

Table Ball Lead up Activities

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Serving Demonstration and Drill (7-8 minutes)

Serving Technique – Hold tennis ball by making the letter “C” with your off hand. Strike the tennis ball with the other hand in a downward motion so that the ball bounces once off the server’s table and then onto their opponent’s table. Make sure the striking hand is flat like the racket. Do not toss ball in the air and attempt to hit it mid-air.

Serving Practice Drill – One student stands at the end of each table. The rest of the students line up behind cone behind one of the tables. Each student gets to serve twice and then rotate to the next table or back of the line. Students do not return serve; they just catch the tennis ball and serve it back.

Double Hit Skill and Drill (7-8 Minutes)

Double Hit Technique – Explain to the students that the first hit should be “pop up,” trying to hit the ball upwards so that it is little more than eye level. Then you can hit the ball either overhand or underhand across to the opponent’s table. Explain to the students that you can use the same hand or alternate between hands.

Double Hit Progression Drill – Students will serve across like in previous drill. Only this time, the student receiving the serve will attempt a double hit. For the first two attempts, I have the students only “pop” and catch the ball. They then serve it back. After their two attempts, I allow them to try and “pop” and “hit” the ball back the server’s table. The server then just catches it and serves it back. Repeat two times and then rotate, as in previous drill.

Modifications

Although the official game of HANTIS uses a tennis ball, I have used an “eclipse” ball, which is larger and easier to strike. Some students have more success and the rallies often last longer.