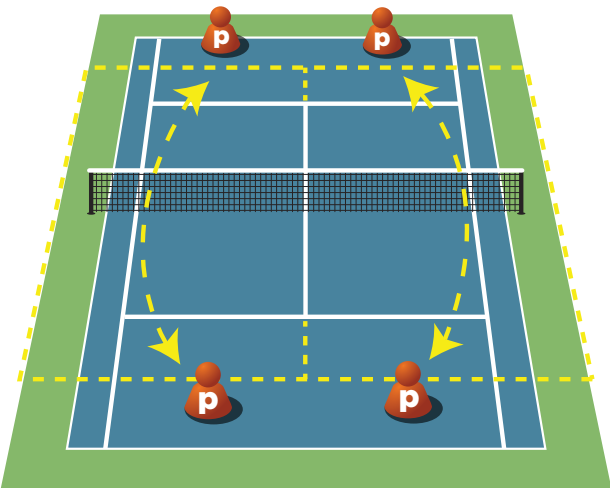
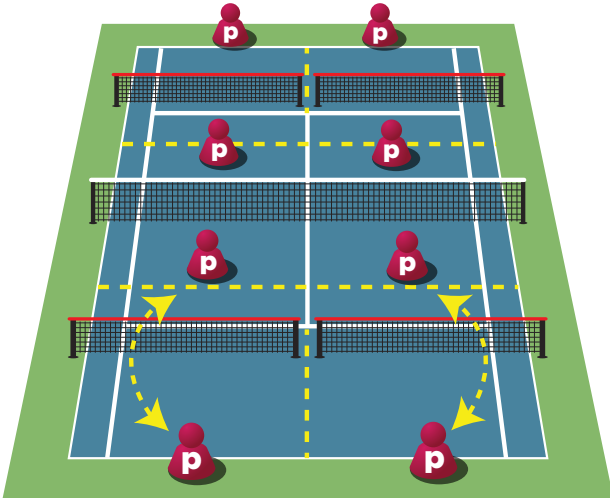


Throw Tennis

**TACTIC:**

Keeping the ball in play longer than the opponent with a combination of overhand and underhand throwing.

ACTIVITY:

Players get to play tennis (serve, rally, score) without using the racquet.

Server starts with an overhead throw anywhere in the designated play area. The returner must catch the ball on one bounce and must throw underhand anywhere in the designated play area.

Players must move each other around and try to win the point. The point is over when:

- The ball bounces twice.
- The ball goes out of the designated play area or in the net.
- The player catches the ball in the air.

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 let the ball bounce twice before catching.
2. Allow players to catch the ball using both hands.
3. Allow one player to throw cross-court only while the other player throws anywhere in the playing area.

MORE CHALLENGING:

1. Allow players to use one hand.
2. Allow players to catch the ball in the air.
3. Allow players to use the non-dominant hand.
4. Allow one player to throw cross-court and the other player to throw down the line.