

4 FLIPPER

Years 5&6 / P6&7: Racket Co-ordination



Activity Challenge

- Pupil 1 starts with a racket and a ball
- Pupil 1 taps the ball into the air and flips the racket 180 degrees before tapping the ball up again and flipping the racket back 180 degrees (the palm of the racket hand should alternate between facing up and down)
- Pupil 2 counts how many times Pupil 1 can flip the racket and tap the ball

To make it harder

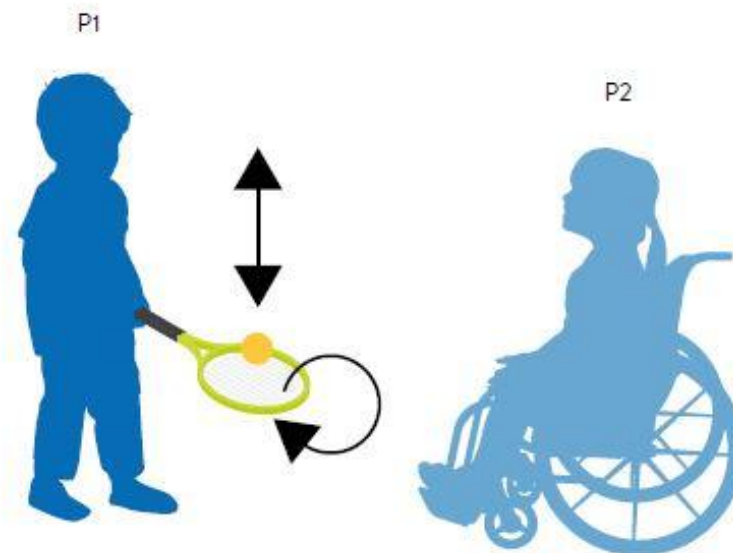
- Use the non-dominant hand

To make it easier

- Let the ball bounce after tapping the ball in the air and flipping the racket
- Tap the ball up without flipping the racket

Equipment:

-  1x Tennis racket
-  1x Sponge ball



Scoring

- How many flip and hits can you do with your racket in 1 minute?