

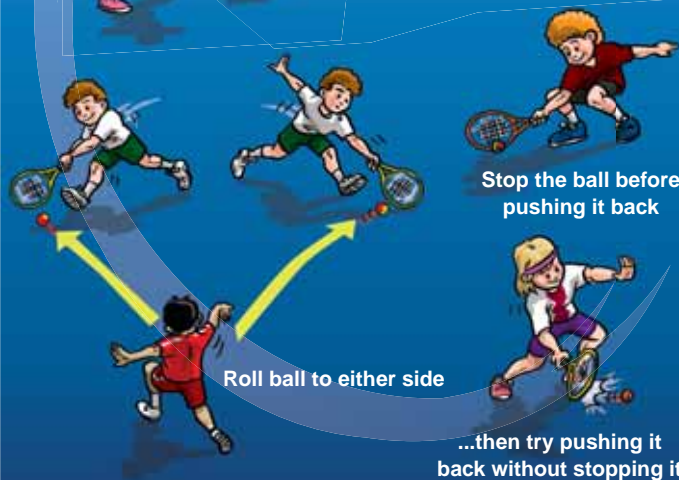
MAIN THEME

MAIN THEME

FLOOR TENNIS



Start in the ready position



Stop the ball before pushing it back

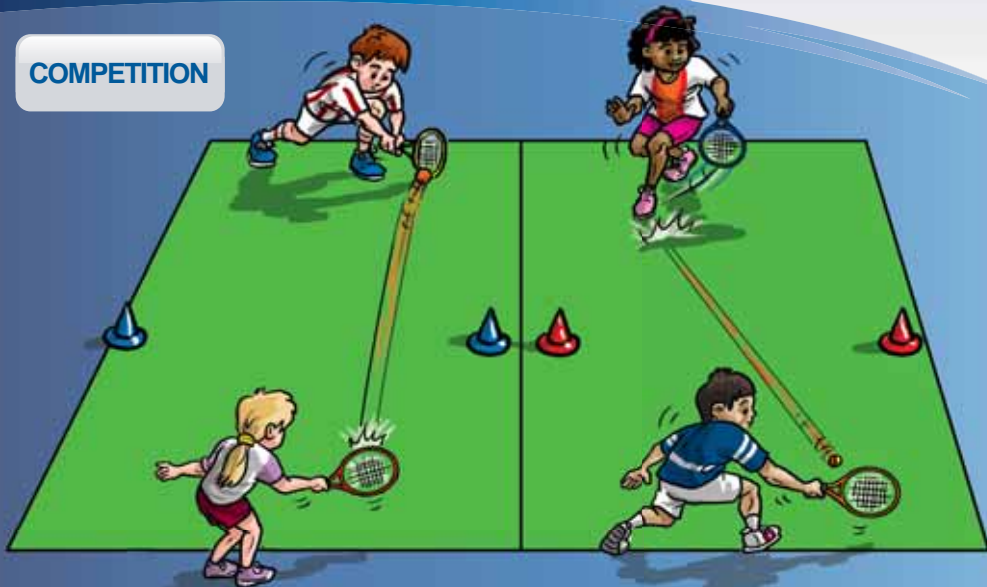
Roll ball to either side

...then try pushing it back without stopping it

QUALITY POINTS

- Put the favourite hand at the bottom of the grip
- Get ready between pushes
- Bend at the knees and waist to get low
- Contact the ball out in front
- Push the ball, don't swing at it

COMPETITION



LEARNING OBJECTIVES

- To read the ball and react by turning to forehand and backhand sides
- Control the racket face and contact the ball out in front
- Develop a cooperative rally

ORGANISATION

- Equipment: balls, rackets, cones
- Define the playing area
- Position players at the side of the area and demonstrate
- Highlight safe use of rackets
- Organise players into 2s and to spaces

ACTIVITY

Do activities in order:

1. In 2s Player 1 rolls the ball along the floor to one side of Player 2 who is in the ready position with a racket. Player 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back. Player 1 catches the ball and rolls it again. After 3 pushes players change roles. Encourage using 2 hands on the backhand side.
2. As above but player 2 pushes the ball back without stopping it first.
3. Floor Tennis Rally - both players with rackets push the ball along the floor to each other between 2 cones (2m apart).

EASIER

- Use hands to stop the ball then push it back
- Roll the ball to each other

HARDER

- In a rally both players push alternate forehands and backhands
- Stop the ball with a foot then push it with a racket
- Set the cones wider for more movement
- Set the cones narrower for accuracy

DISCOVER

- How quickly can you tell which direction the ball is moving?
- How do you move to stop the ball?
- Where is the best contact point?

COMPETITION

In 2s rally through cones:

1. Count how many pushes in one rally and remember best score. Compete against other pairs.
2. For every rally of 6 shots in a row win a cone. Collect cones for 2 minutes.
3. Race to do a rally of 10 in a row.