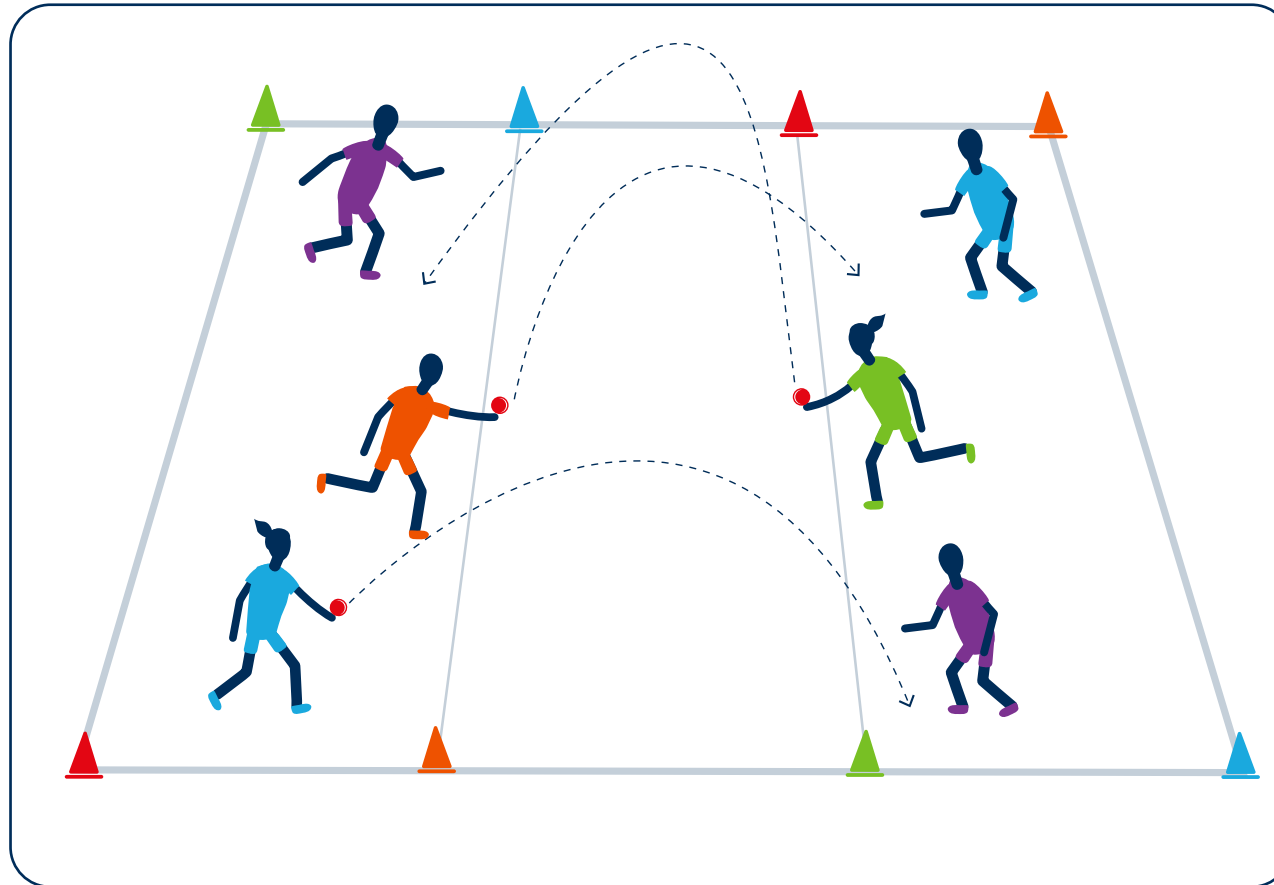


CATCHING TENNIS



Equipment

Balls: 1+ per team

Cones: 4 per team

Aim

To warm players 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

Adaptation/variation

Increase the size of the zones

Decrease the size of the zones

Increase the amount of players

Decrease the amount of players

Increase the amount of balls

Players to catch one handed

If used as a cool down:

Perform at a slower pace

Add static stretches

Reflect on session

Players to re-hydrate



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