I CAN START A POINT _____ Practice Activity - 11
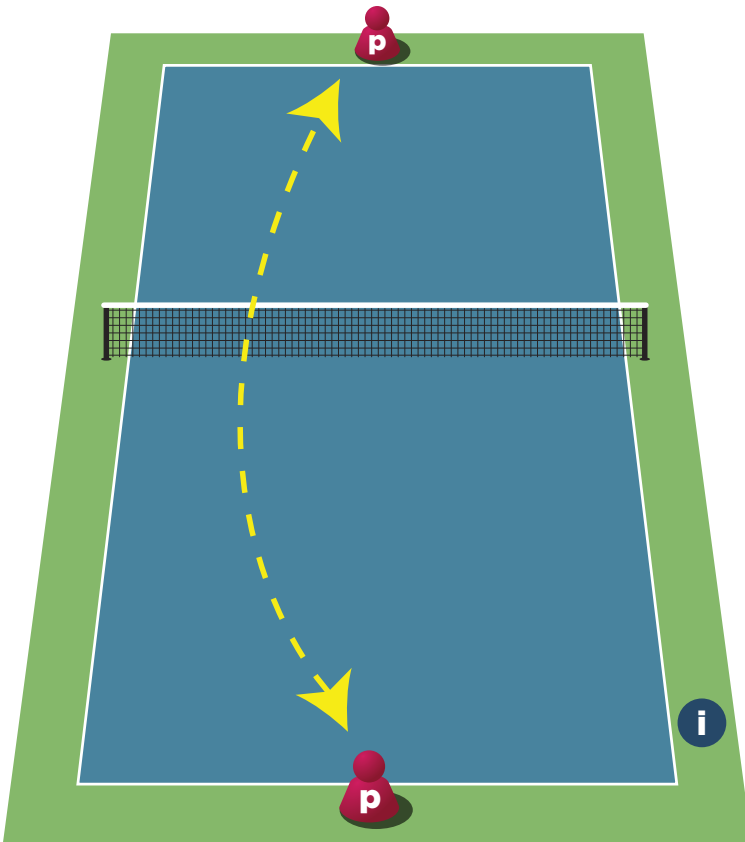
Sky Ball

TACTIC:
Keeping the ball in play longer than the opponent with consistency using overhead throwing.

ACTIVITY:
Players in pairs cooperatively **throw overhead** 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.
- Player catches the ball in the air.
- Player throws the ball underhand.

Fundamental Teaching Points:

1. Player must recover to a marker placed in the appropriate **recovery position** (Home base).

2. Players must throw the ball upward from a slightly **sideways position** with throwing hand above. shoulder **(trophy position)**.

3. Players must catch the ball in a **sideways position**.

LESS CHALLENGING:

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

KEY: Instructor **i**   Player **p**   Feeder **f**   Hitter **h**   Server **s**   Returner **r**

Target ●   Drop Down Lines – – –   Ball Flight ←– –→   Player Movement —→