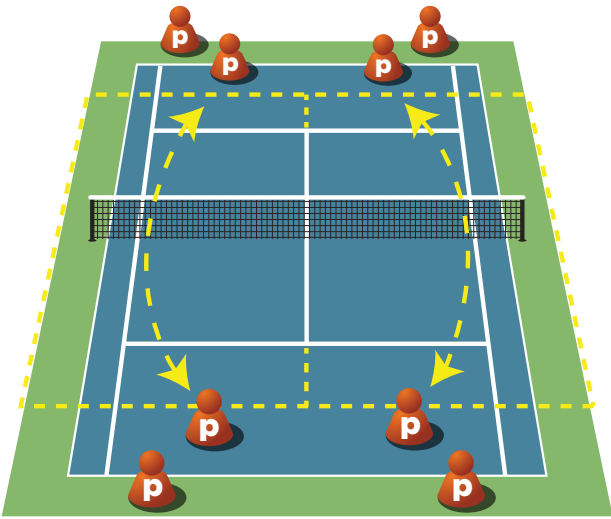
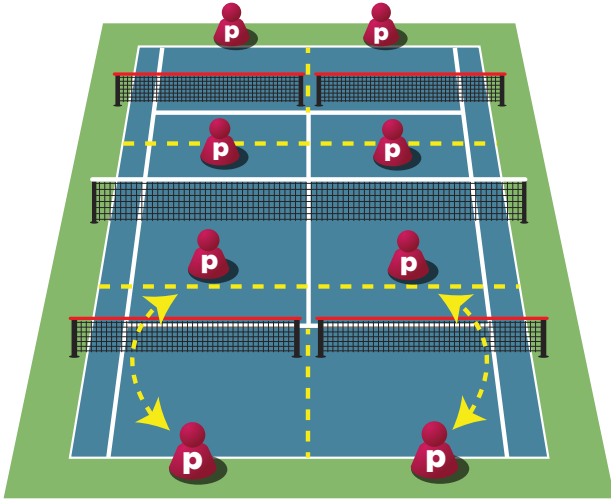


Rally Ball**TACTIC:**

being more consistent than the opponent.

ACTIVITY:

Players are divided into teams of 2 on each team. Each player is up for one point. A player from team 1 starts the point by dropping the ball and hitting a forehand over the net to start a rally.

During each point players count out loud how many times their ball goes over the net and into the court. Every ball landing in the court gains a "team point". The player who wins the rally gets to stay up for one more point as well as start the point. The players keep on adding on the points until the game finishes. The game lasts 3-4 minutes. At the end of each game the team with the most "team points" wins.

Note: This activity can be done in pairs if more courts are available or with less number of players.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to self rally.
2. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Allow players to feed to the backhand side.
2. Allow players to use backhand only.