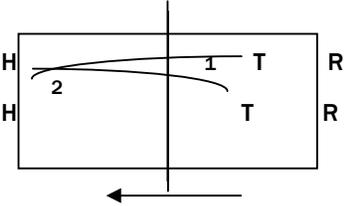
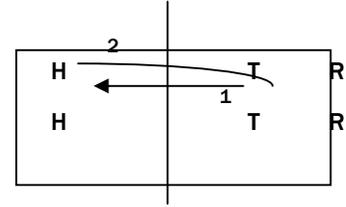
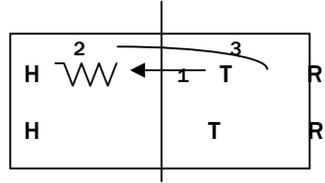
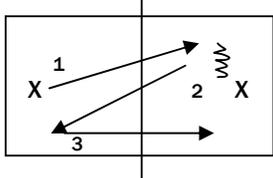
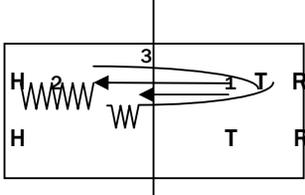




Les	Learning Intention/s	Learning Activities Tactical Focus / Rules / Technical Focus	Teaching Cues	Activity / Game
2	<p>Creating space on opponent's court</p> <p>Getting to the net to attack – approach shot to net</p> <p>Winning the point using a volley – volleys & smash</p> <p>Combining approach shot & volley – winning the point</p> <p><u>Success criteria</u></p> <ol style="list-style-type: none"> 1. Keeping the rally for a number of shots waiting for the opportunity to attack. 2. Moving opponent to create space in order to win the point 3. Spot the right opportunity to run up to the net to attack 4. Volley & smash (strokes) 	 <p>(Groups of 3) Practice task: F/H groundstroke practice T tosses ball, H hits ground strokes, R retrieves balls. Students say "ACTION/REACTION" (10')</p> <p>(Group of 2) Rally game: Keep rally going for as long as possible using ONLY ground strokes (7)</p> <p>(Group of 2) Short court singles. Alternate serve, bounce hit serve.</p>  <p>(Groups of 3) Practice task: B/H ground stroke practice. T tosses ball, H hits ground strokes, R retrieves balls. Students say "ACTION/REACTION" (10')</p> <p>(Groups of 2) Game: Half court singles. Move opponent to win point. Awareness to punish SHORT ground stroke. Play a 4 point game, can hit ball before bounce. (7')</p>  <p>(Groups of 3) Practice task: approach shot practice. T feeds short ball. H executes approach shot & moves to net. H returns to b/l to repeat task. R retrieves ball (Groups of 2)</p>	<p>Q: What do you do to move your opponent? A: <i>Toss ball to an open space</i></p> <p>Q: What do you do to keep a rally? A: <i>Hit close to your partner</i></p> <p>Q: What did you do to win a point? A: <i>Hit to an open space</i></p> <p>Q: What spaces are there on you opp's court? A: <i>Front, back, side to side.</i></p> <p>Q: How do you return if ball does not come to your f/h side? A: <i>Backhand</i></p> <p>Q: What did you do to a short ground stroke? A: <i>Move up to play the ball</i></p> <p>Q: After you move up is it easier to run back or keep moving towards the net? A: <i>Towards the net</i></p>	<p>Warm up (Groups of 2) No racket game. Short-court game; short and narrow court, toss, bounce-catch game, underhand toss. Always return to base. (7')</p>  <p>Last Game (Groups of 2) Game: Half court singles. Move opp to win point. Play normal or mini games emphasising on moving close to the net to win the point with a volley. When a player wins the point with a volley s/he gains 2 points instead of 1.</p>

			<p>Game: Play on a long & narrow court. Can play the ball before bounce. Awareness to punish short ball (10')</p> <p>Game: Short court single. Move opp to win point.</p> <p>(Groups of 3) Practice task: T tosses short ball, H hits approach shot, T tosses ball, H volleys it. R retrieves balls.</p>	<p>Q: What shot would you use if you keep moving towards the net? A: Volley Q: Why do you think hitting a volley is an advantage? A: You are closer to your target & you give less time to your opponent to get ready for the next shot</p>	
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