

# SKILL APPLICATION

## Team Hand Tennis

In 4's. 2v2 either side of the net / barrier tape, playing against the other pair. A square zone "court" is marked out.

Pupils throw the ball over the net and catch it after 1 bounce. Pupil 1 throws and moves to the back of the court, for Pupil 2 to come forward to catch and throw. Pupil 2 then moves to the back and Pupil 1 comes forward again. Pupils 3 and 4 switch in the same way.

If the ball lands outside of the court it is OUT and they start another point.

### Teaching Points:

- Ready position
- Adapt to the ball
- Catch the ball in front of the shoes
- Call in or out each time
- Call the score after each point.

### Skill UP

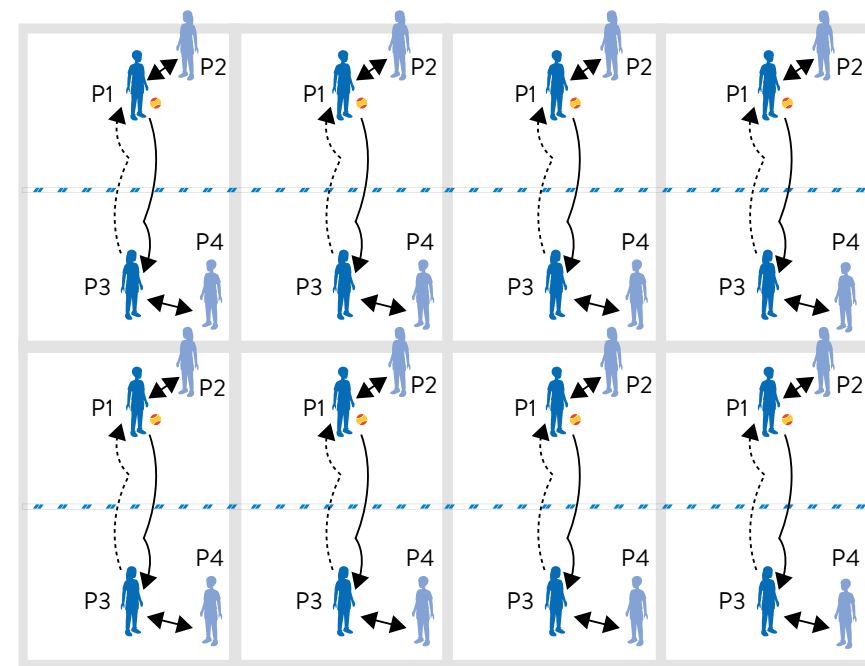
Pairs now scoring points if the ball is out, or bounces more than once, or doesn't go over the net. Play to a set target e.g. first to 3 points is the winner, or play for a set time.

Pairs could compete against another pair, depending on time available.




## Introducing a scoring system and understanding IN & OUT

# 06

### Example of whole class activity set up:



### Equipment:

-  Balls
-  Throw down lines
-  Barrier tape (net)

### Activity set up:

