



Australian Government
Australian Sports Commission

EASY MED HARD



Racket relay

Players start off in relay groups behind a starting line. Players balance a ball on a paddle bat, while weaving in and out of obstacles. When the hitting line is reached, the player uses the bat to hit the wall twice before returning with the ball balanced on the bat. (Play with 4 or more.)



Scoring

- > First team to have all players finish is the winner.
- > Alternatively, the team with the most players finishing in 90 seconds wins.

What you need

- > Playing area with a wall suitable for hitting
- > One paddle bat per team
- > One tennis ball per team
- > Markers or tape for the start line, hitting line and obstacles
- > Stopwatch (if using timed activity period)

What to do

- > If a player drops the ball, they pick it up and continue.
- > On return, players must cross the starting line and tag the next player.
- > Alternatively, mix up the teams and start again with the players who missed out. Activity lasts for a set period, e.g. 90 seconds.

LESSON LINK

Racket relay is a warm-up or transition activity to activities that require hitting a ball with a bat. The 'carry and run' add-on requires players to split the focus between near and far objects.

SESSION PLANS

Mixed combo > Start out NC 03 + Get into it TG 04

change it...

Coaching

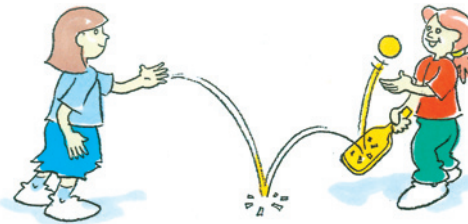
- > Ensure relay groups are small, e.g. 3 per team, so that players are not standing around for too long.
- > Allow players to make individual decisions about travelling with the ball and the number of hits.

Rules and roles**Use different** running activities:

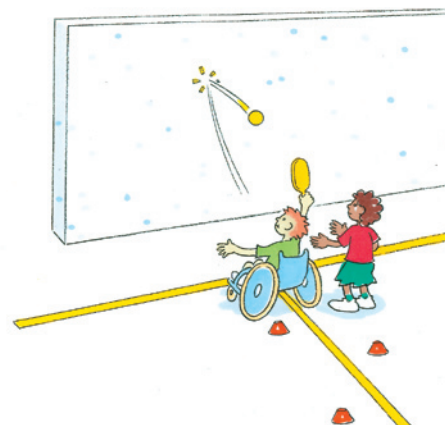
- > dribble ball 'hockey style'
- > bounce ball on bat 3 times
- > bounce ball on floor 5 times
- > Then allow children to set their own targets.

**Involve the team**

- > First player runs to the hitting line with the bat only and turns around.
- > A team-mate bounces an underarm ball, which the batter stops with the bat and picks up.



- > Make 2 wall hits.
- > Throw the ball back to the next team-mate and then run back.
- > **Include all** – split tasks using a 'buddy' system. See also 'Equipment' and 'Playing area'.



- > Instead of hitting the ball from the hitting line to the wall, the player runs to the wall (or uses another form of locomotion) a set number of times, e.g. 3.
- > **Roll a ball on a Racket** – use a tennis or racket ball racket to roll the ball around the horizontal racket.

Equipment

- > **Slower ball** – use a slower ball or larger racket with less skilful players.

Playing area

- > Vary the position of the 'start line' and 'hitting line'.
- > Vary the type and separation of obstacles.

Safety

- > Provide sufficient space between groups.
- > Balls are retrieved from another group's area only after play there has stopped.