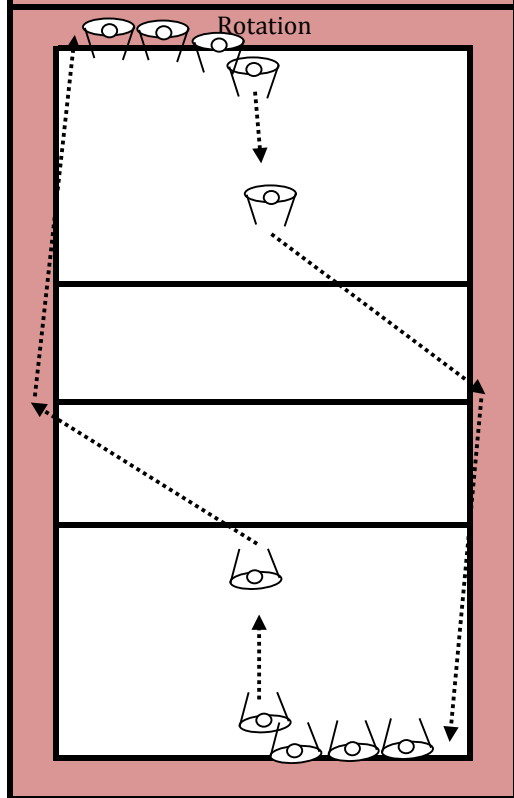
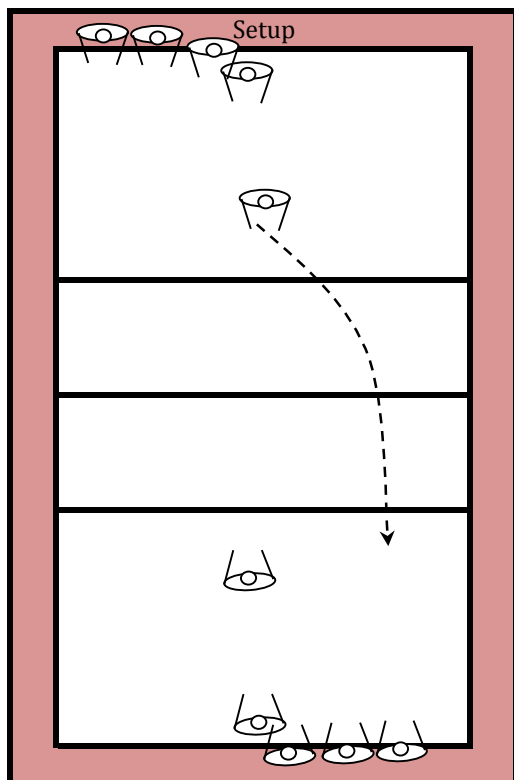



Recommended # of Athletes: 6 +

1 Touch Tennis



Legend: Ball's Route = - - - - -> Players Rotation => Players = 

Set-up

Split up athletes into two groups, one on each of the base line with 1 athlete on each side in the centre of the court

Conditions:

Ball is entered as a free ball from a coach or player on the sideline. Athlete gets only one contact to send the ball over the net to the opposite side and are limited to only underhand passing contacts. After contacting the ball the athlete rotates to the back of the line on the opposite side of the court. Athletes work individually to avoid errors on their side of the court and keep the ball alive. When the ball is dropped or an error is made the guilty athlete loses 1 "strike" or life. Chose the number of lives each athlete has

Purpose/Goal

- Warm up with a team competition
- Work on underhand passing accuracy
- Develop foot speed and court movement

Success criteria

Athletes have fun and develop strategies for success

Reference Points

- Start in the centre of the court and attempt to read opposing passer
- Vary passes target left and right as well as deep and short

Variations

- Create a team game where athletes rotate on their own side of the court. When all players on one side are eliminated the other wins
- When the athlete run out of lives allow them to warm up on the side of the court

