

Racket Games

13 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

Birdie in the Hoop

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Serve Forehand Backhand	2	●	Racquets Hoops Balls Polyspots

- Students form groups of 2. Each group has a racquet, ball, hoop, poly spot and markers
- Students aim to underhand serve a badminton birdie/ tennis ball into a hoop aiming for the polyspot
- Students score 1 point for landing it in the hula hoop, 2 points for hitting the poly spot
- Students switch after 5 turns
- Continue for designated time period



Battleships

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Forehand Backhand	2-4	●	Racquets Balls Markers

- Students pair up and find a court to play at
- On each side students place down 10 markers within their side of the court
- Players self drop the ball and send the ball over the net with a forehand ground stroke
- If a player hits an opponents marker, they bring it to their side of the court and place it wherever they wish.
- The player with the most markers at the end of the game wins



MODIFY IT

- ★ Allow backhand shots
- ★ Allow students to rally
- ★ Allow students to send the ball over the net with an underarm throw
- ★ Increase or decrease the amount of markers per court
- ★ Students play as doubles
- ★ Use different striking instruments e.g hand, different racquet etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles

ASK STUDENTS

Skittles

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
		●	Racquets Balls Markers

designated a court
s that they place in the opposite service
ect as many as possible
marker, they bring it to their side and
ers in their service box at the end of the
inner

MODIFY IT

- ★ Add more or less markers to start the game
- ★ Use different striking instruments e.g hand, different racquet etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Increase or decrease the distance of the serve
- ★ Allow markers to be placed anywhere on the court
- ★ Allow overarm throws



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Introduction

Welcome to Powerhouse PE - Racket Games!

Inside this resource, you'll get 13 fun activities you can use with Kindergarten through 8th Grade. Many of the games are demonstrated using tennis courts and equipment, but they can be easily adapted for badminton, pickleball or other racket sports. Each activity is explained with simple instructions, equipment lists, diagrams and modifications.

Skill Focus

Each activity will have a skill focus, based on one of the fundamental skills of racket sports.

Group Size

All of these activities are designed to work with smaller or larger groups. A group size is provided, but this is just the minimum number of students you will need for the game to work. For larger groups, you can increase the number of players in the game, or create multiple stations with smaller groups.

Complexity

Each activity is rated on a Complexity scale indicating how difficult the skills are to perform.

Green - recommended for Kindergarten and up (or with modifications for older children)

Yellow - recommended for 3rd grade and up (with modifications for younger or older children)

Red - recommended for 5th grade and up (with modifications for younger or older children)

Modifications

We've also included modifications to make the games easier or harder, for different age levels.

Ask Students

Some games also include review questions you can ask your students - allowing you to reinforce key coaching points, rules or skills.

Drop, Hit & Catch

SKILL FOCUS

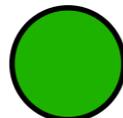
GROUP SIZE

COMPLEXITY

EQUIPMENT

Forehand

2

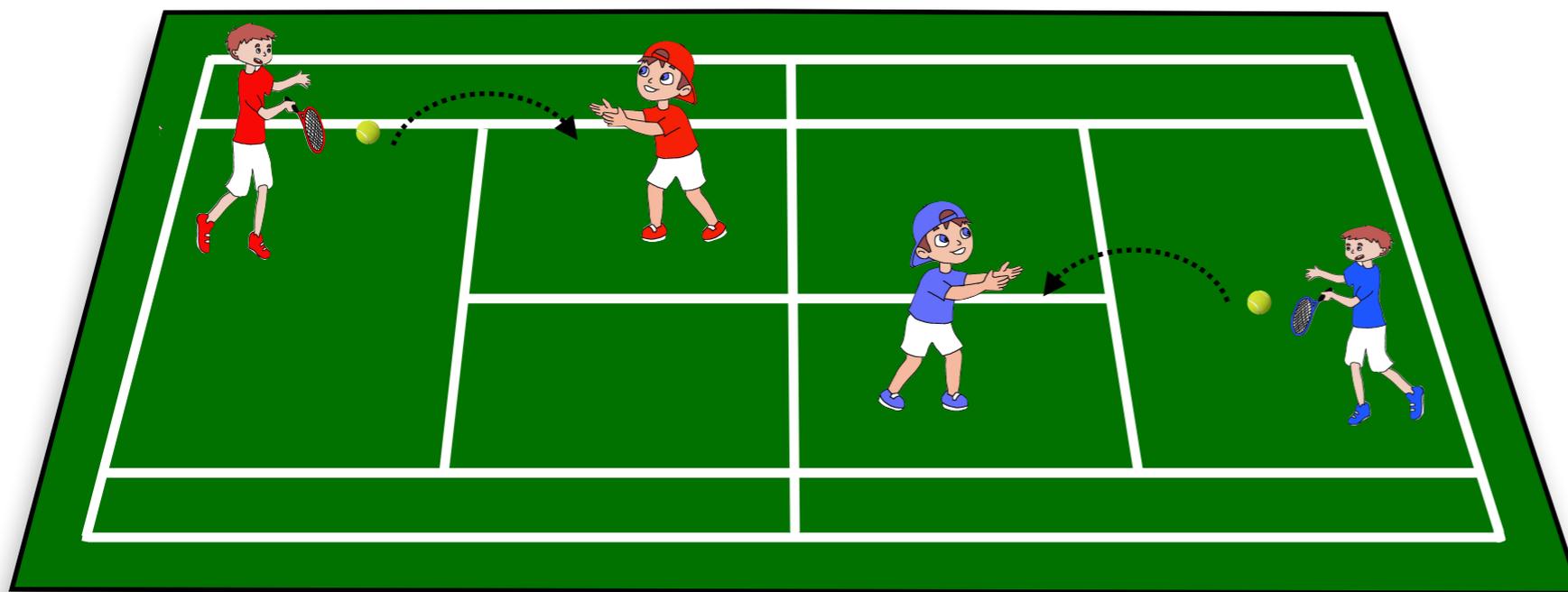


Balls
Rackets

- Students partner up with a ball per pair. One hitter and one catcher
- The hitter positions themselves near the baseline, the catcher a few steps inside the service box
- The hitter performs a drop serve/forehand towards their partner
- The catcher attempts to catch the ball after one bounce or on the full
- Switch after 5 hits/catches

MODIFY IT

- ★ Catcher has to let the ball bounce
- ★ The catcher bounces the ball towards the hitter who performs a forehand ground stroke back
- ★ Perform skill sideways so the net does not interfere with the catcher
- ★ Instead of striking the hitter performs an underarm throw



ASK STUDENTS

- ★ What are some key points of the forehand ground stroke

Peg Battle

SKILL FOCUS

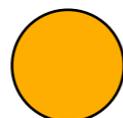
GROUP SIZE

COMPLEXITY

EQUIPMENT

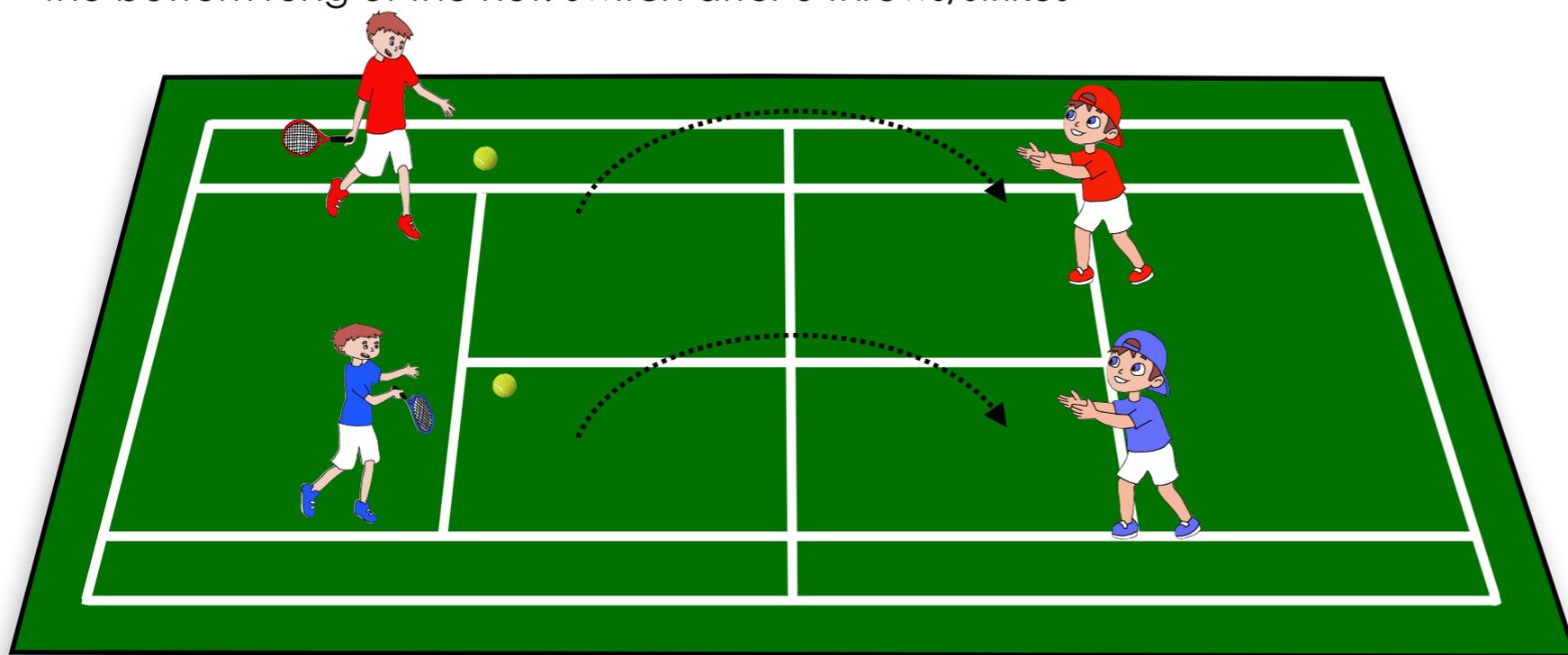
Forehand

2



Rackets
Balls
Pegs

- Students partner up with a ball and a peg: One student is the thrower/catcher and one is the hitter
- The thrower/catcher starts by underarm tossing the ball over the net on the forehand side of the hitter
- The hitter allows the ball to bounce once before hitting the ball over the net with a forehand strike
- The thrower/catcher aims to catch the ball after one bounce with two hands
- For each successful catch the catcher moves a peg up a rung, starting from the bottom rung of the net. Switch after 5 throws/strikes



MODIFY IT

- ★ Hitter can send the ball over from both forehand and backhand side
- ★ Use underarm throws instead of a racket
- ★ Catch on the full only

ASK STUDENTS

- ★ What are some key points of the forehand ground stroke?

Scoopers

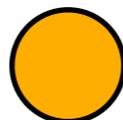
SKILL FOCUS

Forehand
Backhand

GROUP SIZE

2

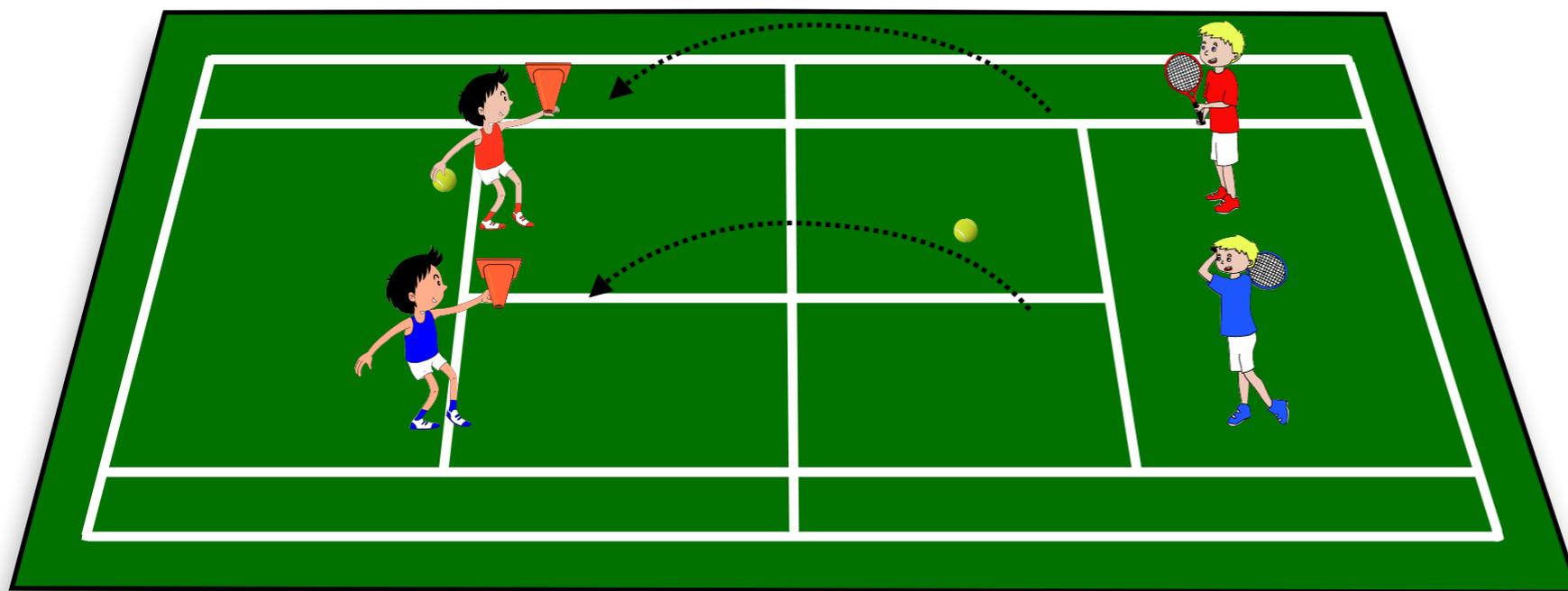
COMPLEXITY



EQUIPMENT

Cones
Tennis Balls
Rackets

- Students forms pairs and are positioned on each side of the net facing each other
- One student is the thrower/catcher and the other is the hitter
- The thrower/catcher throws the ball over the net to the backhand side of the hitter who attempts to strike the ball back using a backhand ground stroke. The thrower/catcher attempts to catch the ball in the tall Cone after one bounce
- Switch roles after 5 attempts



MODIFY IT

- ★ Catch with hands and no Cone
- ★ Allow more bounces of the ball before catching
- ★ Catch on the full
- ★ Increase or decrease the area between pairs
- ★ No rackets, throw the ball back and forth for a rally

ASK STUDENTS

- ★ How do you hold the racket when performing a backhand?
- ★ Name some key points of the backhand technique?

Battleships

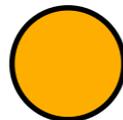
SKILL FOCUS

Forehand
Backhand

GROUP SIZE

2-4

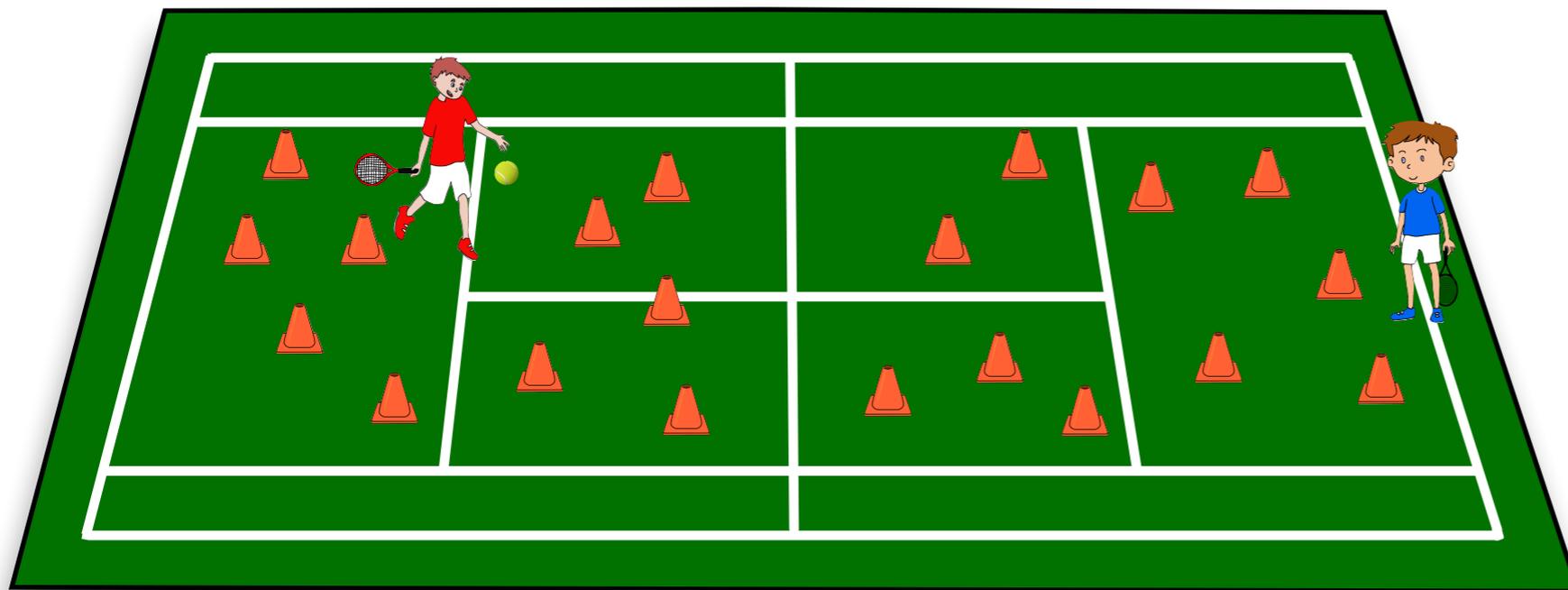
COMPLEXITY



EQUIPMENT

Rackets
Balls
Cones

- Students pair up and find a court to play at
- On each side students place down 10 Cones within their side of the court
- Players self drop the ball and send the ball over the net with a forehand ground stroke
- If a player hits an opponents Cone, they bring it to their side of the court and place it wherever they wish.
- The player with the most Cones at the end of the game wins



MODIFY IT

- ★ Allow backhand shots
- ★ Allow students to rally
- ★ Allow students to send the ball over the net with an underarm throw
- ★ Increase or decrease the amount of Cones per court
- ★ Students play as doubles
- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles

ASK STUDENTS

- ★ Why are the Cones at the back harder to hit?
- ★ Why is placement of the ball in tennis important?

Skittles

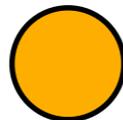
SKILL FOCUS

Serve
Forehand
Backhand

GROUP SIZE

2

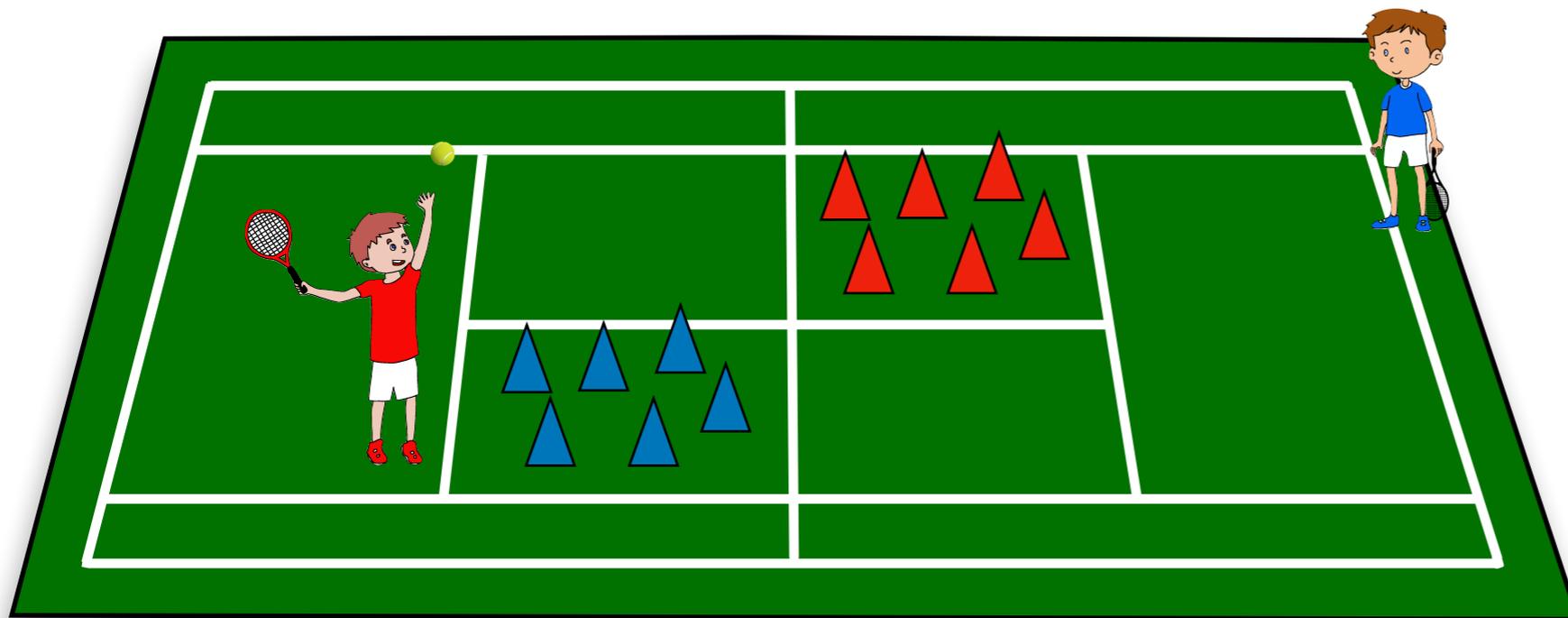
COMPLEXITY



EQUIPMENT

Rackets
Balls
Cones

- Students form pairs and are assigned a court
- Each student has 5 tall Cones that they place in the opposite service box
- The aim is to serve, hit and collect as many as possible
- If a student serves and hits a Cone, they bring it to their side and place it within their service box
- The player with the most Cones in their service box at the end of the designated timeframe is the winner



MODIFY IT

- ★ Add more or less Cones to start the game
- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Increase or decrease the distance of the serve
- ★ Allow Cones to be placed anywhere on the court
- ★ Allow overarm throws

ASK STUDENTS

- ★ What are the key points of the serve?
- ★ Why is placement of the ball important?
- ★ Is power or control more important to begin with?

Kings and Queens

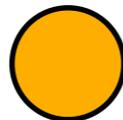
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

2

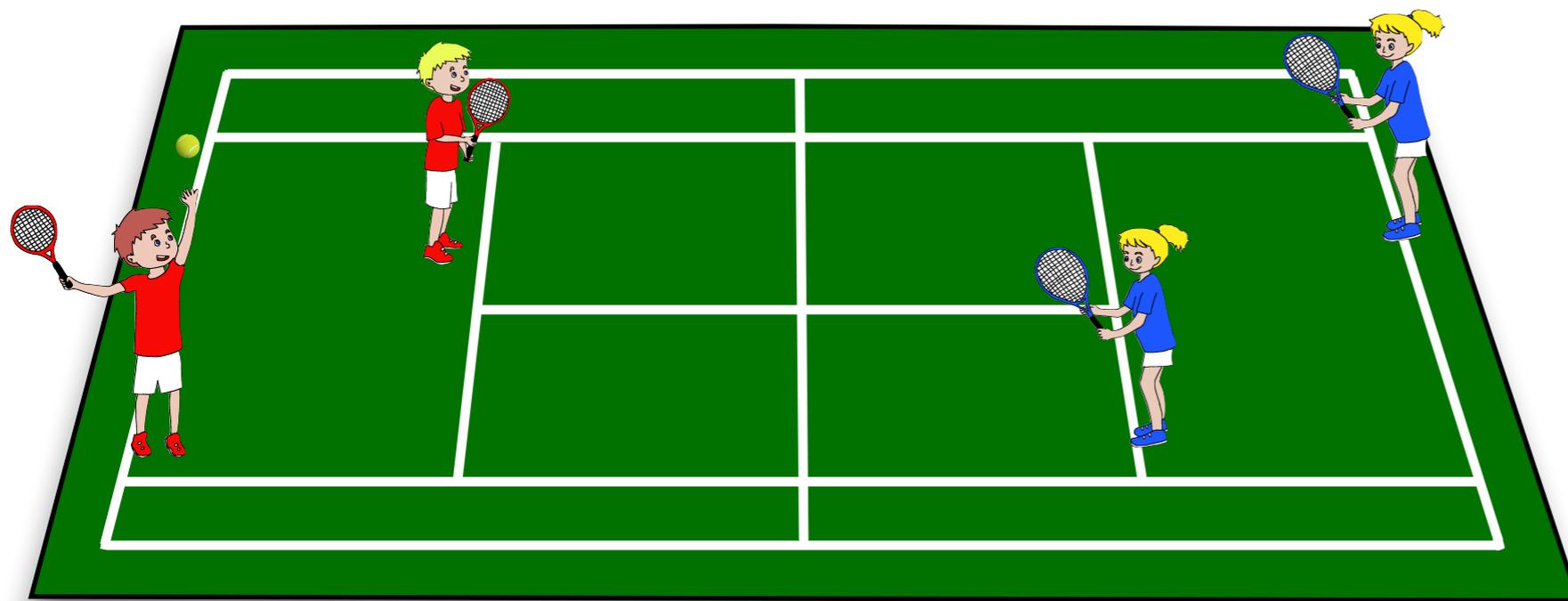
COMPLEXITY



EQUIPMENT

Rackets
Balls

- Students form pairs and are assigned a court to challenge a set of opponents
- Students play a regular game of tennis scoring by ones
- The team that scores the most points at the end of a designated time 'hold' their court' and challenge another set of winning opponents
- Teams that lost challenge another set of opponents who also lost



MODIFY IT

- ★ Start the game with a drop serve
- ★ Allow the serve to simply cross the net, e.g. doesn't have to land in the service box
- ★ Allow 2 bounces before having to hit a shot

ASK STUDENTS

- ★ What are the key points of the serve?
- ★ Why is placement of the ball important?
- ★ Why is communication with your partner important?

Dice Tennis

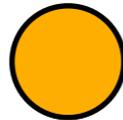
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

2

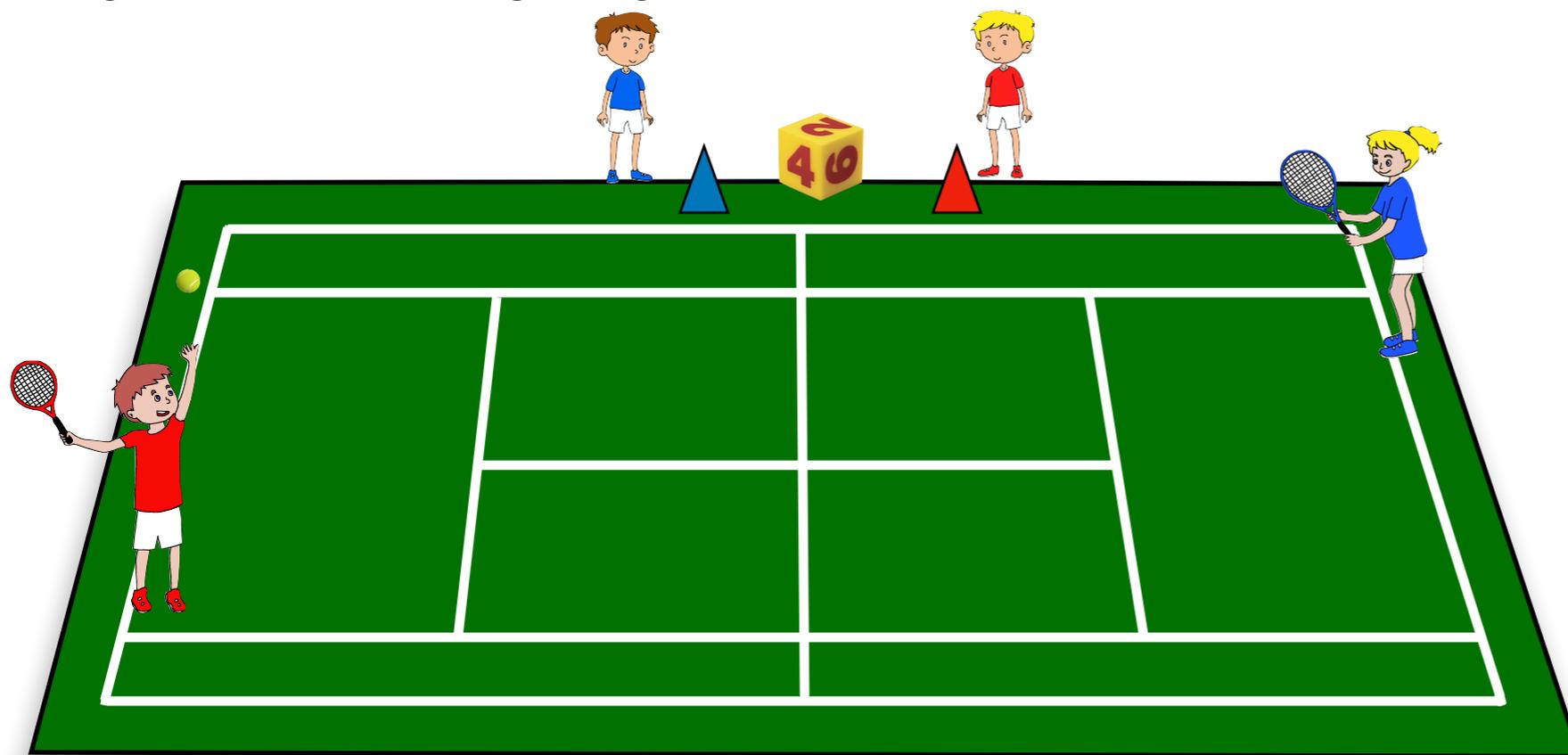
COMPLEXITY



EQUIPMENT

Rackets
Balls
Dice

- Students pair up and roll a dice, the number they roll is the amount of points they start the game on
- Playing a normal game of tennis, first to 7 points wins
- When a game is finished they go to a central spot with a dice (may need a few stations with dice depending on class numbers) and roll again to establish beginning total of points



MODIFY IT

- ★ Play as teams e.g. at each dice station have a blue Cone and a red Cone, when students are looking for a new partner they head to their colored cone. At the end count the team with the most 'wins'
- ★ Game can be played as singles or doubles

ASK STUDENTS

- ★ How do you hit the ball away from your opponent?
- ★ Where can you put the ball so it is difficult for your opponent to get it back?

Dot Ball

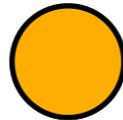
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

2

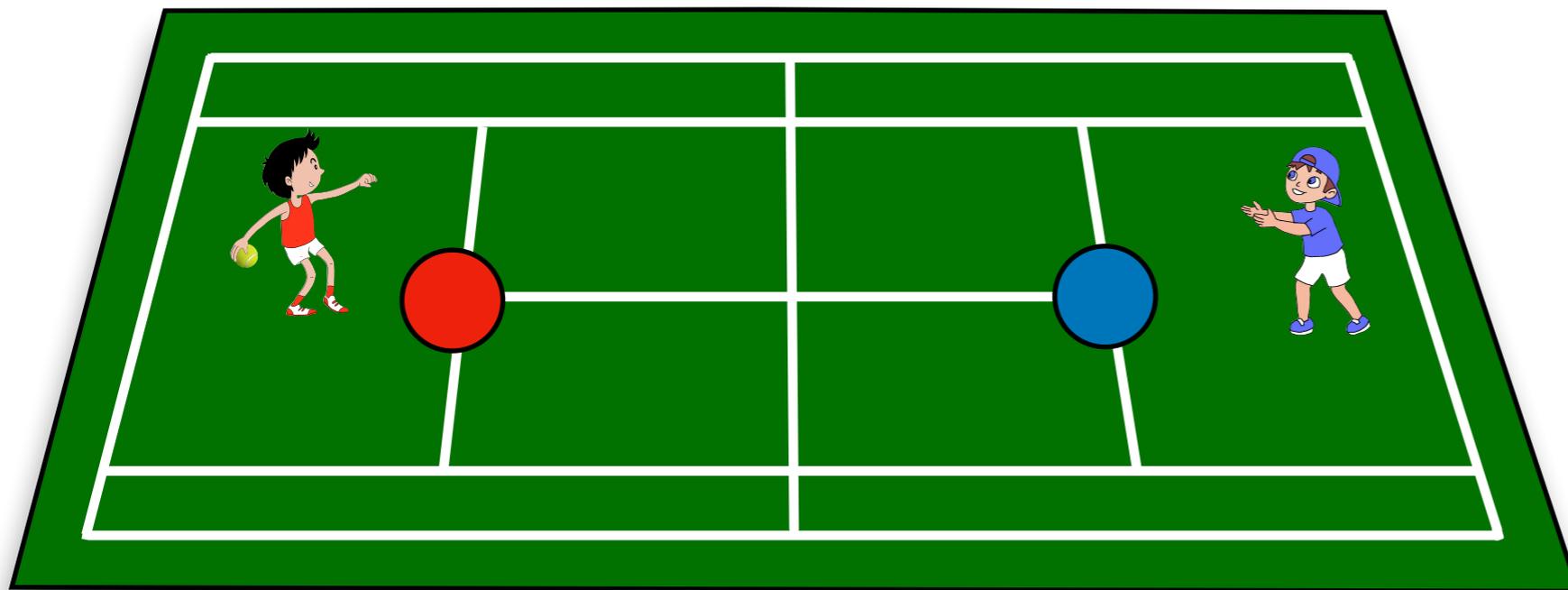
COMPLEXITY



EQUIPMENT

Rackets
Balls
Cones/Polyspots

- Students pair up and play in an area the size of a full tennis court or half a tennis court
- The game starts with a player serving (underhand throwing) the ball over the net higher than the opponents height landing inside the court
- Points are won by: having the ball bounce twice in your opponent's court before they can catch it, hitting the dot/ spot/Cone on your opponents side, opponent throwing the ball out of bounds



MODIFY IT

- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Ball can only bounce once

ASK STUDENTS

- ★ How can you make it more difficult for your opponent to receive the ball?
- ★ How can you prevent your opponent from scoring a point?

4 Square Badminton

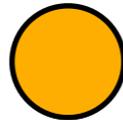
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

8

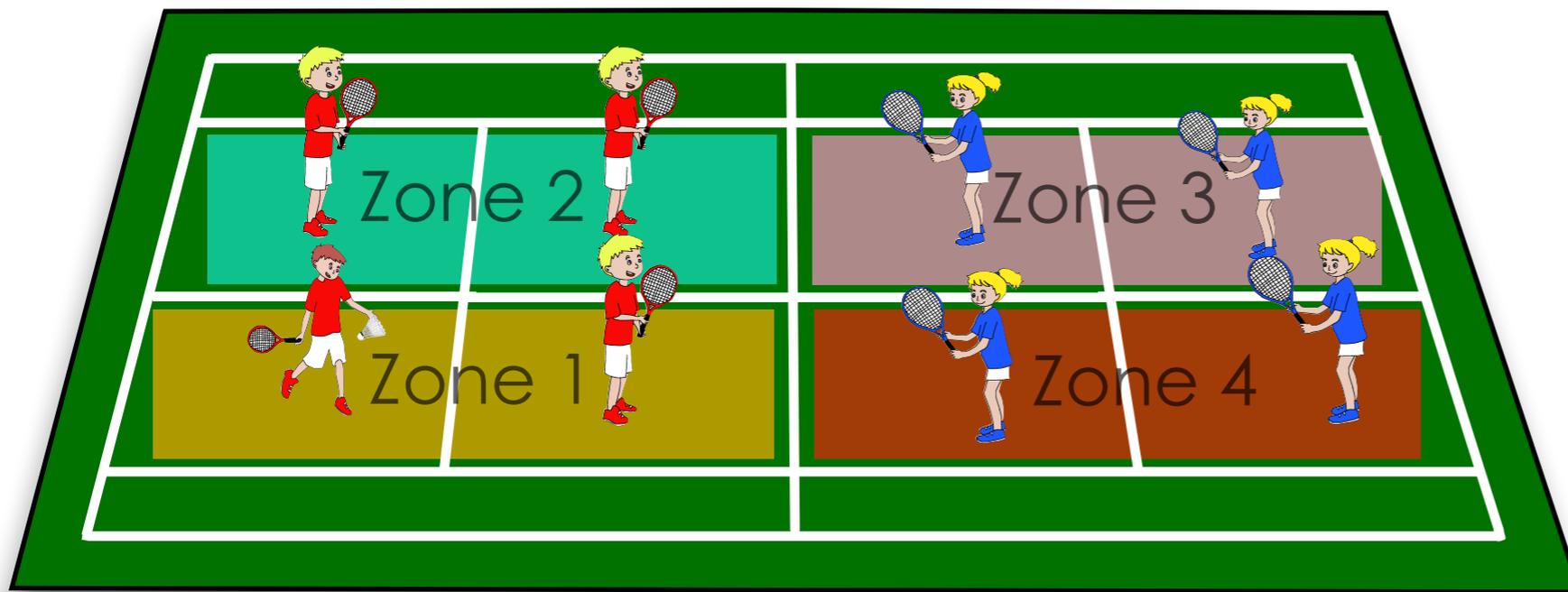
COMPLEXITY



EQUIPMENT

Rackets
Balls
Cones

- Students partner up to form a group of two as shown below
- Split the court into 4 zones separated by either 2 nets or Cones
- The game starts with the team in zone 1 performing a serve into any other zone
- Teams can hit the shuttle into any zone
- If the ball hits the ground in a teams zone, they move to zone 4.
- Everybody else moves up a zone.



MODIFY IT

- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Teams score a point for every rally they win in Zone 1. The team with the most points wins

ASK STUDENTS

- ★ How do you hit the ball away from your opponent?
- ★ Where can you put the ball so it is difficult for your opponent to get it back?

Birdie in the Cage

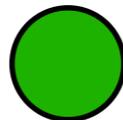
SKILL FOCUS

Serve
Forehand
Backhand

GROUP SIZE

2

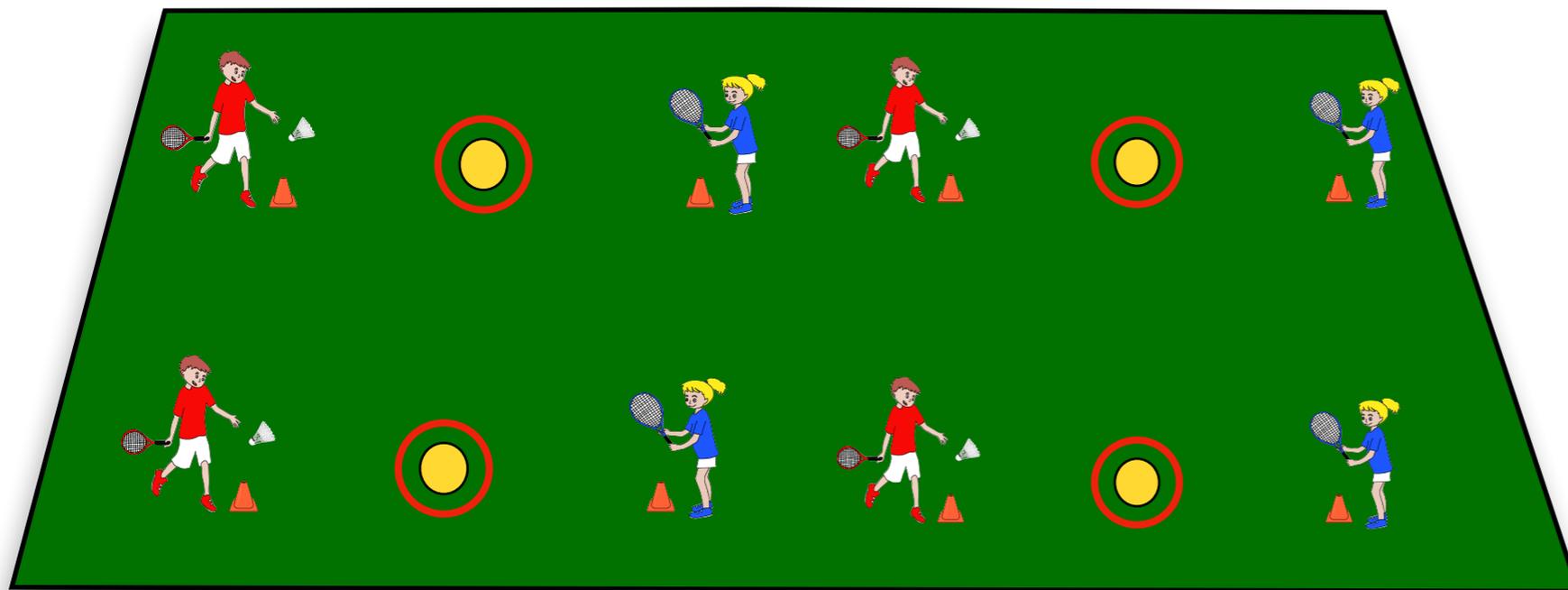
COMPLEXITY



EQUIPMENT

Rackets
Hoops
Balls Polyspots

- Students form groups of 2. Each group has a racket, ball, hoop, poly spot and Cones
- Students aim to underhand serve a badminton birdie/ tennis ball into a hoop aiming for the polyspot
- Students score 1 point for landing it in the hula hoop, 2 points for hitting the poly spot
- Students switch after 5 turns
- Continue for designated time period



MODIFY IT

- ★ The ball can bounce once or more before entering the hoop
- ★ Students can use different balls e.g badminton birdie, a tennis ball, a volleyball etc
- ★ Students use different ways to propel the ball e.g with different rackets or hands

ASK STUDENTS

- ★ What are the key points of the serve in badminton?
- ★ Why is placing a ball accurately off the serve important in net/wall games?

Triple Touch

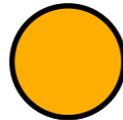
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

2

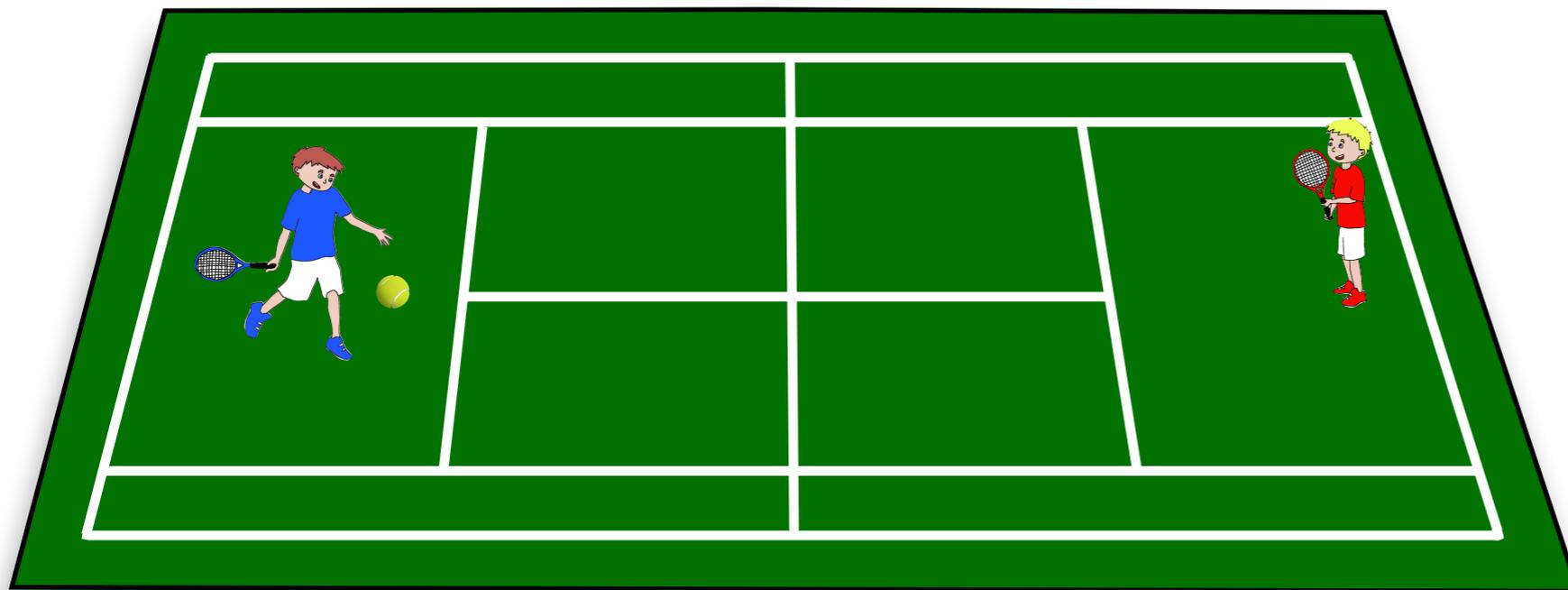
COMPLEXITY



EQUIPMENT

Rackets
Balls

- Students pair up and are assigned to a court/ playing area
- Students rally back and forth as per normal tennis
- In this game students are allowed to 'triple touch' the ball e.g they perform a block to take the pace off the ball, perform a slight hitting motion to get the ball to bounce up to a nice height and then play a forehand or backhand shot over the net
- Students can score the game as per normal net/wall scoring systems



MODIFY IT

- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Increase or decrease the amount of touches

ASK STUDENTS

- ★ How can you make it more difficult for your opponent to receive the ball?
- ★ How can you prevent your opponent from scoring a point?

Squad Up

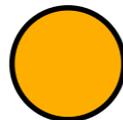
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

6-8

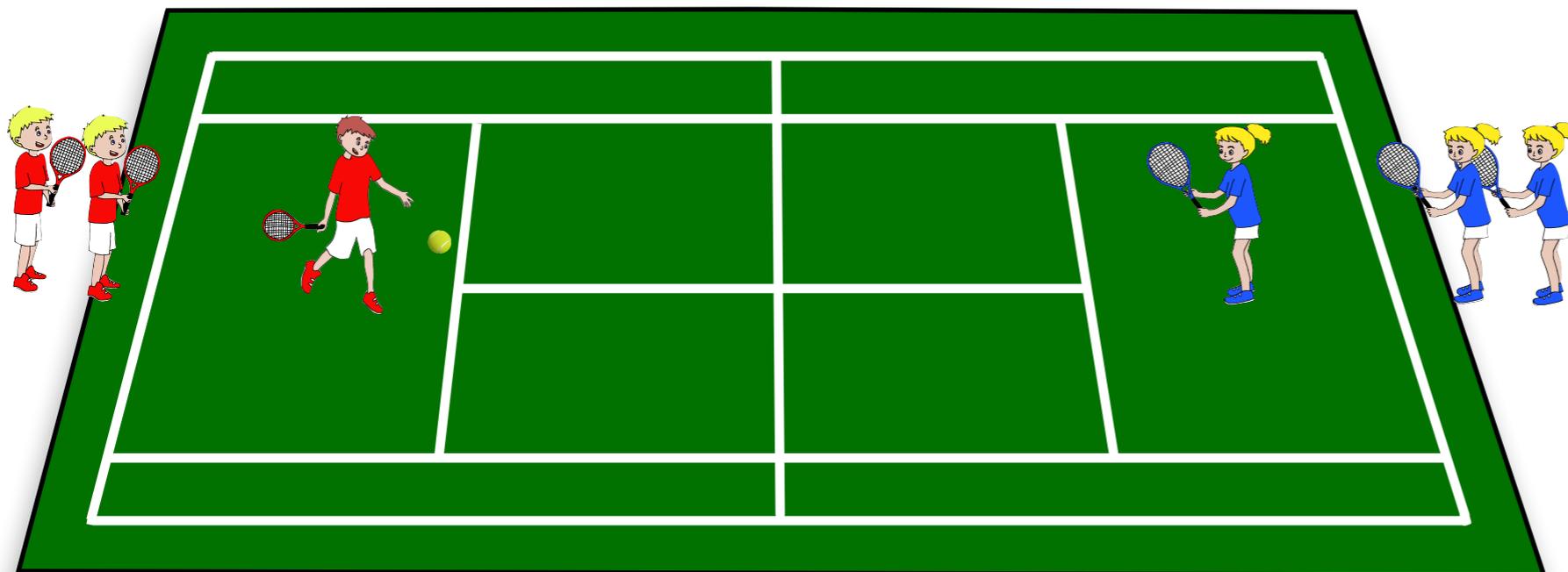
COMPLEXITY



EQUIPMENT

Rackets
Balls

- Form teams (squads) and send each to a court to face another team
- The front person for each 'squad' starts the game and plays a game of singles using tennis/badminton/pickleball/volleyball rules against the front person from the other 'squad'.
- Winner stays on, loser heads to the back of their squads line
- If a player wins 3 points in a row, they cycle off and head to the back of their line. However the winning squad still serves.
- Squads earn a point every time they win a rally. Play to the best of 11 or to a certain time limit.



MODIFY IT

- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Ball can bounce more than once
- ★ Play in the service boxes only (not full court)

ASK STUDENTS

- ★ How can you make it more difficult for your opponent to return the ball?
- ★ How can you prevent your opponent from scoring a point?

Double Squad Up

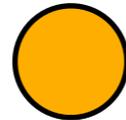
SKILL FOCUS

Court Position
Defending Space
Creating an attack

GROUP SIZE

8 -12

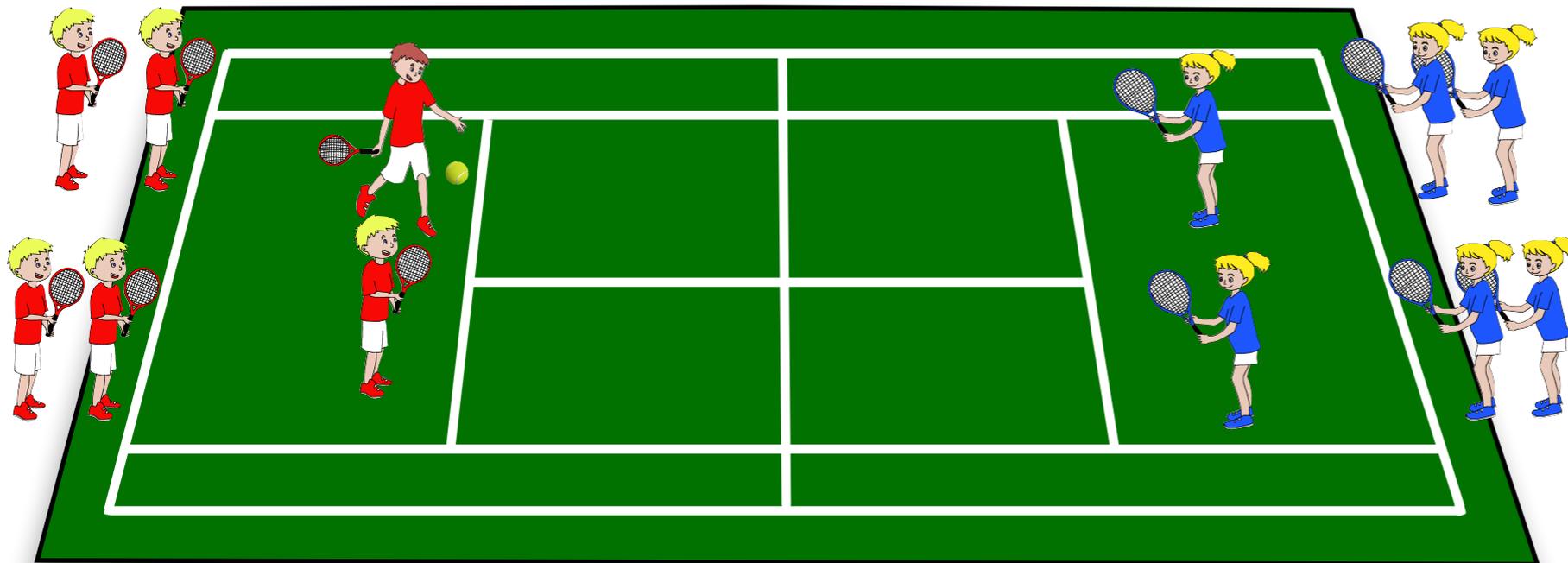
COMPLEXITY



EQUIPMENT

Rackets
Balls

- Form teams (squads) and send each to a court to face another team
- Within each squad, students choose a partner to play with
- The front partners for each 'squad' start the game and play a game of doubles using tennis/badminton/pickleball/volleyball rules against the front person from the other 'squad'.
- Winners stays on, losers head to the back of their squads line
- If a partnership win 3 points in a row, they cycle off and head to the back of their line. However the winning squad still serves.
- Squads earn a point every time they win a point. Play to the best of 11 or to a certain time limit.



MODIFY IT

- ★ Use different striking instruments e.g hand, different racket etc
- ★ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ★ Ball can bounce more than once
- ★ Play in the service boxes only (not full court)

ASK STUDENTS

- ★ How can you make it more difficult for your opponent to return the ball?
- ★ How can you prevent your opponent from scoring a point?