



HOWZAT!

Games – Warm Ups

Name: Catching Tennis

Aim:

To warm player up physically and mentally.

To acquire and develop a range of movement skills, catching and throwing skills, spatial awareness skills and communication skills.

To select and apply skills and tactics to score points or prevent points being scored.

To evaluate and improve performance by thinking about how to effectively score points and prevent points being scored.

Organisation:

Players divide into 2 equal groups and stand in between coned areas (zones). Players in one zone throw a soft ball under arm and over waist height into the other zone attempting to make it bounce; if they succeed they score a point. Players in the other zone try to do the same.

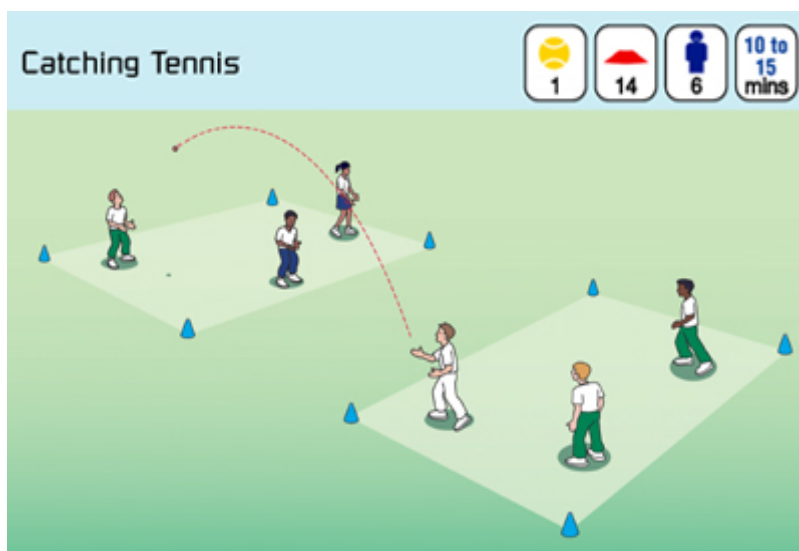
Technique:

Maintain a balanced position; Watch the ball; Hands ready with big catching area – level with or just above eye level; Catch at or just below eye level – orthodox; Catch above eye level – reverse; “give” with the ball.

Adaptation/Variation:

Increase/Decrease the size of the zones; Increase/Decrease the number of players; Increase the number of balls; Player to catch one handed.

If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.



Equipment:

Players: 3+ per group;

Cones: 8 per group;

Balls: 1+ per group;

Time: 10 -15 mins