

Head Tennis

Category: Warm Up

Length: 00:15 Rec. Players: 4

Published: January 21, 2015 @ 16:48

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Players operate in pairs & try to play ball over a central net or zone using a given number of touches.

For instance, players could be allowed one bounce and a maximum of 4-6 touches, before returning the ball over the net

Organisation & Setup

In the diagram shown, 4 players are involved with a central zone being used

Coaching Factors & Outcomes

Players are encouraged to improve their 1st touch, control and set up with their partners

Different controlling surfaces (feet, thigh, chest, head) & passing techniques are required from the players

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying the dimensions of the court
- Placing restrictions on the numbers of touches which players/the teams are allowed

Technical

N/A

Physical

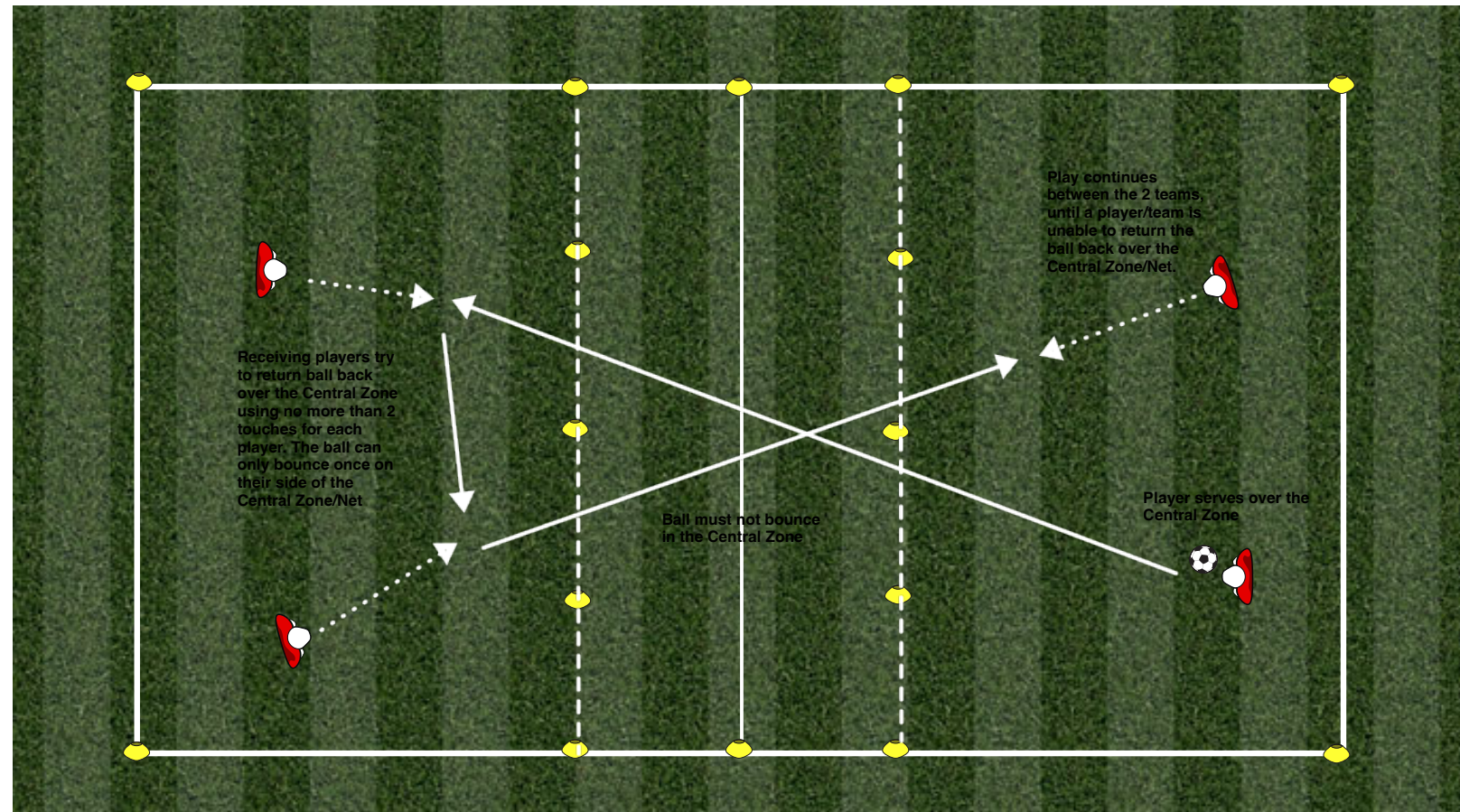
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15

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Category: Warm Up

Slide: 01/02



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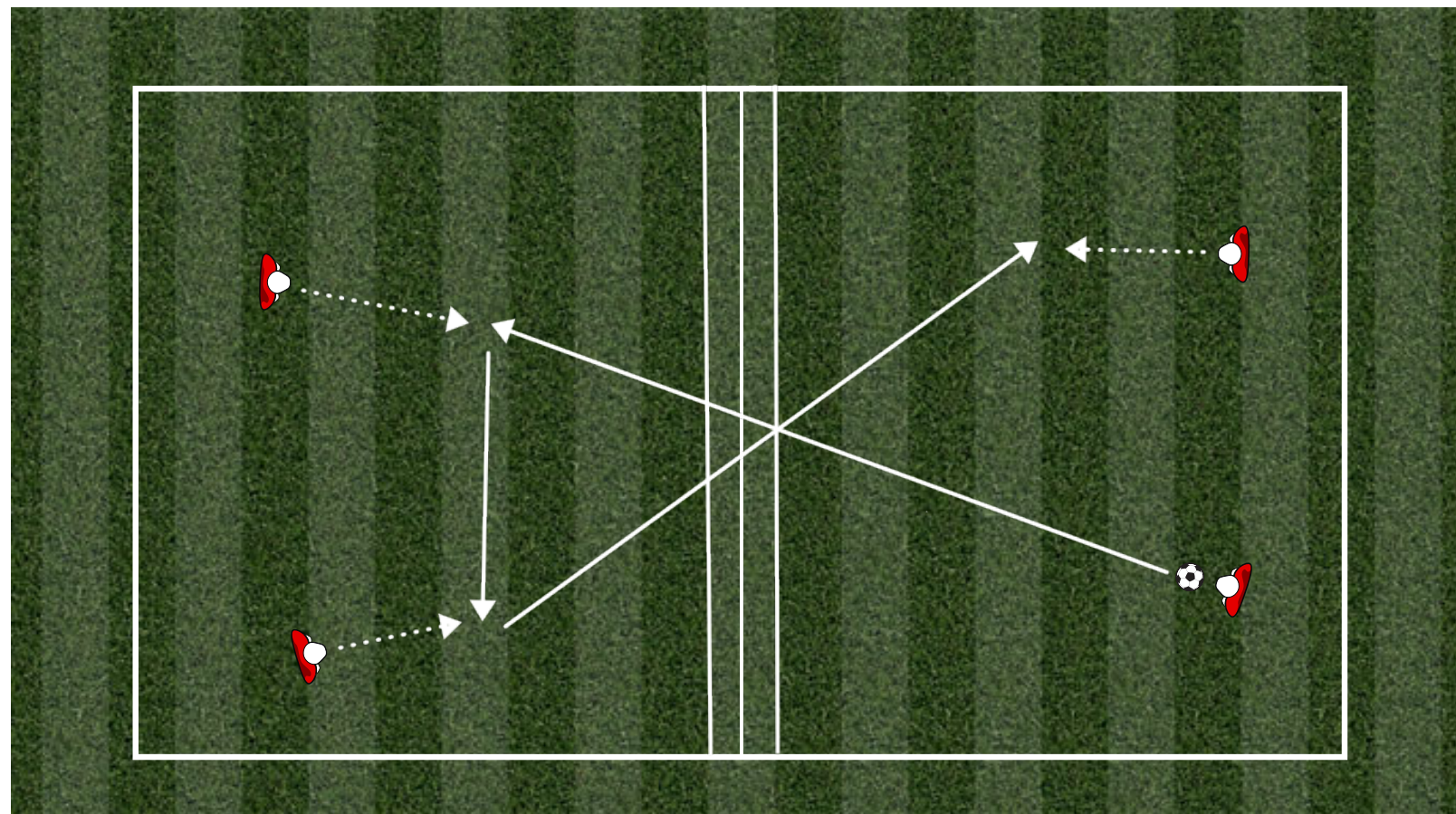
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