Bounce Ball – Tennis
Warm Up

Rules

- When you have the tennis ball in your hand you cannot travel – your feet must remain still
- You MUST throw the ball underarm and into your opponents half of the court
- Your opponents MUST allow the ball to bounce once but must stop it bouncing twice
- If you can get the ball to bounce twice in your opponents half, or your opponent throws it out or hits the net you win the point.
- Wherever you catch the ball from is the place from which you must throw it back!

<table>
<thead>
<tr>
<th>Teaching Points and key questions to discuss</th>
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<td>Where must I start so that I can keep control of the game (I.e. I can see the ball, the space and my opponent)</td>
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Specificity to Tennis:

- Mimics Tennis match movements
- The underarm through mimics the flight path of forehands and backhands
- Coming to meet the ball after it has bounced allows more time in which to control the ball
- Returning to a ready position behind the baseline after each throw allows the student to maintain control of the game and be very difficult to beat.
- Moving your opponent around the court allows you to practice match strategies

Warm up suggestions

| Turn it into an up down tournament. Where winners of each match move up one court and losers down one court. This will allow for groups to become differentiated for later activities. On the lower courts allow for more than one bounce or use a slower bounce ball | If you have more students than you do courts play king of the court – one pair are kings the next pair come son – if they beat them they become kings and then the next pair come on. This can be done as one rally point or for a quicker version try a one throw rally to get all pairs moving quickly |