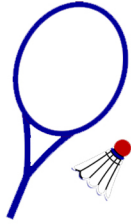


## Warm Up - Various

1. Badminton
2. Tennis
3. Football
4. Netball
5. Running (on the spot)



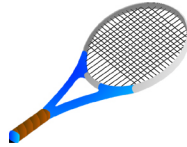
If on your own perform an action of each one in turn, jogging in between.

If there is someone to help you have them call out any number and you perform the action.

## Equipment:

A ball or rolled up sock. Rackets.

## Activity:



\* **1 player game**, with a sock or ball: with a sock, throw it up, catching it and moving around.

With a ball, throw it up and catch it after 1 bounce. Try moving to catch without it bouncing.

\* **2 player game**, with a ball: Throw the ball up to your partner (working together), letting it bounce once. Catch it after 1 bounce. Throw back to your partner (up into the air) and they must catch after 1 bounce. Build up to a rally of 5 or more.

\* **High 5 Rallies** (2 player with rackets)

Tap the ball up and your partner must catch it on their racket after one bounce. They then tap the ball up and you do the same back to them. If they catch it, that makes a rally of 2. Build up to a rally of 5 and more if you can. [https://youtu.be/PHFIYNb\\_H4](https://youtu.be/PHFIYNb_H4)

## Coaching points:

Make sure your throw is not too far away from you or too near. Adjust your throws. Move to the side of the ball, when you catch it after the bounce, to get your body in the correct position.

Try both sides for forehand and backhand.

Hit the ball in front of your leading leg. Tap the ball up, don't hit it too hard.

EASY WAY

HARD WAY

## Differentiation:

**If the task is too challenging:** Throw higher to give yourself more time. Work together, cooperatively .

**If the task is too easy:** Have somebody else shout forehand/back hand and move to the correct side of the ball. Throw it a little further away from your partner but don't let the ball bounce, this is called a volley, try a volley rally with your partner, where the ball doesn't bounce.

REMEMBER TO...

