

Description of Activity

Arrange pupils in pairs (A and B) with a racket each. Invite each pair to stand at a spot or cone facing another pair (C and D) five to seven metres apart. One ball is required between two pairs. Pupil A begins by batting the ball to pupil C from the pair facing them. The ball must bounce once during the pass. Pupil C returns the ball to pupil B from the first group. Pupil B then passes the ball to pupil D who returns the pass to pupil A. The process continues back and forth in an attempt to maintain a rally for as long as possible.



Variations

- As the activity develops, encourage pupils to increase the tempo of the activity.
- Invite pupils to attempt the task with their non-dominant hand only.
- Introduce a competitive element by setting up a dividing line. Each group must hit their ball over the dividing line.

Equipment

Bats or tennis rackets, small bouncy balls, cones or spot markers



- Pupils should be encouraged to keep their eyes on the ball and have steady control of the implement.
- Pause the activity at intervals to focus on the specific teaching points for striking with an implement in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



- Practise bouncing a ball against a wall at home. Alternate the hand holding the implement between strikes.



- i mbeirteanna • spota nó cóin • liathróid a bhualadh • i dtreo dalta eile • babhta imeartha