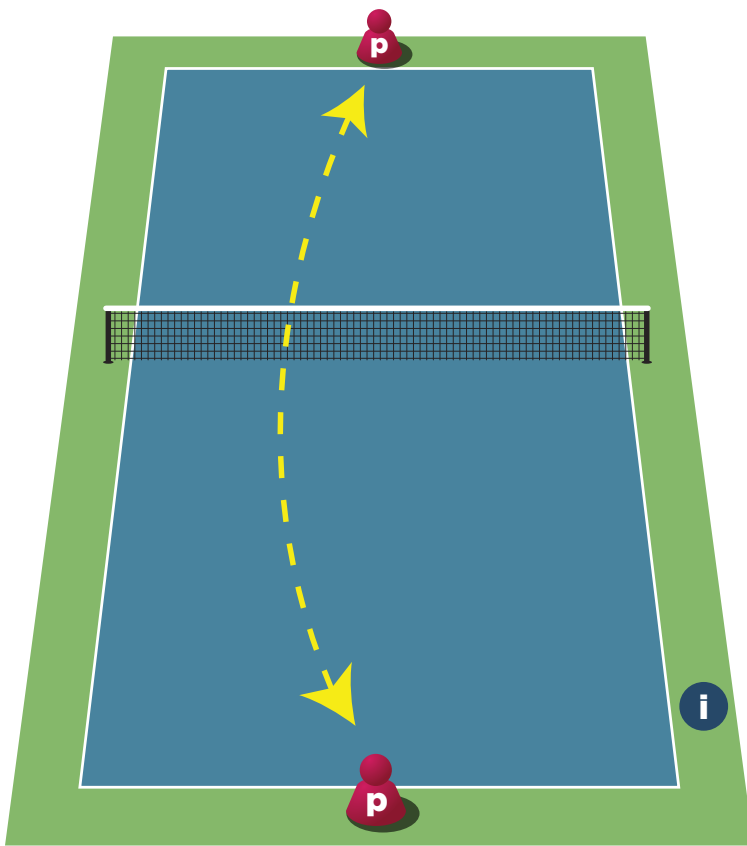


Throw Rally**TACTIC:**

Keeping the ball in play longer than the opponent.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth either cross-court or down the line. Team with the longest rally wins. The rally is over when:

- The ball bounces twice before a player catches it.
- The ball goes out of the designated play area or in the net.
- A player catches the ball in the air (doesn't let it bounce).

Fundamental Teaching Points:

1. Players must **recover** to a marker placed in the appropriate recovery position ("Home base").
2. Players must throw and catch the ball in a **sideways position**.

LESS CHALLENGING:

1. Decrease the size of the playing area.
2. Allow players to stand on the same side of the net.
3. Allow more than one bounce before player catches the ball.

MORE CHALLENGING:

1. Increase the size of the playing area.
2. Throw and catch with dominant and non-dominant hand