

WARM UP

Tramlines

How to Play:

- Students work in 2s with a ball each
- Students start opposite each other on the outside tramline facing into the court
- Both students start jogging towards each other
- Just before half-way, they both roll their ball to each other and collect the other ball, while continuing to run to the opposite tramline
- Students turn and repeat the movement several times
- Underarm throw the balls, letting the ball bounce once before catching it
- Underarm throw the ball and catch before the bounce
- Side step facing each other and pass the ball underarm (no bounce)

Progression:

- Students now have a racket each and 1 ball
- Student 1 starts with the ball balanced on their racket strings
- Students jog towards each other and transfer the ball from one racket to the other, and then continue to the opposite tramline
- Students turn and repeat several times
- Students 1 starts tapping the ball up on the strings and passes the ball to Student 2 at the half-way point
- Students have a ball each and tap it up to the half-way point, where they switch balls over and continue to the opposite tramline

TEACHING POINTS:

- Light on shoes
- Balanced movement
- Adjust body at the half-way point to pass the ball
- Work collaboratively

PROGRESSION TEACHING POINTS:

- Racket flat with strings parallel to the floor
- Control the racket face

Equipment:

- Tennis balls

