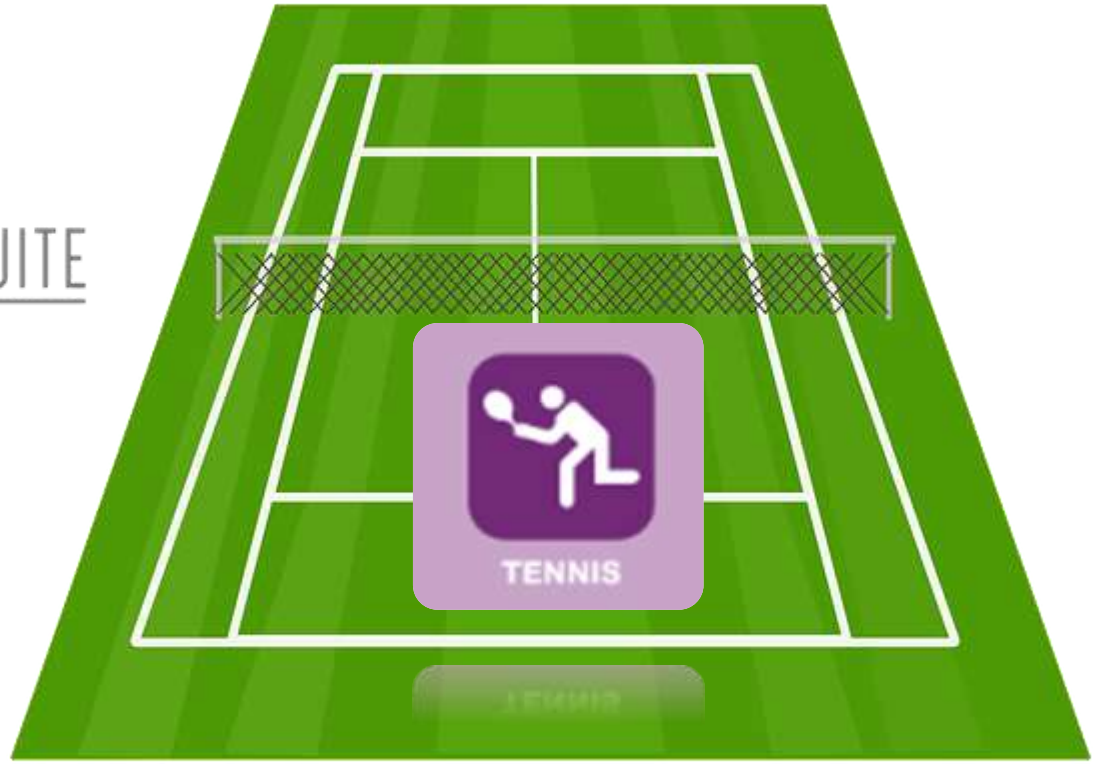
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A selection of IDEAS and GAMES to play at home.



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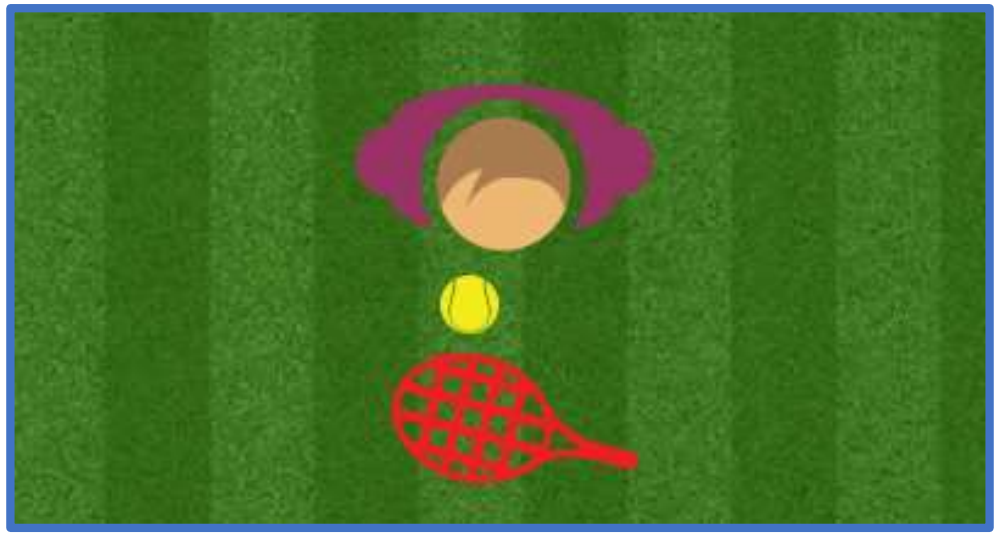
A selection of games and ideas to play at home.

CONTENTS

1. DEVELOP CATCHING USING A RACKET
2. CATCHING WITH A PARTNER
3. PROGRESSION, CHALLENGE YOUR PARTNER
4. TARGET TENNIS
5. RALLY GAMES

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PARENT VIDEO LINKS

Click the image for other ideas when working with a ball and racket. We have taken ideas from you tube to support you.

HOW TO PLAY THE GAME

can your child kneel by the racket dropping the ball onto the strings of the racket and then catch the ball two handed.

COACHING POINT Make a double bed with your hands then scoop ball into chest.

ADAPT OR PROGRESSION

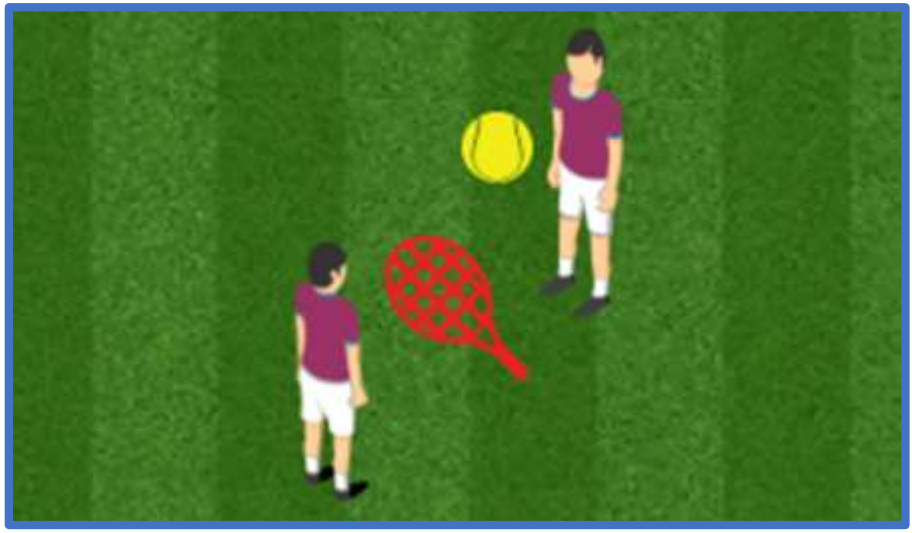
ADAPT

1. Maybe change the size of the ball.
2. Don't use a racket just hands
3. Swap hands/rackets for cones or plastic bowls.

Kneeling next to racket
Level 1 - Two handed catch x10
Level 2 - Dominant Hand catch x10
Level 3 - Other hand catch x10

If completed they can play the game standing up.

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VIDEO LINKS

No video for this game.

HOW TO PLAY THE GAME

Level 1: Players to start next to the racket. One player drops the ball on to the strings, it is allowed one bounce before the partner has to catch with two or one hand. Players have to make 10 catches each to move onto level 2.

Level 2: Both players take 1 step back to send the ball under arm onto strings, the ball is still only allowed one bounce on strings before partner makes a catch. 10 catches each means they can move onto level 3.

Level 3: Players take another step back, this time they start with the ball up near shoulder and send the ball to strings. Same rules apply. This is the start of what a serving action would look like.

ADAPT OR PROGRESS

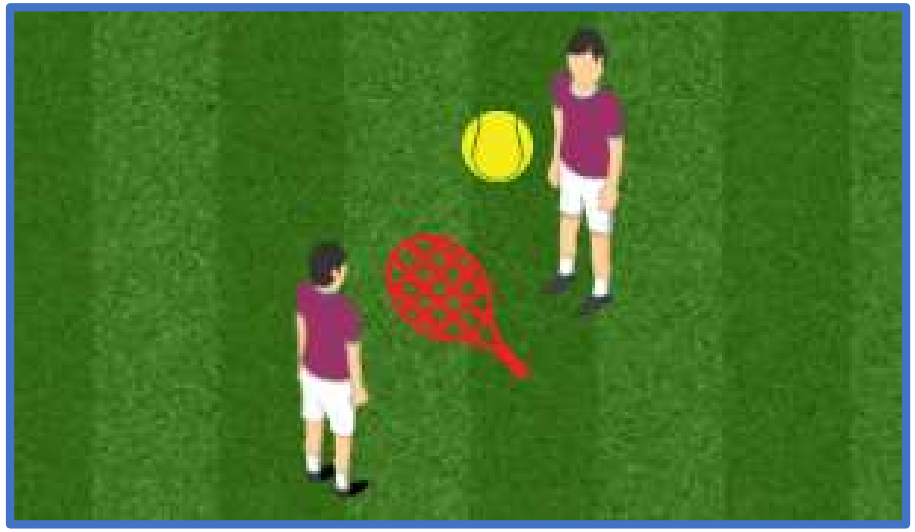
ADAPT

Children may chose how far apart they work if they would like to have success or a challenge through the levels.

Change the type the size of ball to make it easier or harder.

Can Children start back at level 1. However they can only use their dominant hand to catch. (This is normally their writing hand).

If some children are ready can they use their non-dominant hand to catch through all three levels.



VIDEO LINKS

No video for this game.

HOW TO PLAY THE GAME

This is a progression of the previous game. It can now become a competition.

Rules:
Under arm throw.
Ball has to hit the strings.

Ball cannot bounce after hitting the strings or point is awarded to server.
If the ball is caught no point is scored.

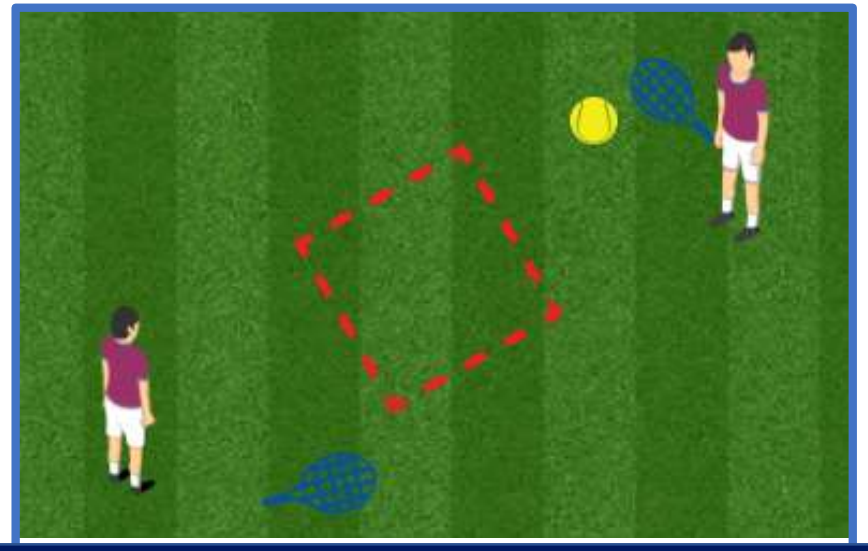
ADAPT OR PROGRESSION

ADAPT
1. Maybe change the size of the ball.
2. Don't use a racket just hands
3. Swap hands for cones or plastic bowls.

Progression :
Children can decide how they are going to catch the ball;

dominant hand
non-dominant hand
both hands

Working with



PARENT VIDEO LINKS

Click the image for other ideas when rallying with a partner.

HOW TO PLAY THE GAME

Target Tennis
Work with a partner, you will need 2 rackets and a tennis ball.

The aim is to send your ball into the area you have marked out.
NOTE: can you do this with control striking/sending the ball.

Can the child receiving catch/field the ball.

Play first to 3 catches.

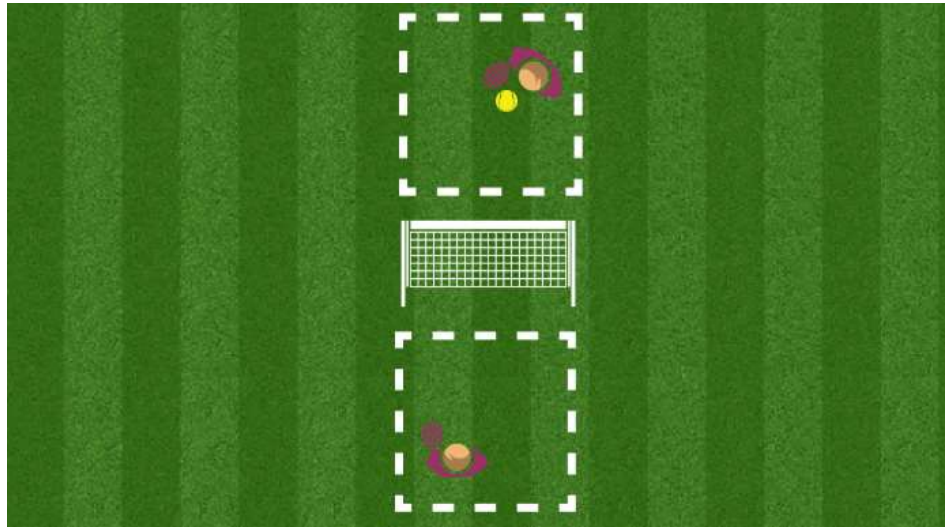
If you have a third person they can be umpire then swap over.

ADAPT OR PROGRESSION

ADAPT
1. Maybe change the size of the ball.
2. Don't use a racket just hands
3. Swap hands/rackets for cones or plastic bowls.

To progress the game can the person receiving the ball catch it on their racket or another item like a plastic bowl or shopping bag.

If they do they stop the other player scoring a point.



PARENT VIDEO LINKS

Click the image for other ideas when rallying with a partner.

HOW TO PLAY THE GAME

Set up a mini court using mini nets, cones or a skipping rope a divide). Player 1 with the racket drops the ball allowing it to bounce once then taps the ball using racket over the net.

The receiving player has to let the ball bounce once then tries to catch it.

ADAPT OR PROGRESSION

ADAPT
If children struggle to send the ball over using a racket, can they send it over as an under arm throw then progress to using the racket.

Can the receiving player catch the ball without it bouncing?

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