

# 7 TARGET ZONE

Years 3&4 / P4&5: Underarm Serve



## Activity Challenge

- Place 4 lines to make a 1x1m square
- Place a starting line 2m away from the square
- Pupil 1 starts behind the line facing the square with the racket and balls
- Pupil 1 taps the ball using an underarm serve action aiming to bounce the ball inside the target
- Pupil 2 collects the balls and passes them back to Pupil 1
- Pupil 2 counts how many times the ball lands in the square

## To make it harder

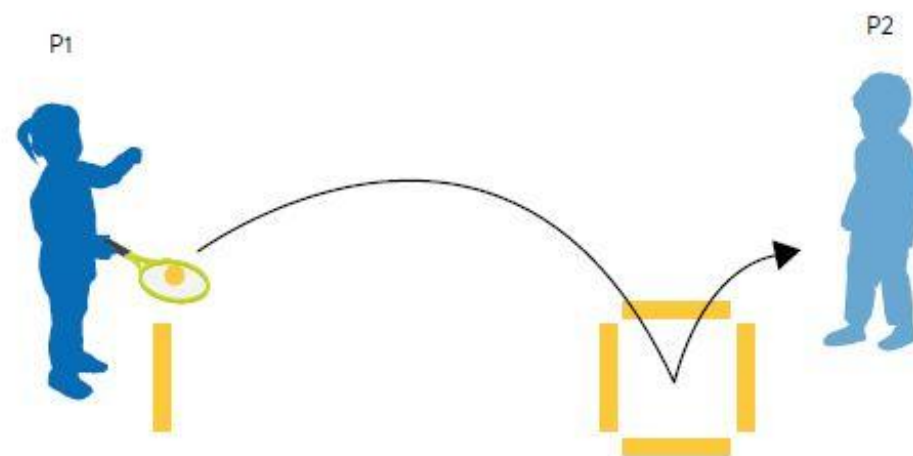
- Move further away from the square
- Make the square smaller

## To make it easier

- Move closer to the square
- Use an underarm throw rather than an underarm serve

## Equipment:

- 2x Sponge balls
- 1x Tennis racket
- 5x Throw down lines



## Scoring

- How many serves can you land in the target in 1 minute?  
You only score if the ball lands in the square on the first bounce