



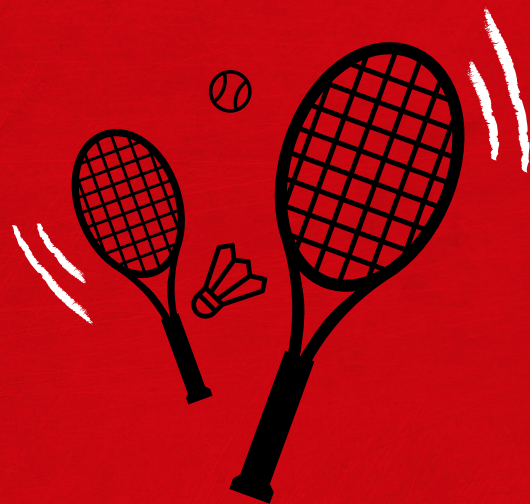
Foundation

WAYNE ROONE
FOUNDATION

Bat and ball

What you'll need

- Racket
- Tennis ball
- Shuttlecock
- Flat markers



How to play

- Players are to hold the racket so the large surface area is facing upwards
- Start with the tennis ball in the centre of the racket and push the racket up to begin the rally and hitting the ball with control
- Practise keeping a rally by hitting the ball up and down and not dropping it on the floor
- To develop balance and coordination, see how long you can keep the ball on the racket without it dropping to the floor
- You can compete against other family members or friends to see how many times you can hit the ball without it touching the floor
- The player who can hit the ball the most times is the winner

Progression ideas

- Players can alternate which type of ball they use to practise their rally – the soft ball is a lighter option and the shuttlecock is more advanced
- Place one flat marker on the floor and try to stay on the spot whilst completing the rally. If you come off the marker you must restart counting your score
- Using the flat markers, mark out a line across the centre of the room or outdoor space. You can now practise your rally by hitting the ball/shuttlecock over the line to another family member or friend
- See how many times you can maintain a rally between yourselves, like a game of tennis

