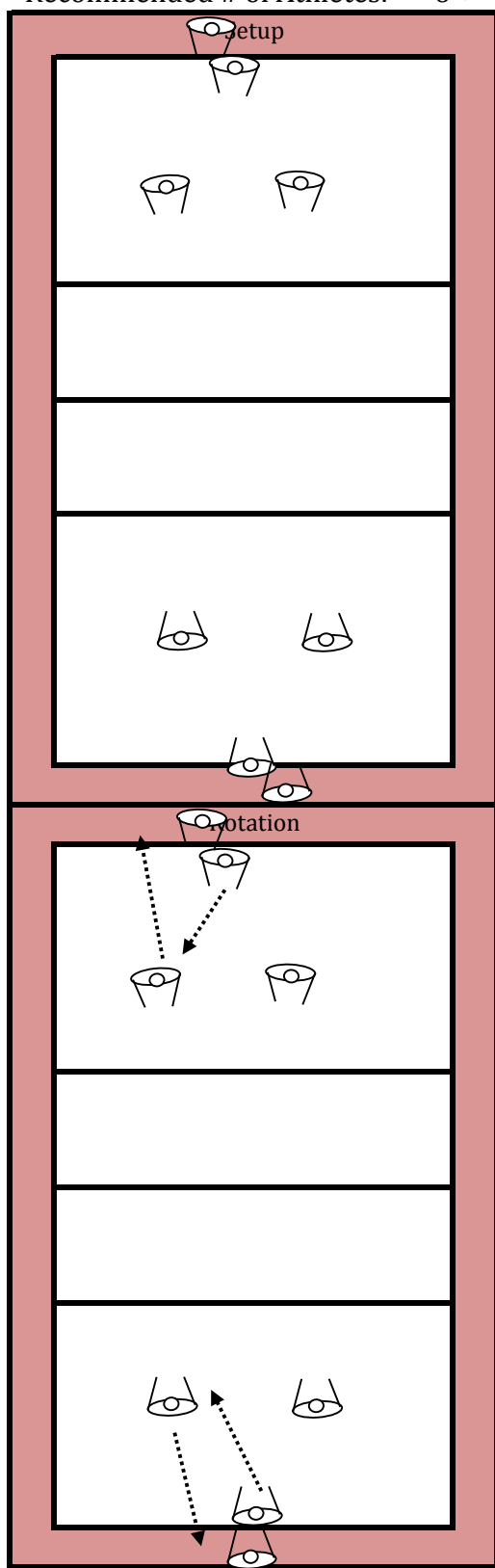


Recommended # of Athletes: 6 +

2 Touch Tennis



Set-up

Set up 2 teams, one on each base line with 2 athletes covering the full court and the rest prepared to enter. Ball comes from coach or athlete on the sideline

Conditions:

Athletes get two contacts to play the ball over the net to the opposing side. Athletes are all considered back row players and may not jump attack the ball in front of the attack line. The athlete that attacks the ball moves out and rotates to the back of their line to enter while the passer remains. Play to set number of points

Purpose/Goal

Develop team control with a variety of different partners
Warm-up in a fun competitive environment
work on attacking sets the come from a variety of angles and speeds

Success criteria

Athletes communicate early and quickly with their new partner and cover the full court successfully. They have fun and warm up properly

Reference Points

Pass the ball high for the partner to attack.
Read the attacker anticipate where they are aiming

Variations

If this is the first warmup game, maybe start without jumping and work into it

Simplification

Move athletes in pair so that they both cycle on and off the court each time the ball is played.

More Difficult

Add a variety of different rules into the game that the athletes must obey, be creative. (for example: 2nd contact MUST be a swing, or only one handed contacts allowed)

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

