TT KIDZ: WEEK 1

ACTIVITY: KEEPY UPPIES







## LEARNING OBJECTIVE

- •Keep the ball under control
- Maintain a good ready position
- Correct grip



Allow to do 1 hit in the air then hit after 1 bounce on the floor.

## **ACTIVITY**

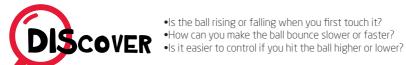
Players to make small bounces of about 20cm with ball on the bat with Forehand side.



Use alternate sides of the bat. So 1 strike on Forehand side and 1 strike on Backhand side.

## **ORGANISATION**

- Position players in the area to demonstrate



- •Is the ball rising or falling when you first touch it?

