



WEEK THREE: VOLLEYS

STAGE 1: BALL SKILLS

(5mins)

Exercise 1: Various ball skills. Let the students be creative. Challenge them to make up their own skills.

STAGE 2: DINKING WARM UP

(5mins)

Exercise 1: By now students are familiar with this practice. Get them to warm up in pairs standing just behind the kitchen line. Students count the rally.

Exercise 2: Students can play some doubles points in the kitchen.

Note: emphasis should be on using the 'continental grip' with little backswing and followthrough.

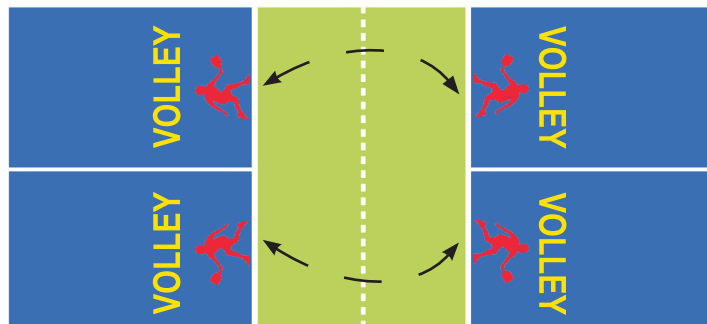
STAGE 3: THE VOLLEY

(10mins)

Exercise 1: Standing just behind the kitchen line students must now try to rally the ball to each other before it bounces. This is called volleying.

Exercise 2: Students are encouraged to count how many volleys they can make in a row without stepping into the kitchen before or during volleying since this is not allowed during matchplay.

Note: The volley should be played starting from a ready position (diagram) with an 'open stance' out in front of the body with little or no backswing or followthrough using a continental grip.

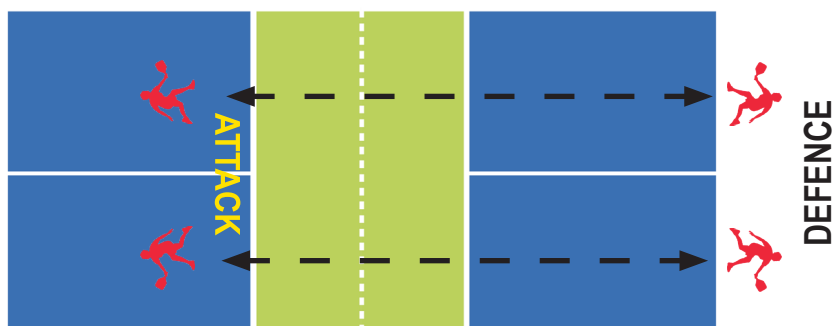


STAGE 4: DEFENDERS AND ATTACKER

(10mins)

Exercise 1: Team one stand just behind the kitchen line. Team two stand behind the baseline (diagram overleaf). Team one feeds a ball to anyone on team two and the point is live. First to 8 points and switch around.

Note: The point will be lost if the attacking team step into the kitchen whilst volleying. The defending team are encouraged to not only hit harder shots but to practice 'dinks' so that the volleyers do not get easy put aways at the net.



STAGE 5: SERVE AND RETURN WARM UPS

(5mins)

Exercise 1: By now students should be familiar with how and where to serve as well as return. One side can serve and one side can return. Switch roles.

STAGE 6: RALLY SCORING MATCHPLAY

(15mins)

Exercise 1: Now students can start a match and score points to 11. Remind students that they only have one serve. Once they lose their serve their partner serves and when both players have lost serve there is a 'side out' and team two serves.

Note: Remember to make sure children do not step inside the kitchen line to volley. Encourage both sides to get to the net as this is one of the best ways to take time away from your opponent and win points.

END LESSON.