

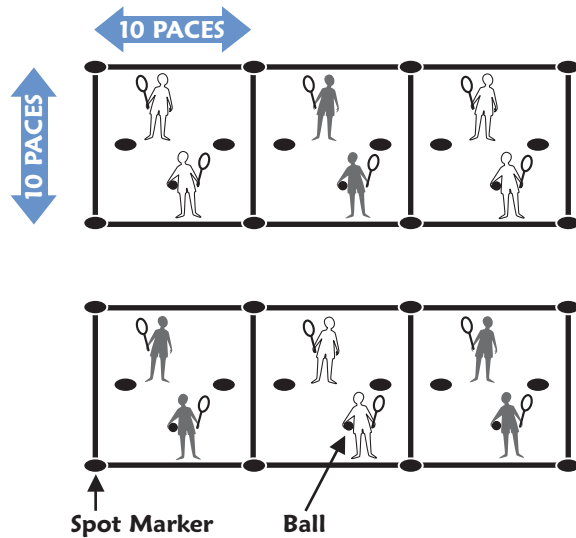


Prep

- 6 spot markers per pair (to create courts)
- 1 paddle or racquet per student
- 1 tennis or Wiffle® ball per 2 students

Set

- Create medium 2-square court (10X10 paces) per 2 students, each with a midline.
- Pair students and place 1 pair per court, each player with a paddle, 1 ball per pair.



Teach

1. In *Extreme Rally* you will apply the strokes you've learned to a game situation.
2. Decide who will serve first by playing Rock, Paper, Scissors.
3. Server serves from back service line into partner's service zone.
4. Rally (hit the ball back and forth over midline) until one of you does not return the ball fairly.
5. Ball may bounce 2X before hitting.
6. **Scoring (optional)**
 - If Receiver does not return the ball, Server scores 1 point.
 - If Server does not return the ball, Receiver becomes Server.
7. Play to 15 points. Must win by 2 points.
8. **Challenges**
 - How many hits can you and your partner make in a row?
9. **Think About...**
 - When you are trying to keep a rally going, it is called cooperation. You and your partner are working together. When you are trying to "win" the rally, what is it called? (*Competition*)
 - What strategies do you use for cooperation? What do you use for competition?

EXTREME RALLY

EXTENSIONS



3 Players

(Create groups of 3 in triangle formation.) Play with 3 players, hitting in order 1, 2, and 3. How long can you keep the rally going?



Doubles Play

(Create groups of 4.) Pairs play *Extreme Rally*. Number partners in each pair Player 1 and Player 2. Play goes from Player 1 across to Player 1, followed by Player 2 across to Player 2, then back to Player 1.



MULTICULTURAL INTEGRATION

One of the best extreme rallies in history took place on August 28, 1963. On that day 250,000 people cooperated for civil rights in the U.S. by holding a peaceful demonstration in the Nation's Capital. Dr. Martin Luther King delivered one of the most famous speeches in American history to a multicultural crowd who all believed that every person should have the same rights and opportunities.



STANDARDS ADDRESSED

NASPE

#1, 2 Service return, stroke placement, principles of rebound

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Emphasize a cooperative theme. Keep score (number of successful hits) of partners, not individuals.
- If a continuous rally is too difficult, make the goal 2 or 3 hits.

NOTES
