



## STREET RACKET BASICS

### STUDENT TARGETS

- **Skill:** I will hit continuously with a partner, demonstrating controlled and balanced weight transfer and striking form.
- **Cognitive:** I will discuss the concepts of power and accuracy.
- **Fitness:** I will remain actively engaged in all hitting drills.
- **Personal & Social Responsibility:** I will provide encouragement and feedback to my partner.

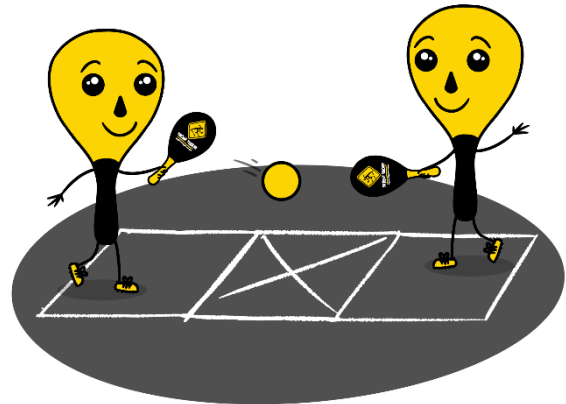
### EQUIPMENT & SET-UP

#### Equipment:

- 1 Street Racket paddle per student
- 1 ball per pair of students
- 1 court per pair of students
- Chalk or tape to create a Street Racket court for each pair of students

#### Set-Up:

1. Set up 1 court per group of students. *Teachers: you can have a third student waiting to rotate in if needed with each group.*
2. Pair students in groups of 2 (or 3 if needed).
3. Each group will begin at a court with paddles and a ball.



### ACTIVITY PROCEDURES

1. It's time for some partner drills using a Street Racket court. In each drill, you will be working toward 8 consecutive hits. You can increase or decrease the distance between you and your partner as needed.
2. We are going to try two different drills to work on being able to continuously hit back and forth with your partner. Each group will begin with Drill 1 in their activity space. *Note: Provide a demonstration of both drills before students begin.*
3. **Drill 1: Hit Up and Return.** Partner 1 begins with a drop-hit to partner 2. After one bounce, partner 2 will hit the ball up one time, and then after a bounce return it to partner 1. Both partners will continue this pattern to hit the ball up one time before returning it to your partner. After 5 rally attempts with this drill, your group will move on to drill 2.
4. **Drill 2: 1-Bounce Rally.** Partner 1 begins with a drop-hit to partner 2. Partner 2 will hit the ball off of 1 bounce. Partner 2 will return the ball after allowing the ball to bounce. Continue this pattern.
5. Remember to try and use both forehand and backhand shots as needed during your rally!

### GRADE LEVEL PROGRESSION

- **Grade 3:** Play as described above.
- **Grade 4:** Hit the ball up when it is received and then only use a backhand to return the ball to your partner after the bounce.
- **Grade 5:** Prompt students to provide constructive feedback and encouragement to their peers.

### TEACHING CUES

- Make sure to return to the ready position each time you hit the ball to your partner.
- Keep your eyes on the ball.
- Encourage your teammates and have fun!



## STREET RACKET BASICS (continued...)

### UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Increase/decrease the activity space.
- **UDL 2:** Use modified equipment and modified game rules based on student needs.
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

### ACADEMIC LANGUAGE

Accuracy, Continuous, Control, Encouragement, Power, Volley

### PRIORITY OUTCOMES

#### Manipulative Skills:

- **(Grade 3)** Demonstrates manipulative skills using mature patterns for accuracy and control.
- **(Grade 4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
- **(Grade 5)** Executes a variety of manipulative skills with control and accuracy in small-sides games.

### DEBRIEF QUESTIONS

- **DOK 1:** How would you describe “accuracy”?
- **DOK 2:** How does power affect accuracy?
- **DOK 3:** How are skill cues related to your power and accuracy?