

ACTIVITY: KEEPY UPIES



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.



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

ACTIVITY

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

ORGANISATION

- Equipment: ball and bat each
- Position players in the area to demonstrate



- Is the ball rising or falling when you first touch it?
- How can you make the ball bounce slower or faster?
- Is it easier to control if you hit the ball higher or lower?