



Striking: Bouncing Ball Tennis Stroke

Equipment:

Tennis racquet, foam tennis ball x5, hula hoop

Set-up:

Student with tennis racquet will be positioned at entrance to hitting bay. Hang hula hoop approximately four feet high in net.

Description:

This activity will involve hitting a bouncing foam tennis ball into the hitting net using an underarm tennis stroke. This will involve rotation of the hips and torso, timing of stroke, and solid footwork.

Instructions:

Student sets up facing the coach with the aim of hitting into the net. Once the coach has confirmed the student is ready, the coach will bounce the ball towards the student. The student will adjust their feet to strike the ball into the net while the ball is still bouncing. Repeat this process for the five balls the student will hit.

Scoring:

Student who hits the most balls through the target will receive a score of 3. The runner-up will receive a score of 4. All other students in the group will receive a score of 5.

