

LESSON 2:

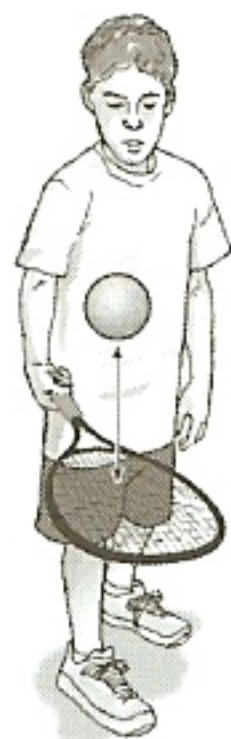
Racquet and Ball Handling Skills, Individual/Partner

Introductory Activity (2-3 minutes): **Get a Racquet, Make a Friend**

Fitness Development Activity (7-8 minutes)

Lesson Focus Activities (15-17 minutes)

1. Ball Tap-Downs:
 - a. At waist level, bounce the ball down and catch with opposite hand.
 - b. Continuously bounce the ball down with the racquet at waist level.
 - c. Tap the ball down and move slowly while dribbling the ball with the racquet.
 - d. Try bumping the ball down with the edge of the racquet ("Edgies").
2. Ball Bump-Ups:
 - a. Bump the ball up and catch with opposite hand.
 - b. Bump the ball up and try and cradle it on the racquet.
 - c. Try and bump the ball continuously ("eye high").
 - d. Bump the ball while alternating sides of the racquet.



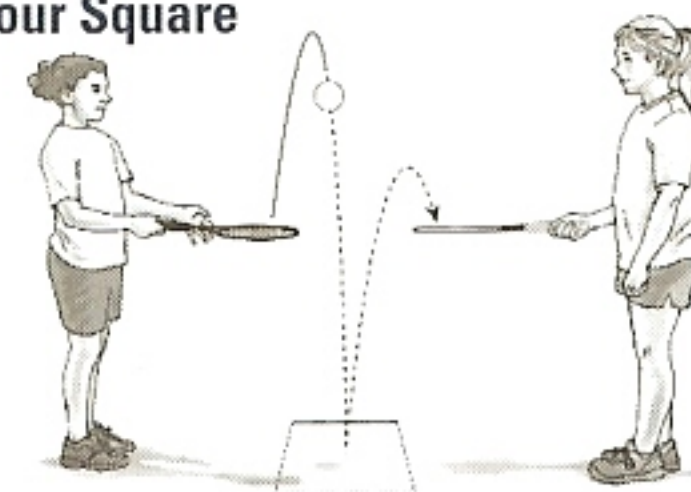
Bump-Ups



Tap-Down

3. Self-Rallies:
 - a. Toss the ball, let it bounce off the floor, bump it up with the racquet, and trap it against the racquet with the off hand.
 - b. Bump the ball up 5 times in the air, let it bounce, and tap it up again.
 - c. Alternate bumping the ball off the racquet and off the ground (self-rallies).
4. Partner/Group Activities:
 - a. Partner Bump-Ups with Bounces: Partners stand close to each other and bounce the ball up off their racquet, then let it bounce off the floor before repeating the bounce up.
 - b. Circle Bump Pass: Divide the class into several groups in circle formation with a marking spot in the center to keep the circle of students from moving. The goal is to bump pass the ball to other group members. The ball may bounce as many times as desired.

Wrap-Up Game Activity (7-8 minutes): **Tennis Four Square**



Partner Bump-Ups