

# RACQUET TAPS

**LEARNING INTENTION:**  
 Hand eye coordination

**VC LEVELS:**  
 Levels 3 & 4

**CONTENT DESCRIPTIONS:**  
 VCHPEM097

**EQUIPMENT NEEDED:**

1. Racquets
2. Balls
3. Hoops/dots

**REBOUND WALL NEEDED:** No

**ACTIVITY SETUP:**

1. Each student works individually and could either stand in a hoop on the floor, on a dot.
2. Ensure students are a few metres apart to avoid students running into each other.

**HOW TO PLAY:**

1. Student stands in the hoop/ on dot and attempts to tap the ball up on their racquet as many times as possible without moving outside the hoop/ from the dot and without the ball touching the ground.
2. Each student to start by playing only forehand followed by progressing on to the backhand and then finally alternate strikes with the forehand and then backhand.



**PROGRESSIONS:**

1. Encourage students to hit the ball higher/lower.
2. Vary hitting the ball when it is above waist/below waist height.
3. Change to bouncing the ball into the hoop/on the dot - forehand strike first, then backhand, then alternating.
4. Winner stays on - two students hit/ bounce the ball to each other in the zone as the winner stays on. Other students can rotate on in turns.

**KEY TEACHING POINTS:**

1. Keep control - remain standing in the same place while tapping the ball.
2. Use handshake grip (make V shape with thumb and index finger, 'shake hands' with racquet held vertically, wrap fingers around grip keeping V shape).

**QUESTION PROMPTS:**

- How do you hold the racquet?
- Why is it important to stay within your hoop/on your dot during this activity?
- What strategies can you use to achieve as many taps/bounces as possible?
- What do you need to do to hit the ball higher/lower?

# EGG AND SPOON

**LEARNING INTENTION:**  
Hand eye coordination

**VC LEVELS:**  
Levels 3 & 4

**CONTENT DESCRIPTIONS:**  
VCHPEM097

**EQUIPMENT NEEDED:**

1. Cones/dots
2. Racquets
3. Balls

**REBOUND WALL NEEDED:** No

**ACTIVITY SETUP:**

1. Set up two cones/dots per group 5 m apart.
2. Allocate students into groups of 3-4 at each set of cones, with students waiting behind the starting cone.
3. Allocate one ball per student. To make the activity easier, use a beanbag or larger ball.

**HOW TO PLAY:**

1. Each student must balance the ball on their racquet, walking from the start cone, around the second cone and back to the start cone, before passing the ball to the next student in line.
2. If the ball is dropped, the student must stop and retrieve it and continue from where they dropped it.
3. The group with all students to successfully walk the ball up and back first wins.



**PROGRESSIONS:**

1. Limit the number of times each team is allowed to drop the ball.
2. If a ball is dropped, students must return to the start and begin their attempt again.
3. Students who are waiting to take their turn can practice tapping or bouncing their ball on the spot.

**KEY TEACHING POINTS:**

1. Steady hand, using correct grip, with racquet in front.
2. Keep control.
3. Eyes up, looking forward.

**QUESTION PROMPTS:**

- What grip will you use to hold the racquet?
- How would you keep the ball from dropping to the ground ?

# HOT POTATO

## EQUIPMENT NEEDED:

1. Big ball (balloon or beanbag optional)

## REBOUND WALL NEEDED: No

## ACTIVITY SETUP:

1. Students work in groups of 4-6 and stand in an evenly spaced circle about 1m apart.
2. To make this activity easier, use a balloon or large foam/lightweight ball. To make it more challenging, use a beanbag, racquetball ball or tennis ball.

## HOW TO PLAY:

1. Students underarm throw the ball to each other as quickly as possible without letting the ball touch the ground.
2. Whoever lets the ball fall on the ground (including a bad throw) are out and made to do an activity such as start jumps before entering back into the game.

**\*Note:** If the ball is dropped due to a bad throw, the thrower is 'out' if the ball is dropped due to a bad catch, the catcher is 'out'.



**LEARNING INTENTION:**  
 Hand eye coordination

**VC LEVELS:**  
 Levels 3 & 4

**CONTENT DESCRIPTIONS:**  
 VCHPEM097

## PROGRESSIONS:

1. Make it more challenging by adding tricks in - eg: hand taps to the ground, run and touch the closest wall after a hit, spin in a circle, use one hand only (preferred or non-dominant hand).
2. Students use a small bat or racquet and tap the ball up to each other.
3. Make it more challenging by reducing the size of the ball to make the challenge harder.

## KEY TEACHING POINTS:

1. Eyes on the ball.
2. Ready position.

## QUESTION PROMPTS:

- How should you stand to react as quickly as possible to the ball?



BEGINNER

# RACQUETBALL TRICKS

LEARNING INTENTION:

Striking, hand-eye coordination

VC LEVELS:

Levels 3 & 4

CONTENT DESCRIPTIONS:

VCHPEM097

## EQUIPMENT NEEDED:

1. Racquets
2. Racquetballs

## REBOUND WALL NEEDED: Yes

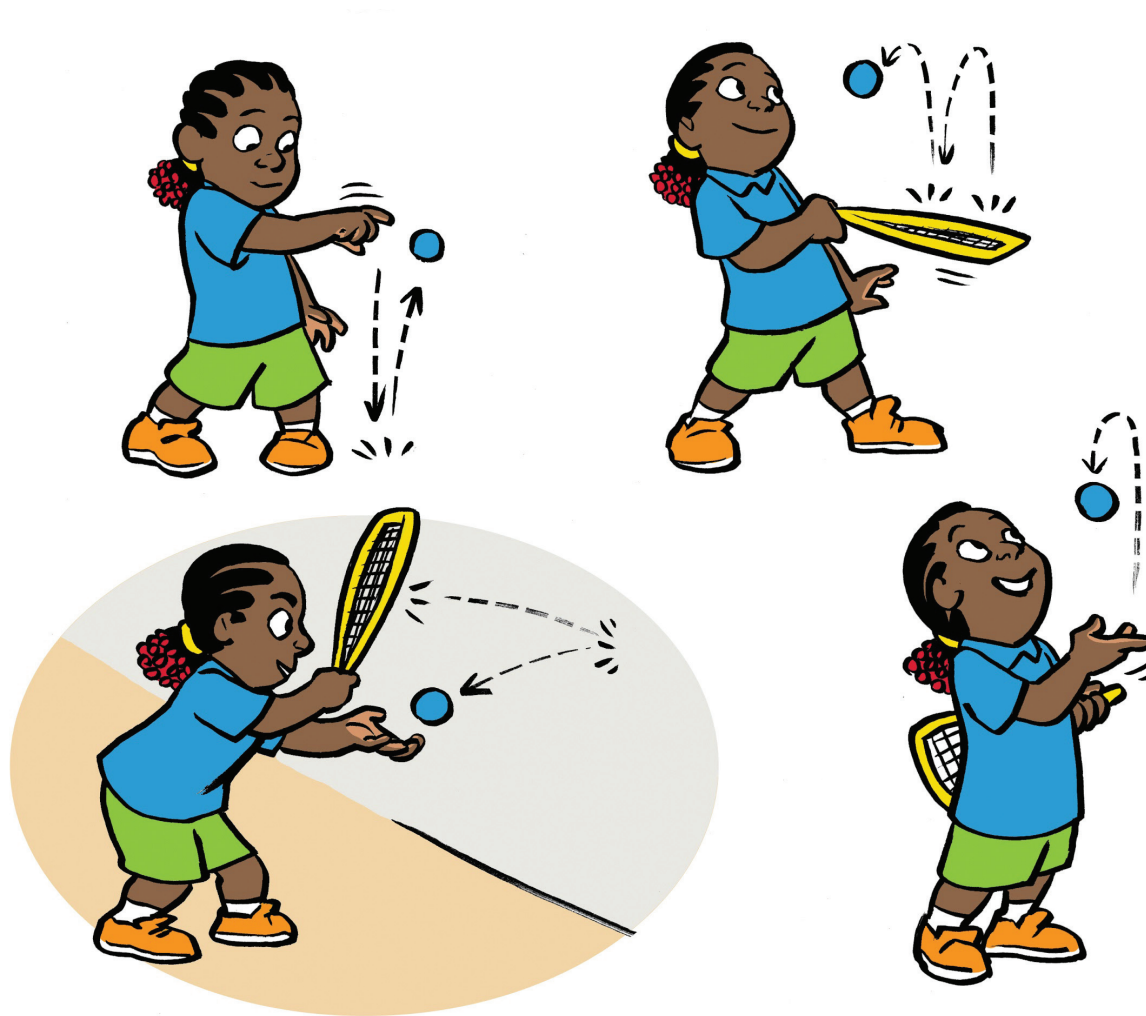
## ACTIVITY SETUP:

1. Each student stands in their own space (not able to touch other students), with a racquetball and racquet.

## HOW TO PLAY:

Attempt the following activities individually. Aim for the number provided in a row, then see how many you can get without stopping.

1. Bounce and catch the ball using your hands 5 times.
2. Hit the ball into the air using your racquet 5 times.
3. Hit the ball against the wall and catch 3 times.
4. Throw into the air and catch the ball with your hands without dropping) 5 times.



## KEY TEACHING POINTS:

1. Eyes on the ball.
2. Ready position.
3. Keep the ball close to you - try to keep in the same spot.

## QUESTION PROMPTS:

- How much force should you use in these activities and why?
- Why is it important to watch the ball closely?
- What style do I use to hit the ball when hitting upwards, downwards, forwards?



# WALL BALL

**LEARNING INTENTION:**  
Hand eye coordination

**VC LEVELS:**  
Levels 3 & 4

**CONTENT DESCRIPTIONS:**  
VCHPEM097

**EQUIPMENT NEEDED:**

1. Large, soft and bouncy balls
2. Cones/Markers

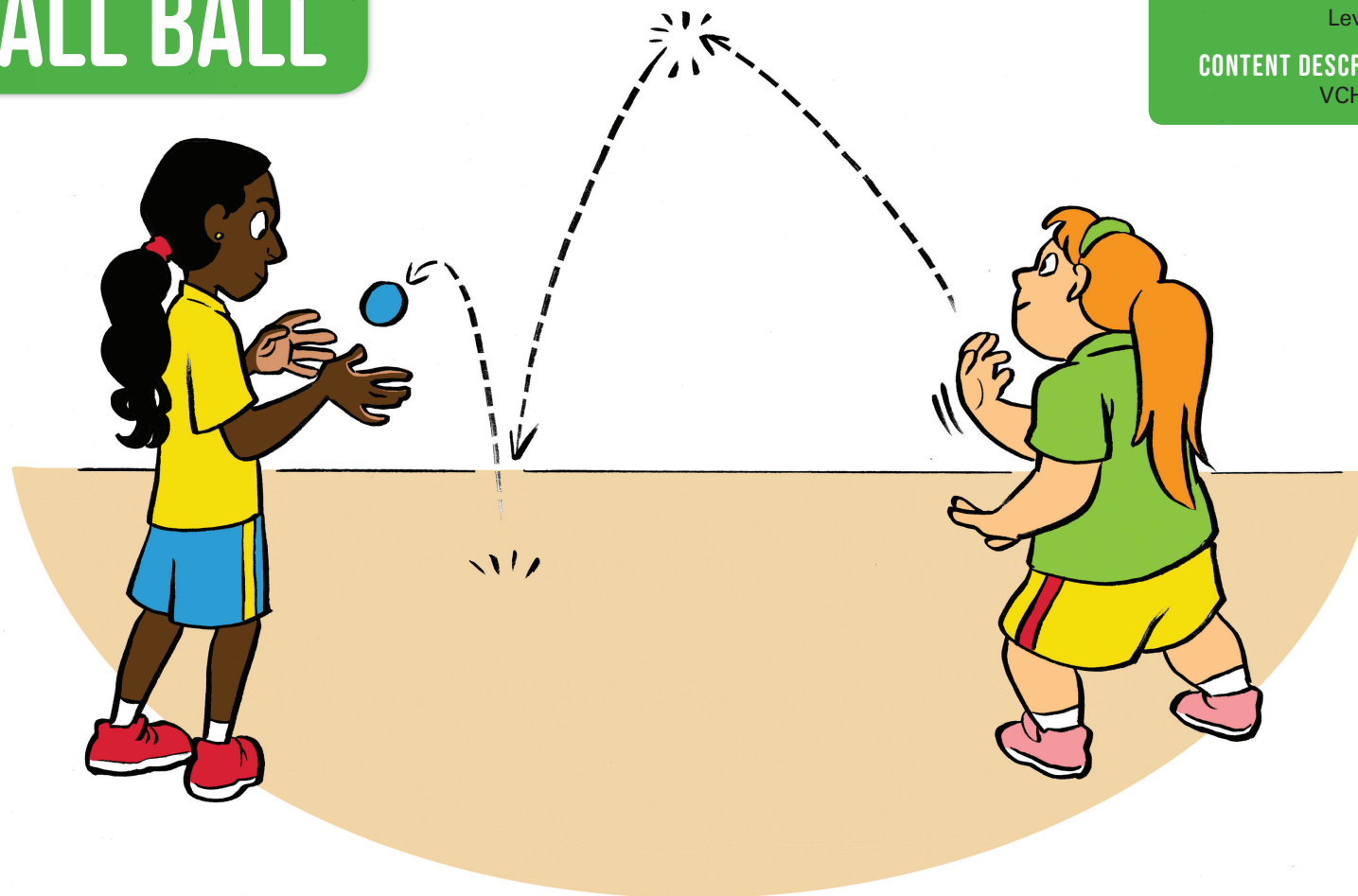
**REBOUND WALL NEEDED:** No

**ACTIVITY SETUP:**

1. Students work in groups of 4-6 and stand in an evenly spaced circle about 1m apart.
2. To make this activity easier, use a balloon or large foam/lightweight ball. To make it more challenging, use a beanbag, racquetball ball or tennis ball.

**HOW TO PLAY:**

1. Students underarm throw the ball to each other as quickly as possible without letting the ball touch the ground.
2. Whoever lets the ball fall on the ground (including a bad throw) are out and made to do an activity such as start jumps before entering back into the game.  
\*Note : If the ball is dropped due to a bad throw, the thrower is 'out' if the ball is dropped due to a bad catch, the catcher is 'out'.



**PROGRESSIONS:**

1. Make it more challenging by adding tricks in - eg: hand taps to the ground, run and touch the closest wall after a hit, spin in a circle, use one hand only (preferred or non-dominant hand)
2. Students use a small bat or racquet and tap the ball up to each other.
3. Make it more challenging by reducing the size of the ball to make the challenge harder.

**KEY TEACHING POINTS:**

1. Eyes on the ball
2. Ready position

**QUESTION PROMPTS:**

- How should you stand to react as quickly as possible to the ball?

# SQUASH HOCKEY

LEARNING INTENTION:  
Striking

VC LEVELS:  
Levels 5 & 6

CONTENT DESCRIPTIONS:  
VCHPEM115

## EQUIPMENT NEEDED:

1. Racquets
2. Balls
3. Hoops/dots

REBOUND WALL NEEDED: No

## ACTIVITY SETUP:

1. Set up a playing area with cones/dots (Approx. 6m x 6m).
2. Students play singles, so allocate 3-4 students per space and students can rotate on.
3. A sponge ball to help reduce ball speed and increase safety.

## HOW TO PLAY:

1. Starting with an underarm serve, players rally gently with the ball to be kept below knee level, aiming to move the ball around the space but keep the rally going as long as possible.
2. Allow 3 rallies before other students rotate in to play.



## PROGRESSIONS:

1. Students play a competitive rally, scoring points (first to three).
2. Alter the court dimensions to make it easier or harder.
3. Use a deck of cards and get students to select a number. This is their starting number in the match. When they win a point they take one off their card number until they reach 0.
4. Use pegs to help score. Start with 10 pegs in the middle. When you win a point you place one of those pegs to your side of the court.

## KEY TEACHING POINTS:

1. Quick reactions - how can you best prepare to react quickly?
2. Gentle shots.
3. Ball to stay below knee level.

## QUESTION PROMPTS:

- How can you best prepare to react quickly?
- Where would you hit the ball and why?
- Where should you move after you hit the ball and why?

