

WARM UP

Team trickers

How to Play:

- Students work in 2s with a racket each and 2 balls
- Students start on opposite service lines
- Student 1 has both balls and starts by throwing a ball overarm to the forehand side of Student 2
- Student 2 lets the ball bounce then self-taps the ball on the forehand side, then traps the ball on the strings of the racket
- Student 1 throws the next ball overarm to the backhand side of Student 2
- Student 2 lets the ball bounce then self-taps the ball on the backhand side, then catches the ball on the strings of the racket
- Student 2 now throws the balls overarm to Student 1
- Students repeat the sequence



Progression:

- Student 2 moves forward into a volley position
- Student 1 throws overarm to the forehand side
- Student 2 self-taps with a volley and then catches the ball on the strings
- Repeat on the backhand side
- Student 2 now throws to Student 1
- Students repeat the sequence

TEACHING POINTS:

- Ready position
- Accurate throwing to forehand and backhand sides
- Adapt to the incoming ball
- Contact ball to side and in front of shoes
- Control of the ball

Equipment:

-  Tennis balls
-  Tennis rackets

