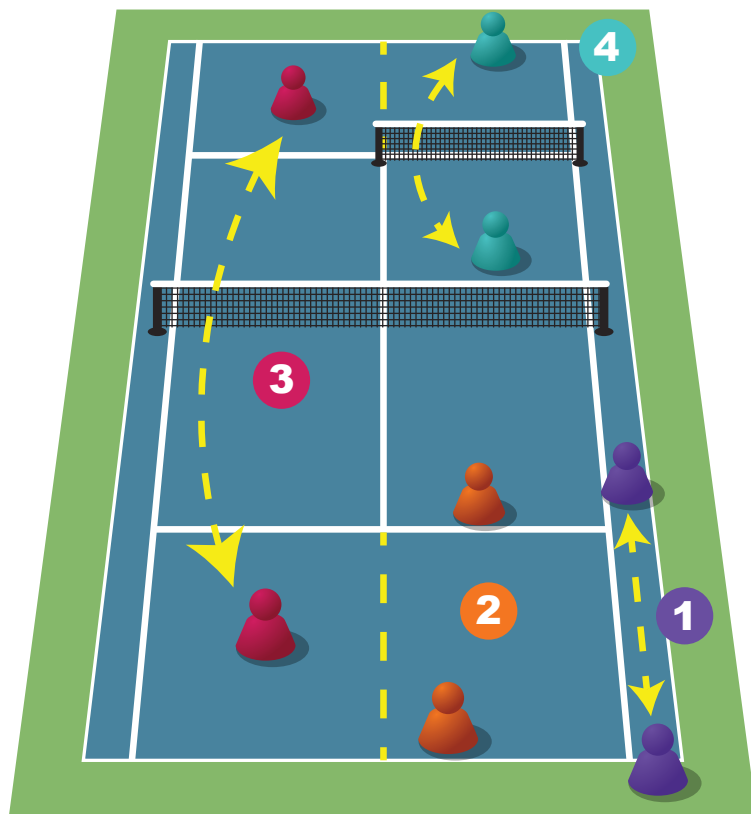


# I CAN PLAY POINTS

Play Activity - G3

## Skill Olympics



### TACTIC:

Gaining advantage by performing tennis skills with accuracy and consistency.

### ACTIVITY:

Court is divided into 4 stations. Players are divided into pairs located at each station and cooperatively perform the activity designed for each station for 2 minutes. All teams rotate at signal.

**Station 1:** Push the ball through markers. Each successful attempt gains one point.

**Station 2:** One player uses forehand to self-rally, the other uses backhand. They switch after one minute. Every time a player hits the ball higher than head level and it lands on a marker placed on the ground, the player gains one point.

**Station 3:** Players are placed on the service lines. They throw overhead to each other. One point is gained when they succeed to throw the ball over the net.

**Station 4:** Players are placed on the red court. One player feeds the ball underhand to his partner who hits a groundstroke. One point is gained each time the pair get a rally of 5 in a row.

### 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:

**Station 1.** Use a wider target.

**Station 2.** Allow player to use forehand only.

**Station 3.** Allow players to be closer to the net.

**Station 4.** Allow players to use forehand only.

### MORE CHALLENGING:

**Station 1.** Use a narrower target.

**Station 2.** Allow players to use backhand only.

**Station 3.** Allow players to win the point by throwing to a certain area.

**Station 4.** Allow players to use backhand only.

**KEY:** Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**  
 Target Drop Down Lines Ball Flight Player Movement