

GAME STEADY, AIM, FIRE!

LEARNING OBJECTIVE

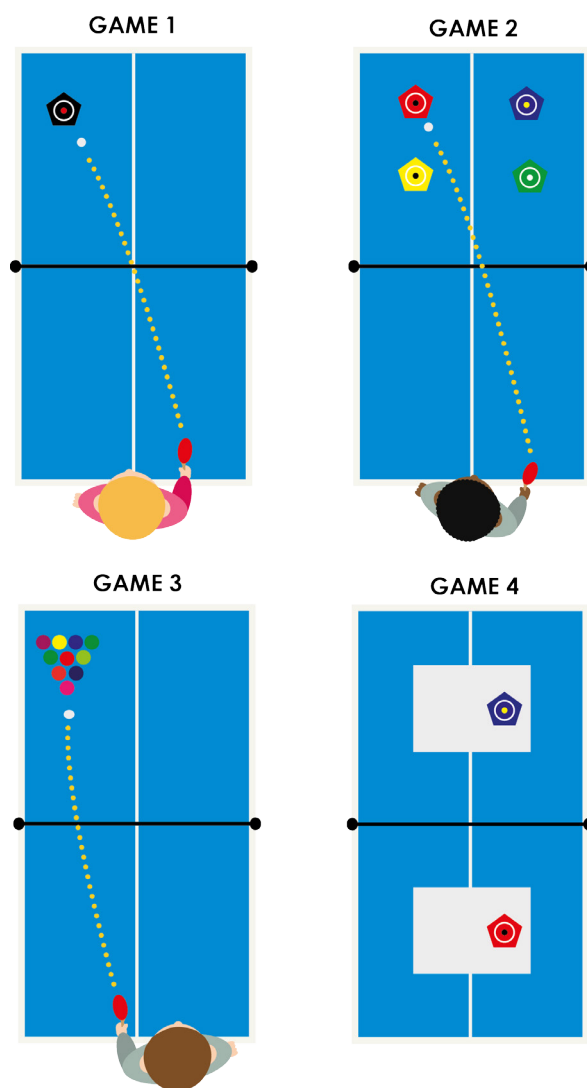
- Play a forehand or backhand with control of speed and direction of the ball
- Read the flight and direction of the ball – bouncing, rising and falling
- Developing the correct grip

ACTIVITY

- Place a target (bat, container or cone) on one or all of the target positions
- Game 1: One target- give each player 10 serves, counting the number of times you hit the target. Repeat for other positions on the table
- Game 2: Four targets- count how many serves it takes to hit each target once
- Game 3: Set 10 plastic cups either corner. Players serve at target. Score how many cups you manage to knock down or by how many serves it takes to hit all the cups off the table
- Game 4: Count how many times you can hit the targets with your serve. Use sheets of paper

ORGANISATION

- Equipment: 1 ball per table, 1 bat per player, targets
- Position players at the side of the area and demonstrate.
- Define playing area
- Organise players into space



EASIER

- Bigger and more targets
- Use a bigger ball or sponge ball
- Increase time allowed
- Work as a pair to hit targets

HARDER

- Feeder feeds 10 consecutive balls to player
- Use smaller or less targets
- Decrease time allowed
- Encourage players to select a backhand or forehand serve