

FLOOR TENNIS: NET & WALL GAMES STRIKING & CONTROLLING AN OBJECT

I can control the ball with my racket
I can stop (squash) the ball with my racket strings
I can strike a stationary ball along the floor towards a target
I can strike a moving ball along the floor towards a target

Equipment:

- Tennis rackets
- Tennis balls/beanbags/larger balls
- cones/markers

Set-up: Mark out a suitable space using cones, or use indoor space available. Position rackets and balls so they are easily accessible for the children.

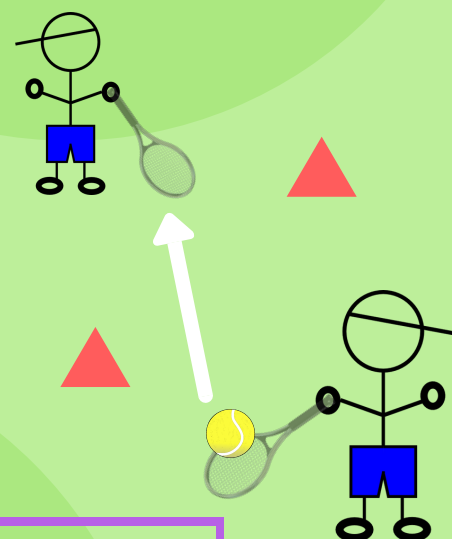
Layer One:

Have the students push their ball around your designated space using their rackets, obtaining a feel for the ball (add in markers as obstacles for challenge). Upon shouting the words 'SQUASH IT', the students flatten their racket strings on top of the ball, holding it still. Encourage students to stay on their feet, knees bent, and not drop to their knees.

Layer Two (floor Tennis):

Pair the students up with one ball between them. Have them stand between 5-10 paces apart and place two cones, forming a gate/target between them. They must take it in turns striking the ball along the floor to each other through their target. Encourage them to squash the ball when it comes to them.

Teaching Point: Have the students stand sideways when they strike the ball, following through with their arm.



Layer Three:

Students are now encouraged to play a continuous rally between their target without squashing the ball. Play co-operatively (How many shots can they make?) or play competitively (tie-break first to 5 wins)

Differentiation: Allow the students to choose their ball, or use a beanbag if required
Change size of the target (bigger/smaller)
Change the distance they stand apart (closer/further)