



Home work Skill Development 7-8

- 6) Uppies and Downies-** Do "keepie- uppies," changing the side of the racquet between each tap. Can you get at least 25 without stopping? try to tap the ball up in the air and down on the ground with the edge of the racquet. How many can you do of each? Which is easier?
- 7) Sideways Keepie-Uppies-** Do "keepie-uppies," changing the side of the racquet between each tap. Can you get at least 20 without stopping? If you get really good, try and hit the ball with the edge of the racquet as well.
- 8) Up and Down-** Do "keepie-uppies," alternating each time between the ball hitting the ground and being hit up in the air. Can you get at least 20 without stopping? Can you do it while moving around?