

8-14 players

Rugby Tennis

Objective – Develop players' ability to give effective offloads, as well as the support players running lines.

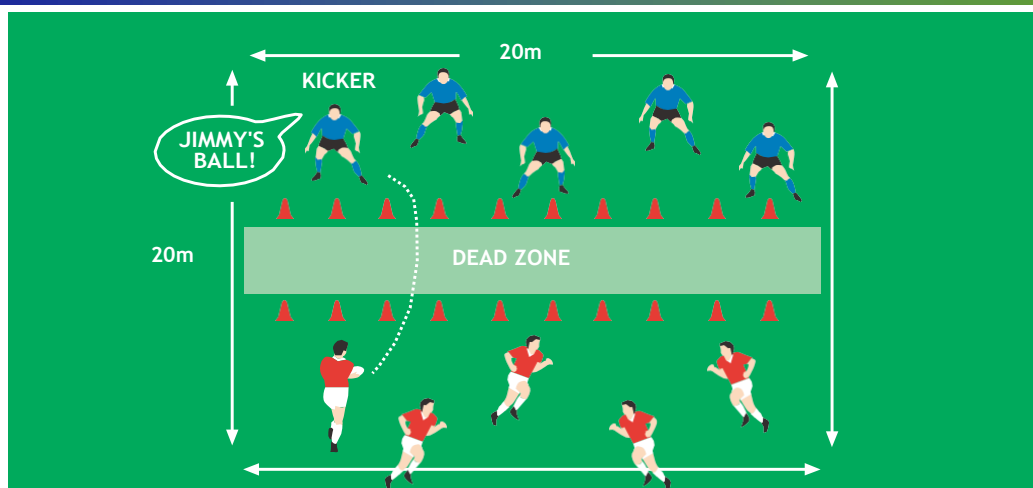
Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: optional

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Pitch is set up as a square with two lines of cones creating a 'net' in the middle which is effectively a dead zone.
- Players take it in turns to kick the ball over the net into the opposition court.
- If the ball lands in the court, a point is awarded to the kicking team.
- If the ball is caught the game continues.
- Should the ball be kicked out of the area or onto the net area, no points are awarded.
- Teams take turn about to kick.
- Every player should kick during the game.

Difficulty:

- Progress to new rules such as if someone drops the ball they move to the other team.
- Increase size of area as players improve.
- Progress to giving the fielding team points for every successful catch.

Coaching points/Key factors:

Kick

1. Ball held in two hands and extended towards foot (pointed end downwards)
2. Drop ball onto laces
3. Head and shoulders kept over the ball to ensure weight kept forward (no leaning back)
4. Contact made with laces, toe pointed towards target
5. Straight follow through towards target
6. Increase leg speed to increase power.

Catching High Ball

1. Move to be under the ball.
2. Turn side on.
3. Wide stance to aid balance.
4. Reach for the ball with hands and arms.
5. Pull into body.