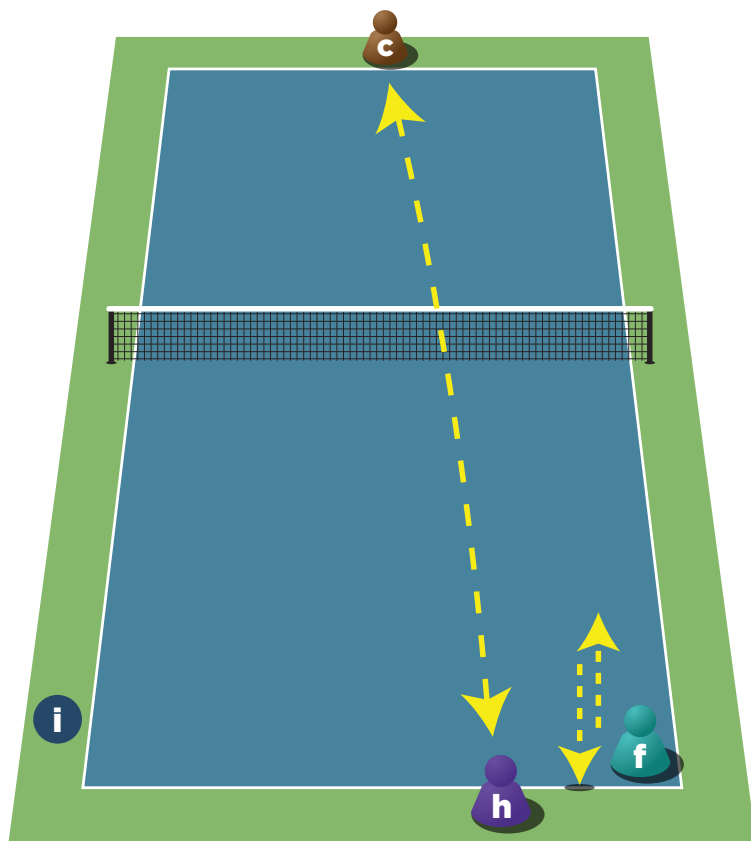


Feed, Hit & Catch



TACTIC:

Keeping the ball in play and gaining advantage through consistency.

ACTIVITY:

Players are divided into teams of three players (**feeder, hitter, catcher**). Feeder and hitter start at the same home base on the same side of the net. Feeder starts by tossing the ball underhand gently to their partner who hits a forehand over the net toward the playing area of the catcher. Every time the catcher succeeds in catching the ball after one bounce the team wins a point. Team with the longest rally wins. Make sure players alternate roles.

The rally is over when:

- Catcher unable to catch the ball after one bounce (double bounce).
- Ball goes outside of the designated play area or in the net.

Note: This activity can be done in pairs (feeder & hitter) when more courts are available or with less number of players. Players gain points by sending the ball over the playing area.

Fundamental Teaching Points:

1. Introduce forehand and backhand **grip**.
2. Hitter must send the ball in a **sideways set up position**.
3. Players must **recover** to home base after every shot.
4. Player **impact the ball at waist height, out in front at a comfortable distance from the body**.

LESS CHALLENGING:

1. Allow hitter to self-rally before sending ball from a sideways set up position.
2. Allow catcher to catch the ball with two hands.
3. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Allow players to use backhand only.
2. Allow players to alternate one forehand and one backhand.
2. Allow catcher to use non dominant hand.