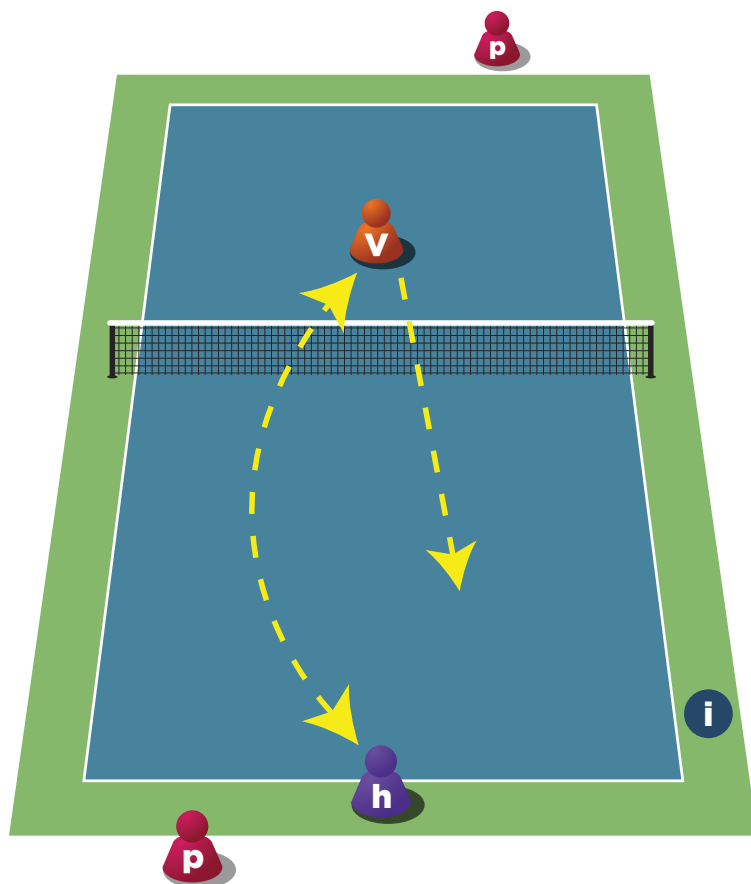


Lob & Overhead**TACTIC:**

Hitting the overhead with consistency.

ACTIVITY:

Players are on 2 teams. A **lobbing team 1** at the baseline and an **overhead team 2** at the net. The instructor starts the point by feeding a lob to the net player. Net player tries to gently smash the lob while baseliner tries to lob over the net player.

If a player loses the point, they switch off with a teammate. Winning player can stay for an extra point before switching. First team to 10 points wins.

Fundamental Teaching Points:

1. Ensure players at the net turn **sideways** in a **trophy position** with non-racquet hand pointing at the ball.
2. Ensure players at the net **impact the ball** over their head with racquet facing target.
3. Ensure baseliners are in **ready position** and **quick to respond**.
4. Ensure players **recover** to home base after every shot.

LESS CHALLENGING:

1. Allow players at the net to gently send the ball to baseliners.
2. Allow player at the net to use a "high five" position.
3. Allow players at the baseline to self rally before sending the ball with a lob.
4. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Allow net players to smash the lob.
2. Allow baseliners to use FH and BH.
3. Allow net players to play to targets (close to the baseline or to certain angle).