Cooperative play – working in pairs, players complete a hit-and-rally circuit with 60 seconds at each station. The aim is to rally for as many shots as possible. Pairs move from station to station on a signal.

What you need
- Parallel playing areas and sufficient space between courts
- 4 paddle bats
- 3 tennis balls
- One larger ball, e.g. volleyball
- Markers or tape
- Stopwatch

What to do
- Warm-up with individual activity against a wall or pairs cooperative play.
- An underarm throw may be used to start play.
- Players move in an orderly manner to the next station on a signal.

Scoring
Cooperative play
- Help your partner achieve their best score.
- 5-point bonus for any pair that keeps the rally going for the 60 seconds

LEARNING INTENTION
*Rally around* combines fundamental movement skills with challenges to pairs working against the clock.
Coaching
> Use player role models to highlight skilful play.

Game rules
> Two bounces allowed – for less skilled players.
> Vary the delivery – e.g. use a bounce pass.
> Vary the locomotion between stations.

> Include all – rather than rotate around, a player with limited mobility might stay in one place and take a new partner on each rotation.

Equipment
> Type of ball – use a slower ball with less skilled players. Other variations include, size, colour, contrast with background and speed.

Playing area
> Vary the width of the ‘no-go’ areas.
> Use a wall. Players work in pairs or individually.

Safety
> Provide sufficient space between groups.
> Balls are retrieved from another group’s courts only after play there has stopped.