

RACKET & BALL

Rally cruncher

How to Play:

- Students work in 2s with a racket and ball each
- Students start on opposite service lines
- Student 1 throws the ball overarm to start
- Students aim to hit a rally of 3 groundstrokes
- If successful, students move back to half-way between the service line and baseline, and aim for a rally of 3
- If successful, students move back to the baseline and repeat the rally of 3
- Students take it in turns to start the rally with an overarm throw
- Students only move back if a rally of 3 is achieved
- Once students have completed all 3 stages rallying to 3, they start again from the service line and aim to achieve a rally of 4
- Continue to increase the rally target each time the 3 stages are completed

Progression:

- Limit the rally to either forehands or backhands only
- Alternate the groundstrokes between forehands and backhands.
- Students start the rally with either an underarm or overarm racket serve

TEACHING POINTS:

- Split step as the ball is hit
- Adapt the body and racket to the incoming ball
- Stop before hitting where possible
- Set up with shoes wider than shoulders
- Racket path - low to high
- Strings towards target at contact
- Recover to the ready position



Forehand:

- Palm of hand facing partner

Backhand:

- Two hands on the racket grip
- Dominant hand at the bottom of the grip
- Back of hand facing partner

Equipment:

-  Tennis balls
-  Tennis rackets

