



Home work Skill Development 9-10

- 5) Spinning Balls-** With a racquet and a ball, first practice tapping the ball straight up in the air at least 20 times. Then do the same thing, but each time the ball hits the racquet, spin the ball with the strings so that the ball spins as it leaves the racquet.
- 6) Marker Speed-** Make sure you are really warm. Put 10 markers down on the ground with a space about 2 feet between them. Try to run in and out of the markers as fast as you can and come back to the start. Keep as close as you can to the markers. Try and get someone to time you. See if you can do better next time!
- 7) Jump Rope-** How far can you get with different skills? Practice 10 times with alternate feet, without stopping change to 10 sideways jumps, then 10 backward jumps, then 10 with both feet together. Go back to the beginning each time you make a mistake.
- 8) Target Ball-** Practice throwing a tennis ball overhand at targets that are different distances away. How far can you throw? How close can you get to the target?