

## WEEK FOUR: SERVE PLUS RECAPS

### STAGE 1: BALL SKILLS - VARIOUS

(5mins)

**Exercise 1:** Any of the previous weeks ball skills will suffice. Also be creative and challenge the children to come up with their own balls skills.

### STAGE 2: FOREHANDS AND BACKHANDS

(10mins)

**Exercise 1:** One child throws underarm to their partner who has a paddle. Their partner who is standing in a ready position behind the kitchen line, must gently tap the ball back over the net using a forehand or backhand motion. Swap every 10 hits.

**Exercise 2:** Now children can race against their opposite pair to see who can get the to 20 shots over the net first. Swap every 10 hits.

*Note: Although the students have some understanding of both forehand and backhand strokes, let them hit whichever shot they feel comfortable with whilst trying to make sure they go back to the 'ready position' after each shot.*

### STAGE 3: VOLLEYS

(10mins)

**Exercise 1:** One side stands just behind the kitchen line with their paddle raised in a 'high five' position. Their partner throws the ball to them underarm. With little or no swing the volleyer taps it back over the net. Swap every 10 volleys.

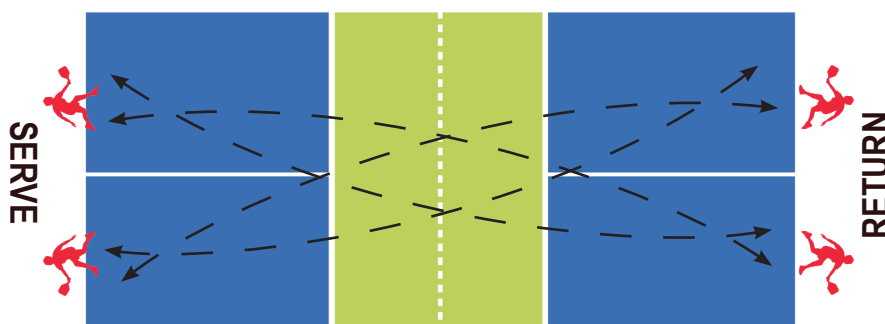
**Exercise 2:** Friendly competition. Now the children can race to see who can get 20 volleys over the net first. Swap every 10 volleys.

*Note: The students should be reminded that they are not supposed to step on or over the kitchen line when volleying.*

### STAGE 4: SERVES AND RETURNS

(5mins)

**Exercise 1:** One child stands just behind the baseline. They drop the ball and let it bounce once, then try to hit a serve with a low to high swinging motion just like a forehand. The serve should go diagonally or 'cross court' and bounce past the kitchen line and inside the baseline and sidelines. Their partner can try to return the ball. Swap every 5 serves (diagram).



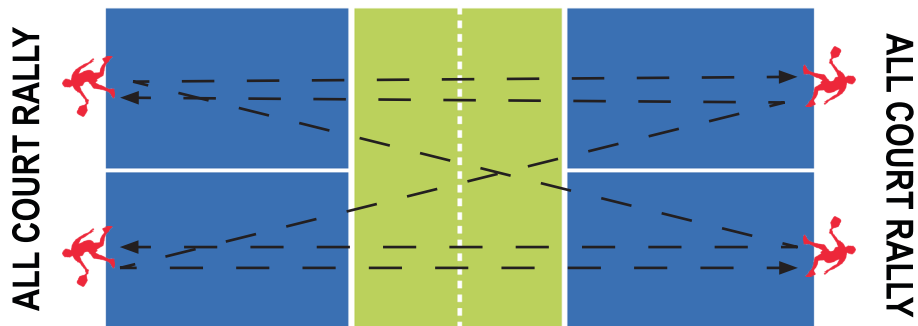


## STAGE 5: ALL COURT PLAY

(15mins)

**Exercise 1:** All four children on one court can play a friendly point and try to keep score (diagram).

*Note: Each student should take turns to serve. It's not that important to get the serve in at this stage. Encourage students to play on if they struggle to get the serve in.*



**END LESSON.**