

RACKET & BALL

Volley charge

How to Play:

- Students work in 2s with 1 racket, 1 ball, 1 throw down line and 2 throw down spots
- Student 1 places the throw down line 1m back from the net, and starts on the service line with the racket
- Student 2 places the spots 1m in from the service line, 1 on the right and 1 on the left
- Student 2 starts on the service line with the ball
- Student 2 throws the ball underarm to the forehand side of Student 1
- Student 1 lets the ball bounce then hits the ball towards the right spot
- Student 1 moves to the throw down line in a volleying position
- Student 2 catches the ball after 1 bounce and from where they catch, they throw underarm towards Student 1's forehand side

- Student 1 hits a forehand volley
- Repeat the sequence 5 times then change roles
- Repeat on the backhand side
- Student 1 aims to hit the left spot
- Repeat the sequence 5 times then change roles

Progression:

- Both students now have a racket
- Student 1 starts with a bounce feed and then moves to the throw down line into a volley position
- Student 2 hits a forehand or backhand shot and tries to hit a passing shot past Student 1
- Student 1 tries to volley the ball and they play out the point
- Student 2 is not allowed to lob

TEACHING POINTS:

Student 1:

- Ready position

Forehand / backhand volley:

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





Student 2:

- Opposite shoe to the throwing arm steps forward
- Accuracy of throw

PROGRESSION TEACHING POINTS:

- Stop before hitting the volley (where possible)
- Control the racket when changing from the groundstroke to volley position
- Control the speed of the ball

Equipment:

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

