

WEEK SIX: THIRD SHOT DROP AND GAMES

STAGE 1: DINKING WARM UP

(2mins)

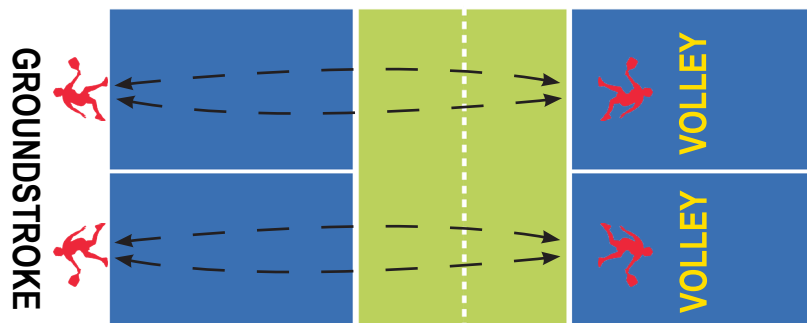
Exercise 1: In pairs students stand either side of the net just behind the kitchen line and tap (dink) the ball to each other. Emphasis is on making sure the ball bounces once before the kitchen line.

Exercise 2: Dink doubles. All four students play out the point inside the kitchen.

STAGE 2: VOLLEY GROUNDSTROKE WARM UP

(5mins)

Exercise 1: One student will stand just behind the kitchen line to volley and thier partner will stand the other side of the net at the baseline to hit groundstrokes. Swap roles after a few rallys (diagram).

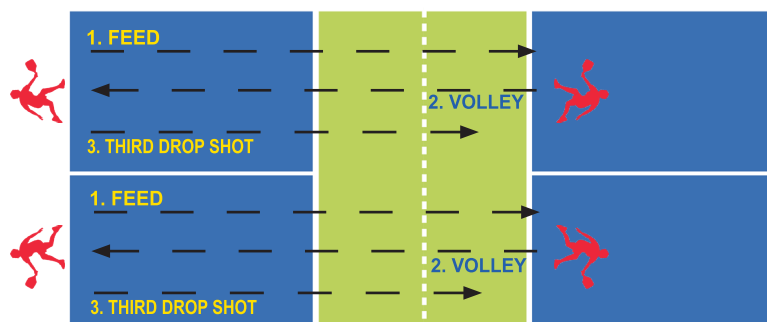


Note: Remind students a volley should be hit whilst standing open stance (both feet facing the net) and with little or no backswing or follow through. It is a short sharp punching motion. Also groundstrokes should be struck with a long smooth swinging motion from low to high. Use a 'continental' grip for both shots.

STAGE 3: THIRD SHOT DROP DRILL

(15mins)

Exercise 1: On half court in pairs, one student stands at the baseline, the other is at the net by the non volley zone (kitchen line). The student at the baseline feeds the ball to the volleyer who volleys it back. The student at the baseline will now attempt the 'third shot drop'. This means they must hit it softly enough so it bounces before the kitchen line and the student at the net is not able to volley it. Swap every 5 attempts.



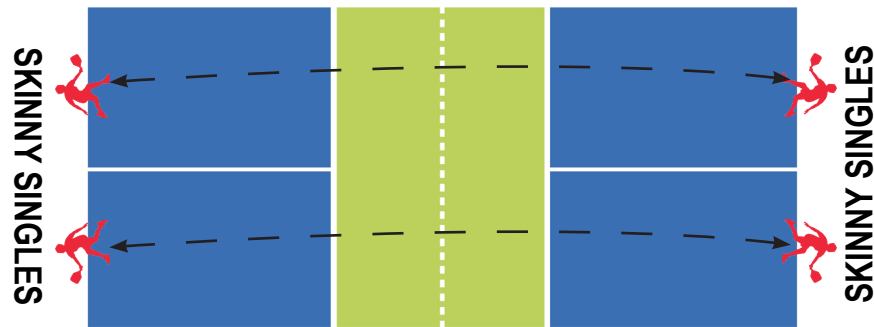
Note: This is a difficult exercise. Even if the children are not able to execute the third shot drop, they should continue to play out the rally for fun.



STAGE 4: SKINNY SINGLES

(10mins)

Exercise 1: Students start at the baseline and play singles on thier half of the court. The first two shots are 'friendly' and have to bounce, then the point begins. Play to 11.

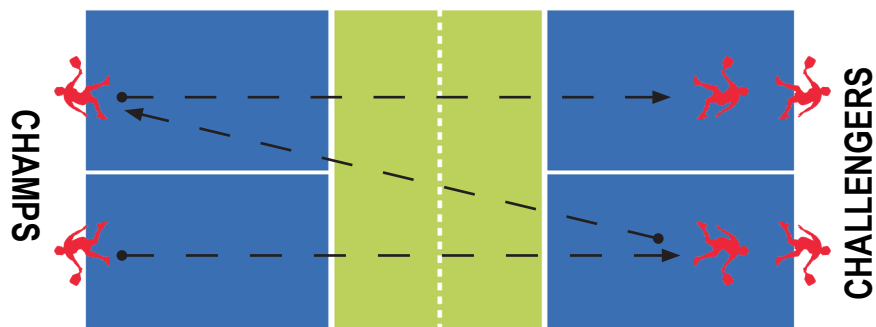


Note: Encourage the children to experiment with the 'third shot drop' after the first two bounces in the rally especially if an opponent is rushing to net. Similarly at any time an opponent is moving forward a soft shot or 'dink' bouncing before the kitchen line is a good tactic.

STAGE 5: CHAMPS AND CHALLENGERS

(15mins)

Exercise 1: There are three pairs on each court. Assign one pair as champs and the other two pairs as challengers. The challengers take it in turns to play best of three points against the champs. If the challengers win they become the champs!



Note: Depending on space or numbers, this can be done with singles aswell as doubles.

END LESSON.