

Learning Outcome: Development of ball control and awareness of creating more time using height on the front wall.

Activities

- Two players play a game in the front half of the court only.
- Players play alternate shots with each trying to hit the ball as high as possible on the front wall while keeping the ball within the front half of the court (as in photo below).
- To encourage the players to use height, if the ball goes out on the front wall continue play.
- Players score a point if they hit the out line on the front wall or if the opponent's ball lands in the back half of the court.
- Play to five points.

Variations

- If more than two players per court, have remaining group members wait in line in back half of the court and rotate players in after every three points.



Questions you could ask

- What aspects can you change to get more height on the front wall (bending the knees to get lower to the ball, open racket face, follow through to target)?

Can you see?

- Bending of the knees.
- Getting under the bounce of the ball.
- Open racket face.