

6

RACKET RACCOON



Foundation

OBJECTIVE(S)

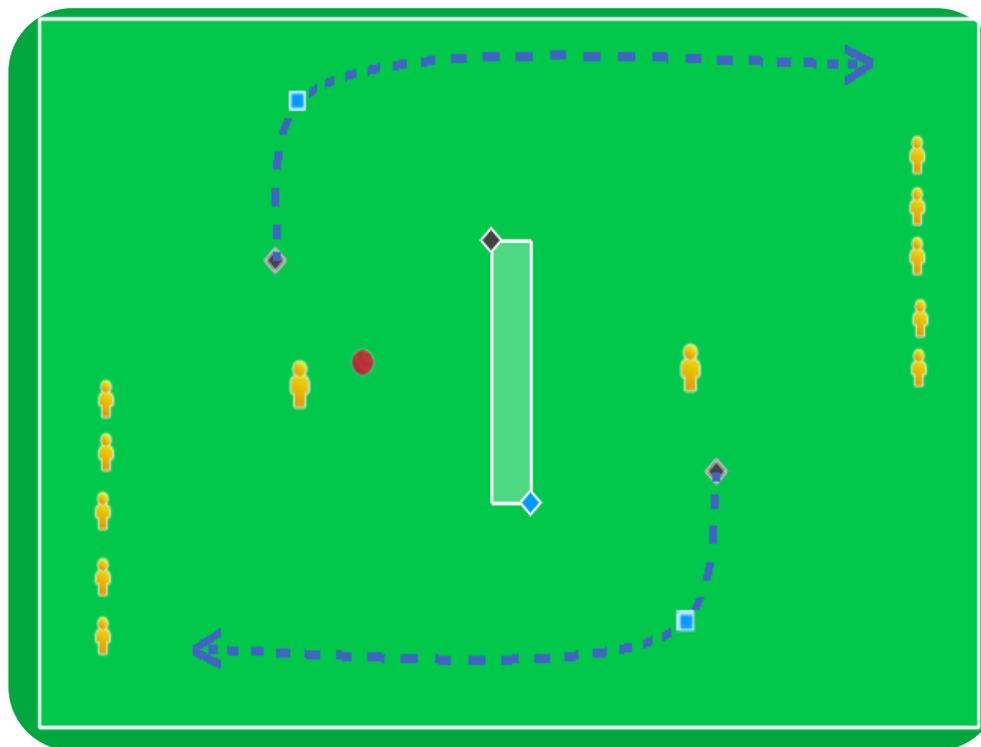
- To improve striking with racquet
- To improve agility, balance, and coordination

THE GAME

- Players stand 5 yards away from wall and practice hitting ball against wall and catching it upon return
- Rally off the wall with another player

COACHING POINTS

- Forearm - racket in favorite hand
- Hold at bottom of grip
- Strings facing your partner
- Push the ball.



HARDER/EASIER

- Benches in middle of hall, 2 lines knocking ball over. After each go the player rounds around to the opposite line to continue rally.
- Add a knockout series

CURRICULUM LINKS

- World around us - Naming tennis players and their nationalities/continent

FOOTBALL LINK

- Working on first touch control and volleying.
- Receiving and returning aerial balls.

