



GROUNDSTROKES

Training Activity – 1



TWO RACKET TENNIS

NUMBER OF PLAYER:

2 players per station.

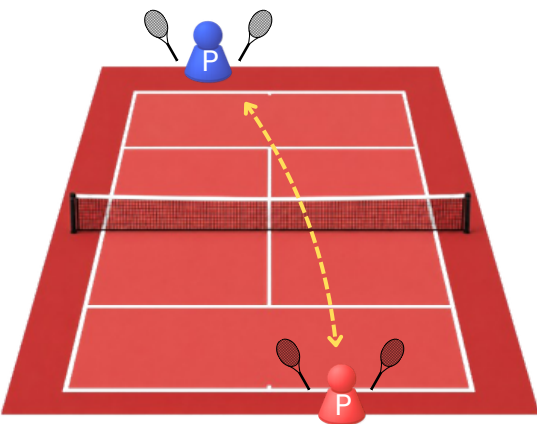
INSTRUCTIONS:

Players work cooperatively in pairs. One or both players hold two rackets, **one in each hand**. They perform cooperative rally tasks using both rackets.

1. Catch the ball **between the two rackets** and gently throw it over the net to the partner.
2. Catch the ball between the rackets, **let it drop**, then strike it back after one bounce.
3. **Rally continuously using both rackets** without catching the ball.

DEVELOPMENT AREAS:

Coordination, Attention, Perception, BTR.



TEACHING POINTS:

- Encourage players to **stay balanced** while controlling both rackets.
- Promote **soft and controlled contact** while maintaining **coordination between both hands**.

VARIATIONS:

- Player repeats the same sequence: **hit up first, then hit over**.
- Player first taps the ball upward using one racket, then controls and sends the ball over to the partner using the second racket.



GROUNDSTROKES

Training Activity – 2



BACKHAND FLOOR TENNIS WITH NORMAL FOREHANDS

NUMBER OF PLAYER:

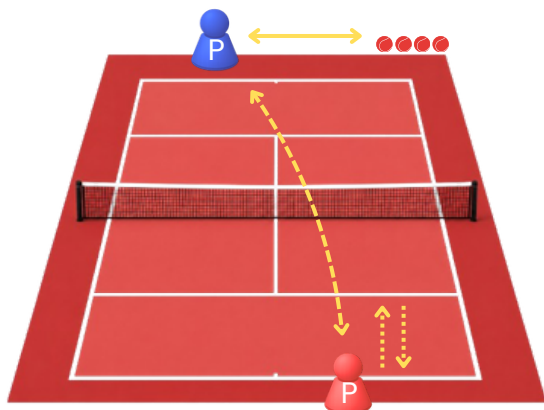
2 players per station.

INSTRUCTIONS:

Players begin with a cooperative forehand crosscourt rally. After the forehand exchange, one player moves from the marker toward the ball and performs a **floor tennis backhand** action before recovering for the next ball, while the other player **taps the ball up and then hits it over**.

DEVELOPMENT AREAS:

Coordination, Perception, BTR, Movement Patterns.



TEACHING POINTS:

- Encourage players to **move early and stop in balance** before contact.