

25. Racket tossing skills (iii)

And more!

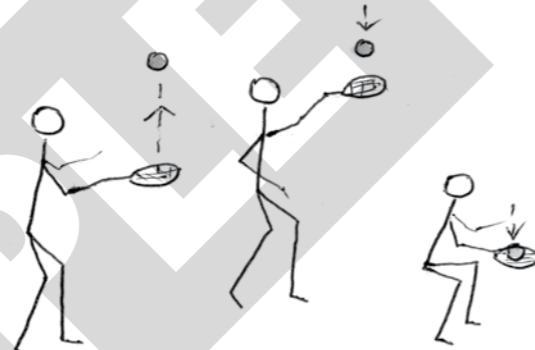
a. Sink and trap

This time, place the ball in the middle of the strings and sink into the floor with the ball staying in the middle of your racket.



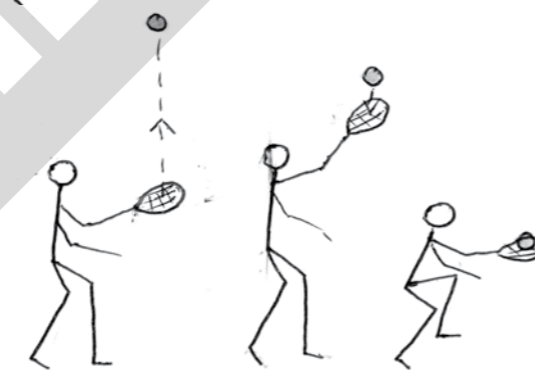
b. Toss and catch

Now toss the ball slightly into the air keeping it above your racket strings and catch it on the racket. Sink into the ground as you catch the ball so that it doesn't bounce on the racket when you catch it.



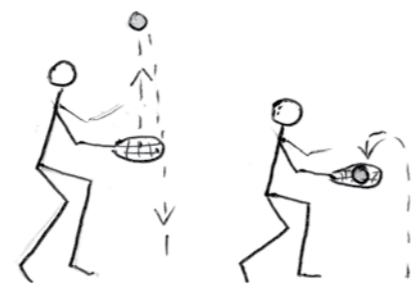
c. Toss, catch, sink

This time, try to catch the ball after a higher toss. Keep your eye on the ball and try to bring your racket down underneath the ball at the same speed it is dropping. The ball should land on your racket without a bounce.



d. Toss, bounce, catch

High toss, let the ball bounce and catch the ball without it bouncing on your strings.



26. Racket tossing challenges (i)

As pupil confidence grows in handling ball and racket skills, try incorporating other body parts into tossing and bouncing skills. It is important they develop their own ideas below are a few ideas they might try.

a. Racket knee

Using the music, establish a racket tossing rhythm and aim to toss with the knee every third or fourth bounce so it becomes: racket, racket, knee, racket. This is a real test for balance and coordination.



b. Racket toe

As above but from racket to toe. Some may even be able to combine racket, knee and toe.



c. Racket head

The footballers amongst the class will adapt to these skills more easily. Get pupils to head the ball with their forehead and not the top of their head for 2 reasons: one, it is easier to see the ball and two, the forehead is flatter and provides a bigger contact area to head the ball with.



d. Racket chest

Get pupils to watch the angle of the upper part of the body when successfully using the chest to toss the ball.

