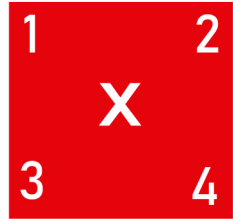


## Warm Up - Square numbers.

From the diagram position yourself in the middle of the 4 corners. Number or designate a colour to the corners. Go to a corner/colour and touch the ground. Go back to the middle. Repeat. If on your own, pick your corners yourself. If with another person, one person calls out another number/colour when you return to the middle. Run to 6 corners. Rest - Repeat.



## Equipment:

Ball or rolled up sock. Cones, newspaper.



## Activity:

1. Hand Ball Rally <https://youtu.be/TJqPpsQx7W8>

Adapt if no ball to use rolled up sock. Throw the sock to your partner and tell them which hand to catch in. Drop the sock on the ground and circle round.

2. Tap up Tennis <https://youtu.be/vLUlyTysXk4>

If no racket and ball - throw the sock to your partner, try to tap it up with your hand and catch it. Repeat to your partner. Practice on both sides.

Progress to tapping the sock up and hitting it back to your partner with the palm of your hand.

Start to develop a cooperative rally with your partner.

## Coaching Points:

- Ready position to catch - bent knees, hands ready open. 'Show the ball your hands'
- Eyes focused on the ball/sock right into your hands.
- Crouched position close to the ground.
- Crouched position close to the ground, knees bent, hands in ready position. Move hand to the ball.
- Eyes focused on the ball, onto your racket or into your hand.
- Follow through with racket in the direction you are hitting.

**EASY WAY**

**HARD WAY**

## Differentiation

**EASIER** - Place the sock on the ground and practice running around the ball/sock for it to be on your left & right side.

**HARDER** - Catch the ball with 1 hand from a throw, place on the ground and run around, facing forwards at all times.

**EASIER** - Tap it up to yourself and catch it. Start with 1, then 2 etc.

**HARDER** - Tap it back and forth to your partner as a rally without catching first.

## Cool Down

Side stretch. Both sides holding for 6 seconds each side. 5 x Lunges. Rest. 5 x Lunges

