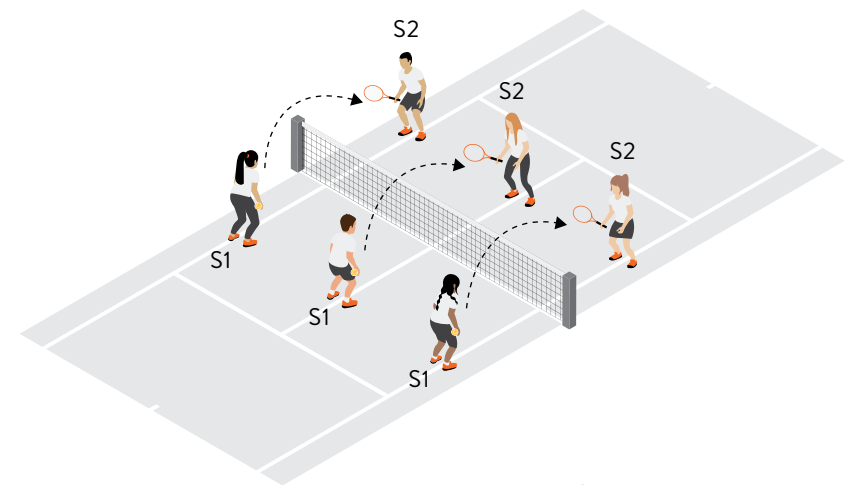
- Students work in 2s with 1 ball
- Students start either side of the net approx. 1m back
- Student 1 throws the ball underarm towards Student 2, aiming for shoulder height on their right side
- Student 2 taps the ball back to Student 1 using their right hand
- Repeat the sequence 5 times then change roles
- Student 1 throws underarm to the left side of Student 2
- Student 2 taps the ball back to Student 1 using their left hand
- Repeat the sequence 5 times then change roles
- Student 2 now has a racket. Repeat the sequence for the forehand and backhand volleys

Progression:

- Student 1 alternates the throw to the right and left side for Student 2 to execute forehand and backhand volleys
- Repeat the sequence 5 times then change roles

Equipment:

-  Tennis balls
-  Tennis rackets



TEACHING POINTS:

Sender:

- Accurate underarm throw
- Control the direction and speed of the ball

Receiver:

- Ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact the ball with racket in front and to the side of the shoes
- Tap the ball (no swing)

PROGRESSION TEACHING POINTS:

Receiver:

- Recover quickly into the ready position in order to prepare for the next ball