

**Resources:**

Balls, nets, buckets, rackets

**Objectives:**

WALT – We are learning to use our rolling feet to send a ball and catching feet to receive the ball.

WILF – What I’m looking for is to be able to adjust your catching feet to anticipate the bounce of the ball.

TIB – This is because catching feet and rolling feet help us when we are striking the ball.

Year 2

Lesson 1

Activities	Coaching Points
<p><b>Warm Up:</b> Agility</p> <ul style="list-style-type: none"> <li>• Stop/Start – Using a restricted area children travel in different directions, heads up &amp; on balls of feet. Upon command children stop in ready position.</li> <li>• Ext – travelling in different ways, backwards, sideways, bouncing, hopping etc</li> </ul>	<p><b>Ready position</b></p> <p>Feet pointing forwards            Shoulder width apart            Knees bent            Shoulders rolled back</p>
<p><b>Activity 1:</b> Rolling into forehand feet</p> <ul style="list-style-type: none"> <li>• Roll and return – standing opposite partner, five metres apart children using rolling feet, roll the ball to their partner who is in ready position, collects ball and rolls the ball back</li> <li>• Ext – adjusting feet to react to direction of ball</li> </ul>	<p><b>Forehand feet</b></p> <p>Opposite foot forwards            Two fingers and thumb on ball            Bend and roll            Adjust to meet path of ball</p>
<p><b>Activity 2:</b> Relay</p> <ul style="list-style-type: none"> <li>• Relay games – Expand on this technique to consolidate using small team relay races:</li> <li>• Running out and round</li> <li>• Running out and round and rolling back</li> <li>• Increasing distance of roll</li> </ul>	<p><b>Ready Position and Forehand Feet</b></p> <p><b>Catcher</b></p> <p>On balls of feet            Anticipate the bounce            React to path of ball</p>
<p><b>Game 1:</b> Throwing feet</p> <ul style="list-style-type: none"> <li>• Over the net – Using and collection of balls, children in small teams try to throw the ball over the net, bounce and be caught in a bucket by the catcher. Team with the most amount of balls in their buckets are the winners</li> </ul>	
<p><b>Q.</b> How can you make sure the ball goes into the bucket?</p>	

<p><b>Game 2: Throwing and reacting</b></p> <ul style="list-style-type: none"> <li>• Throw tennis pairs – Using a social focus children throw ball over the net and partner tries to catch the ball on the first bounce (diff with second). Can you reach a rally of 10 throws, bounces and catches.</li> </ul>	
<p><b>Cool down:</b> Introduction of racket skills</p> <ul style="list-style-type: none"> <li>• Balance and bounce – Using the rackets introduce children to the racket grip balance the ball on the head of the racket.</li> <li>• Ext – children using a one bounce and hit</li> <li>• Start/Stop – cool down game decreasing speed using a signal to control heart rate.</li> </ul>	<p>Racket Grip Shake hands grip Tense wrist Eye on ball, eye in front</p>
<p><b>Success Criteria: I can:</b></p> <ol style="list-style-type: none"> <li>1. Use my rolling feet and catching feet to send and receive a ball.</li> <li>2. Adapt my rolling feet and catching feet to bounce and catch a ball over a net</li> <li>3. Adjust my catching feet to anticipate the bounce of a ball.</li> </ol>	<p><b>Main Coaching Points</b> Ready position Rolling feet Adjusting onto ball of feet</p>
<p><b>Evaluation</b></p>	<p><b>Points for next lesson</b></p>