LESSON 7

Tactical Problem  Creating space

Game  Throw tennis (doubles or team)

Lesson Focus  Court spaces (these are wider, with two small courts combined, introducing playing in wider spaces)

Objectives  Play a competitive game, with appropriate rules, and set up attacks by moving the opposing team from back to front and side to side on the court to create space.

GAME 1

Throw tennis (2v2 or 3v3) over tennis-height net

Goal  Complete a 20-throw rally.

Conditions
- Alternate throw and catch (players take turns throwing and then moving to the back of their own line).
- The game is cooperative.
- The ball must bounce once inside court lines.
- Read and anticipate.

Cues
- Throw to space.

Extension  Players can catch the ball without a bounce.

Questions
Q: Now, how can you make it harder for your opponents to catch the ball before the second bounce?
A: Throw the ball into space.
Q: Where are the spaces?
A: Front and back and at the sides.

GAME 2

Newcome (2v2 or 3v3; plastic ball or deck ring)

Goal  Make the ball bounce in the opposing team’s court.

Conditions
- The ball must not bounce.
- Use a badminton-height net.

Extension  Allow two contacts (i.e., players can throw the ball or ring to a teammate, who then throws it over).

Questions  Same as in game 1

CLOSURE

Review the use of spaces. Question and a discussion about moving opponents.

Q: How can you use the two contacts (throws) to help move your opponents and make space on the other side of the net?
A: Change the direction with the second throw.
LEVEL II

Level II (third and fourth grades) game progressions move from one-bounce games involving striking with a hand to two-contact games (i.e., two hits or throws per side before the ball crosses the net) using throwing and catching with no bounce. Again, the first lesson establishes the environment and the game. To focus on maintaining a rally, the students play games that involve underhand striking with the hand only. It is possible to repeat everything done at level I using striking with the hand as the means of moving the ball over the net or at the wall. This would present an effective progression to the use of modified rackets. However, the focus of level II lessons presented here moves to team games, though still using throw-and-catch skills. Offensively, the focus of these lessons is to maintain a rally and win points. The defensive (score prevention) concepts focus on covering the court as a team. At this level the students have the opportunity to work with actual nets at varying heights (tennis or badminton heights).

LESSON 8

*Tactical Problems*  Playing a game and maintaining a rally

*Game*  Deck tennis

*Lesson Focus*  Keeping the projectile (deck ring or quoit) in the court

*Objective*  Maintain a rally of throw-and-catch deck tennis.

*START-UP*

 Begins with the designation and familiarization of court spaces (1 through 4). Players form or are assigned to teams of three, and they choose or are assigned to home courts where they can go straight into the practice task as an instant activity.

*PRACTICE TASK*

Triangle passing

*Goal*  Complete 10, 15, or 20 consecutive passes.