

RACKET AND PADDLE SKILLS

GROUND STROKE

1. **Partner Underhand Toss And Catch** Rubber Band Ball Or Sponge Ball Back And Forth **Stationary**
2. **Partner Underhand Toss And Catch** Rubber Band Ball Or Sponge Ball **And Move** (Well Balanced/Ready Position)
3. **Partner Toss** Rubber Band Ball **And Catch With Racket Head** (Racket Control)
4. **Individual Down Bumps**
5. **Individual Up Bumps**
6. **Individual Flip Flop Bumps** (Wrist Strength And Racket Control)
7. **Individual Underhand Toss Hit And Catch** (Racket Back Quickly And Have Partners Assess Each Other On Follow Through And Heel Up)
8. **Partner Hit Back And Forth** (Over A Line Or Jump Rope...Control And Succession)
9. **Groups Of 6 (Hit Back And Forth)** 2 Single File Lines Of 3 Facing Each Other And How Many Times They Can Hit Ball Back And Forth (Everyone Keeps Moving)

VOLLEY

1. **Partner** Racket Or Paddle At Eye Level **Toss And Punch** Without Swinging
2. **Partner Volley** From Both **Forehand** And **Backhand** Position
3. **Partner Volley** With Underhand Toss At **Midsection Or Head**
4. **Groups Of 6 (Line Volley)** 2 Single File Lines Of 3 Facing Each Other And How Many Times They Can Hit Ball Back And Forth (Everyone Keeps Moving)

LOB AND OVERHEAD

1. **Partner Lob And Overhead** (Get Racket Back Behind Head Quickly And Point To The Sky When Hitting An Overhead)
2. **Groups Of 6 (HIT BACK AND FORTH)** 2 Single File Lines Of 3 Facing Each Other And How Many Times They Can Hit Ball Back And Forth (Everyone Keeps Moving)