

OBJECTIVE(S)

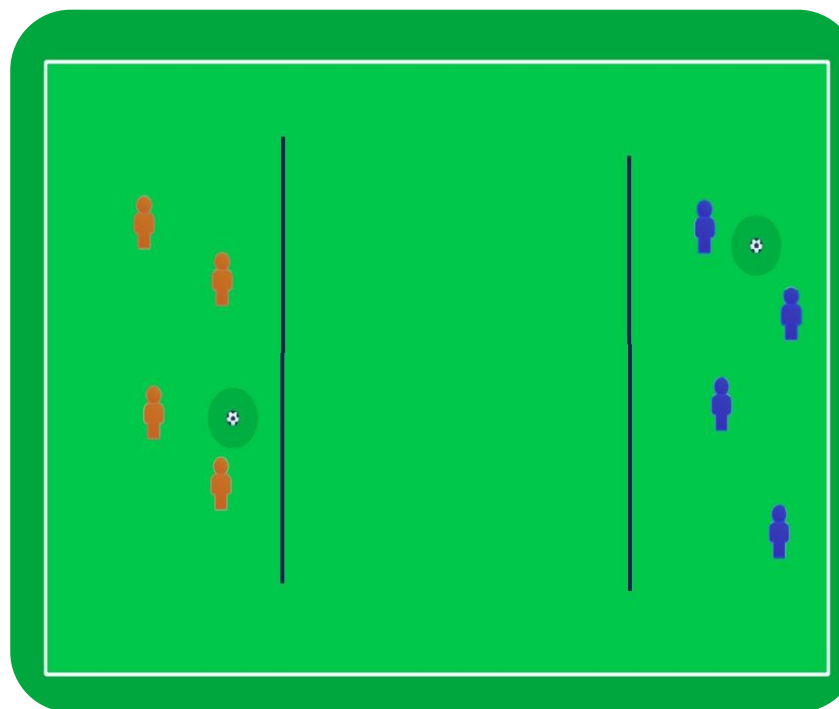
- Pupils to improve technique of striking ball with racket and catching skills

THE GAME

- 2 teams start on either side of No Man's Land. Half strikers/half catchers
- Ball must be sent over No Man's Land with aim of landing in opposition half
- If ball is caught then the striker sets their racket down, becomes the other team's prisoner and moves across the middle zone
- If ball lands in team zone, that team loses a player (prisoner to other team)

HARDER/EASIER

- In pairs, allow players to explore a range of distances and styles of striking the ball for partner to catch
- Begin by allowing a self-serve before partner serves in

**COACHING POINTS**

- Keep eyes on the ball until it is caught, hands out and loosely cupped, bring ball into body to protect
- Keep eyes on ball, start with feet spread apart and knees flexed, shift weight from back to forwards and follow through in direction of swing

CURRICULUM LINKS

- PDMU
- World Around Us

FOOTBALL LINKS

- Judging flight of ball and catching for goalkeepers
- Alternatively use 'half volley' to pass over

