



Australian Government
Australian Sports Commission

EASY MED HARD



Rally around

Cooperative play – working in pairs, players complete a hit-and-rally circuit with 60 seconds at each station. The aim is to rally for as many shots as possible. Pairs move from station to station on a signal.



What you need

- > Parallel playing areas and sufficient space between courts
- > 4 paddle bats
- > 3 tennis balls
- > One larger ball, e.g. volleyball
- > Markers or tape
- > Stopwatch

What to do

- > Warm-up with individual activity against a wall or pairs cooperative play.
- > An underarm throw may be used to start play.
- > Players move in an orderly manner to the next station on a signal.

Scoring

Cooperative play

- > Help your partner achieve their best score.
- > 5-point bonus for any pair that keeps the rally going for the 60 seconds

LESSON LINK

Rally around combines fundamentals skills with challenges to pairs working against the clock.

SESSION PLANS

Combo > Start out WC 05b + Start out NC 04 + Get into it NC 06

Rally around

Skills > Cooperative play · Rallying – serve/return

change it...

Coaching

- > Use player role models to highlight skilful play.

Game rules

- > **Two bounces allowed** – for less skilled players.
- > **Vary the delivery** – e.g. use a bounce pass.
- > **Vary the locomotion** between stations.



- > **Include all** – rather than rotate around, a player with limited mobility might stay in one place and take a new partner on each rotation.

Equipment

- > **Type of ball** – use a slower ball with less skilled players. Other variations include, size, colour, contrast with background and speed.

Playing area

- > Vary the width of the 'no-go' areas.
- > Use a wall. Players work in pairs or individually.

Safety

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

