

# BODY & BALL

## Crafty catchers

### How to Play:

- Students work in 4s in a service box area with 1 ball
- Students 1 and 2 start on opposite service lines
- Students 3 and 4 start as umpires
- Student 1 throws the ball overarm (serve) aiming into a space over the net
- Student 2 catches the ball after 1 bounce and throws it from where they caught it, over the net into space (return of serve)
- Student 1 and 2 continue throwing the ball underarm from where they catch the ball until the point ends (i.e. the ball doesn't go over the net, the ball bounces twice, or the ball is thrown out of the service box)
- Students should aim to throw the ball into a space to move their opponent
- Students 1 and 2 take it in turns to serve
- Play the best of 3 points. The winner has won the game.
- Students 3 and 4 now play while Student 1 and 2 are the umpires
- Continue switching between playing and umpiring

### Progression:

- Play first to 5 points
- Play as doubles. Students can either cover their side of the court, or alternate who catches and throws the ball.

### TEACHING POINTS:

#### Pair 1:

- Ready position
- Overarm throwing with accuracy
- Opposite shoe forward to the throwing arm
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Play the ball into a space
- Demonstrate sportsmanship by shaking hands

#### Pair 2:

- Watch the ball
- Correct calling of Out and Stop
- Accurate scoring

### Equipment:

- Tennis balls

