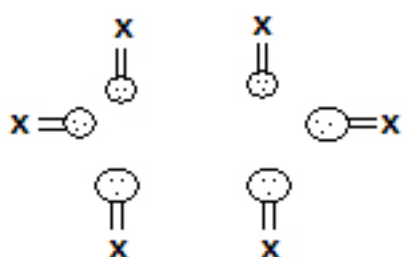


**1) 5 Minute Warm-Up**

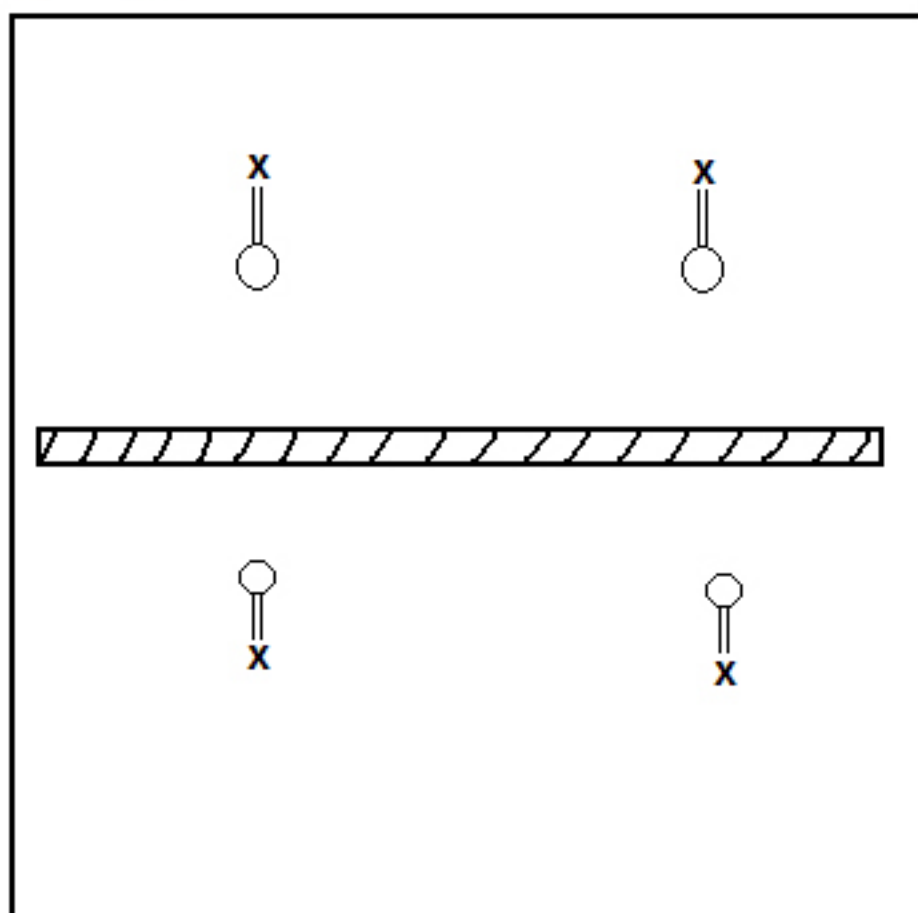
Game - Burglar

Students get in 4 groups, with their rackets and 3 balls. They get in a spaced out circle, put their rackets on the ground, with the three balls on top. For 3 minutes they will steal 1 ball at a time for someone in their circle and bring it back to their racket. They will collect as many balls as they can in the 3 minutes. They are not permitted to block their racket from having balls stolen. The student with the most balls on their racket at the end wins.



**2) 30 Minute Cardio at Stations**

With 6 students at this station, they will be in partners, with two sets of partners playing against each other, and one pair waiting. One point will be played out with a serve from end boundary. The pair that wins the point will stay on and play the next point against the pair that was just waiting. The team that wins the point can only stay on for a maximum of 5 points. The ball must bounce before it is hit (no volleys).



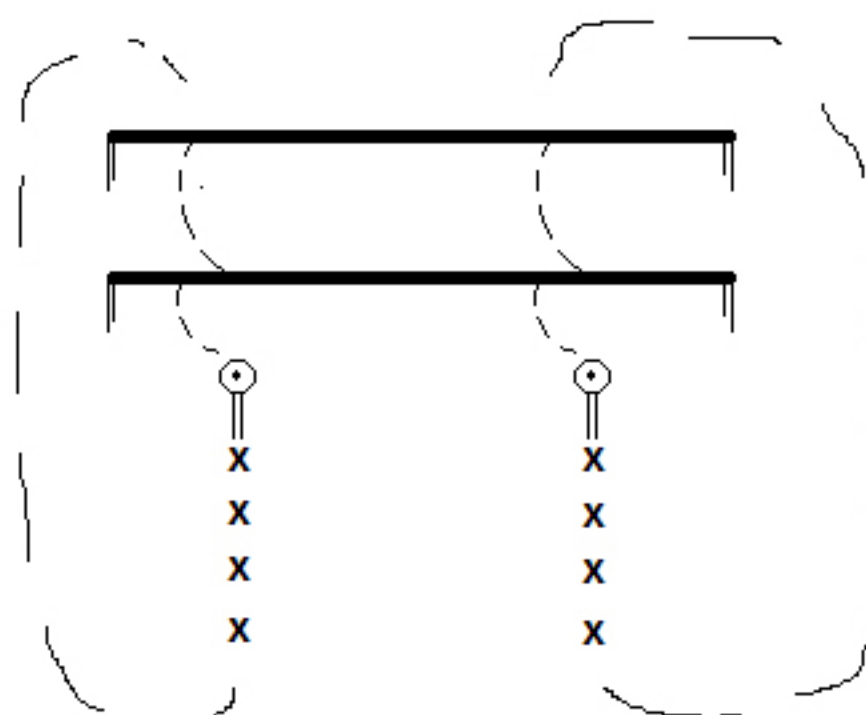
- \*Variation - Forehands only
- Backhands only
- With overhand serve

Station #2 - Same set-up as station #1, only at this station students will be only permitted to volley the ball. If the ball touches the ground, the team loses the point, and must switch with waiting team. Only permitted to hit under the ball

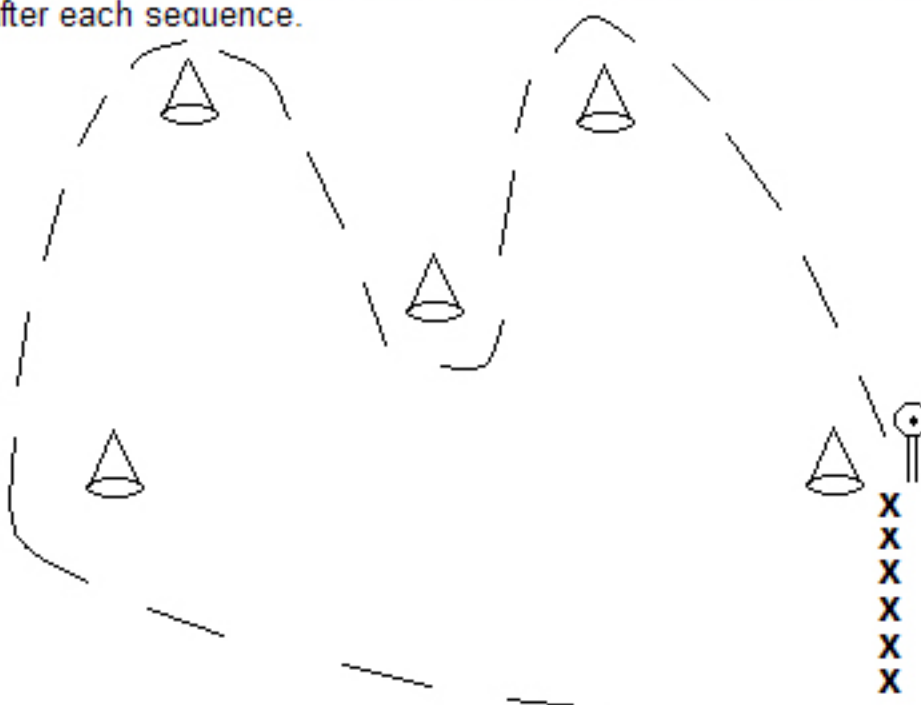
- \*Variation - Allowed to bounce ball multiple times on racket to gain control, before hitting it over the net.
- Permitted to hit down on the ball

Station #3 - Students line up in 2 lines, balancing a ball on their racket. They walk/jog up to the 1st bench, step on top and over it, followed by up and over the next bench. They will then walk/jog to the back of the line.

- \*Variation - Use a bean bag
- Run at a faster pace
- Add a bench



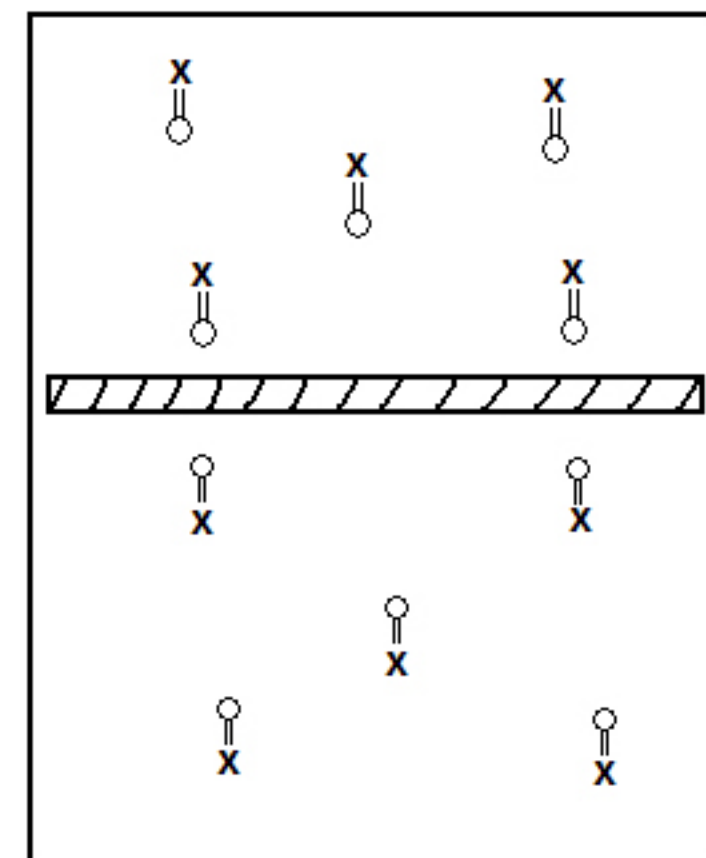
Station #4 - Students find a partner. Have a racket with a ball balanced on top. 1st partner starts a 1st cone, run forward around 2nd cone, backwards around 3rd cone, forward around 4th cone and backwards to last cone. 2nd partner follows same path, and starts as soon as 1st partner reaches 2nd cone. If 2nd partner catches up to 1st partner, without dropping the ball, 2nd partner earns 1 point. If 1st partner makes it to the end without partner catching them, they earn 1 point. Partners switch who goes 1st after each sequence.



**3) 5 Minute Cool Down**

Game - Volleyball Tennis

Students remain in 4 teams of about six players per team. 2 games going at the same time. Each student must hit the ball once before hitting over the net to the other team. If the ball is hit out of the boundaries or into the net, the other team is awarded a point. Play upto 10 points.



- \*Variation - Volleys only, team loses a point if the ball touches the ground
- Each team member is only allowed one touch/hit of the ball
- FH/BH only
- Allow hitting down on the ball when passing to the other team
- Allow each student as many hits as it takes to gain control, before passing it to a team member