

Beat the Goalie

What are we doing?

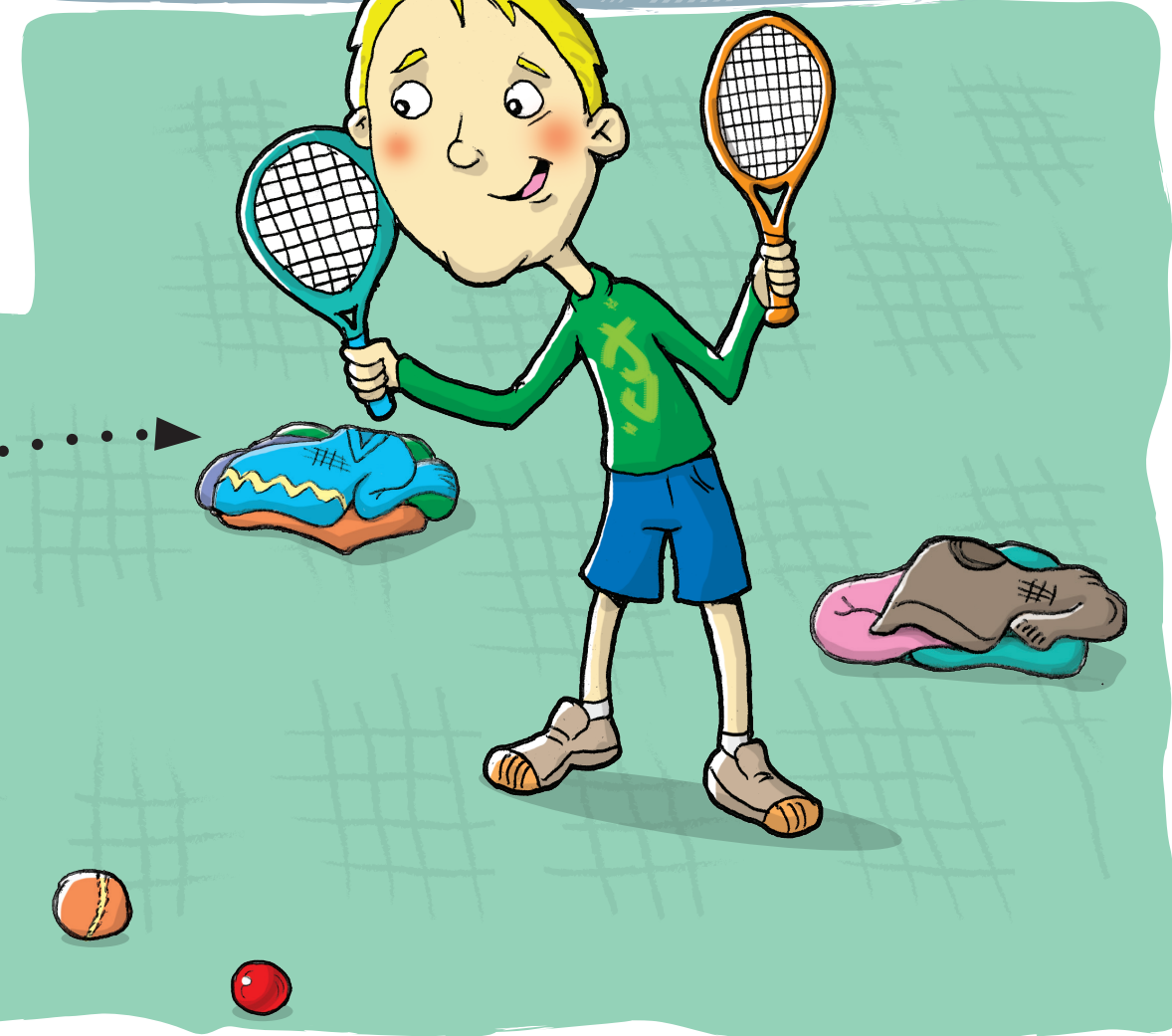
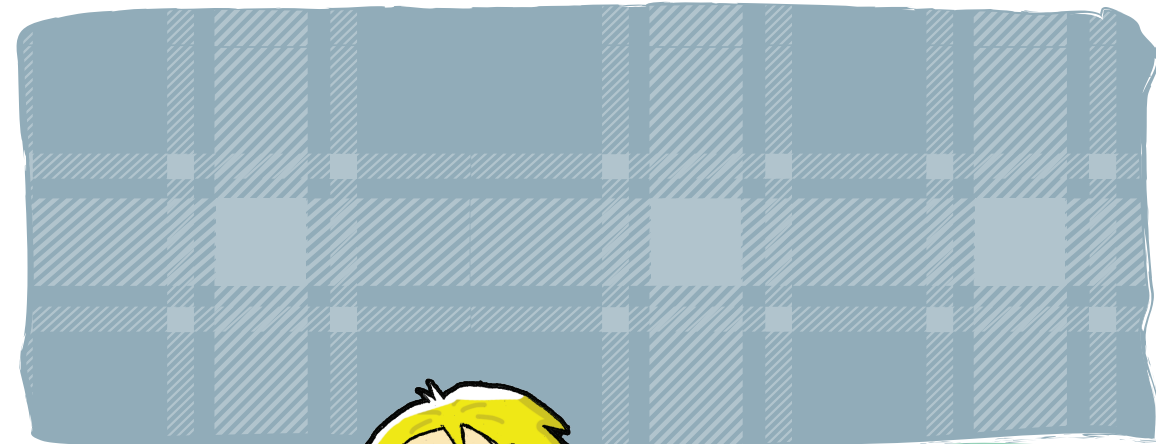
Taking penalties, just like in football – but the goalie saves with a bat. Encourage progression to a little competition.

What you'll need

Two marker cones, various sizes and weights of balls and bats/rackets.

Extras to add fun and variety

Go back to your own childhood and use jumpers for goalposts.



Beginner

Place the goalposts about two to three metres apart. The child stands in between the goalposts with a bat/racket. You stand two to three metres in front of the goal with a collection of balls and try to score by rolling or kicking the balls along the ground between the posts. Can they save the ball using the racket? Score one point for every save. Swap places so that you become the goalie.

Improver

Now try throwing or kicking the balls in the air, so the goalie can volley them back to you. Don't forget to swap places!

Little Star

Now get the child to become the goalie again, but put the bat in their other hand. This is much more challenging!

You have a go as well!

Big Star

Time for a spot of multitasking. Give the goalie a racket in each hand and see if you can start a rally.

Gold Star

Now make a second set of goals four to six steps away from each other to create your own tennis-football pitch. Each player has one bat. Try to tap or hit the ball into each other's goal.

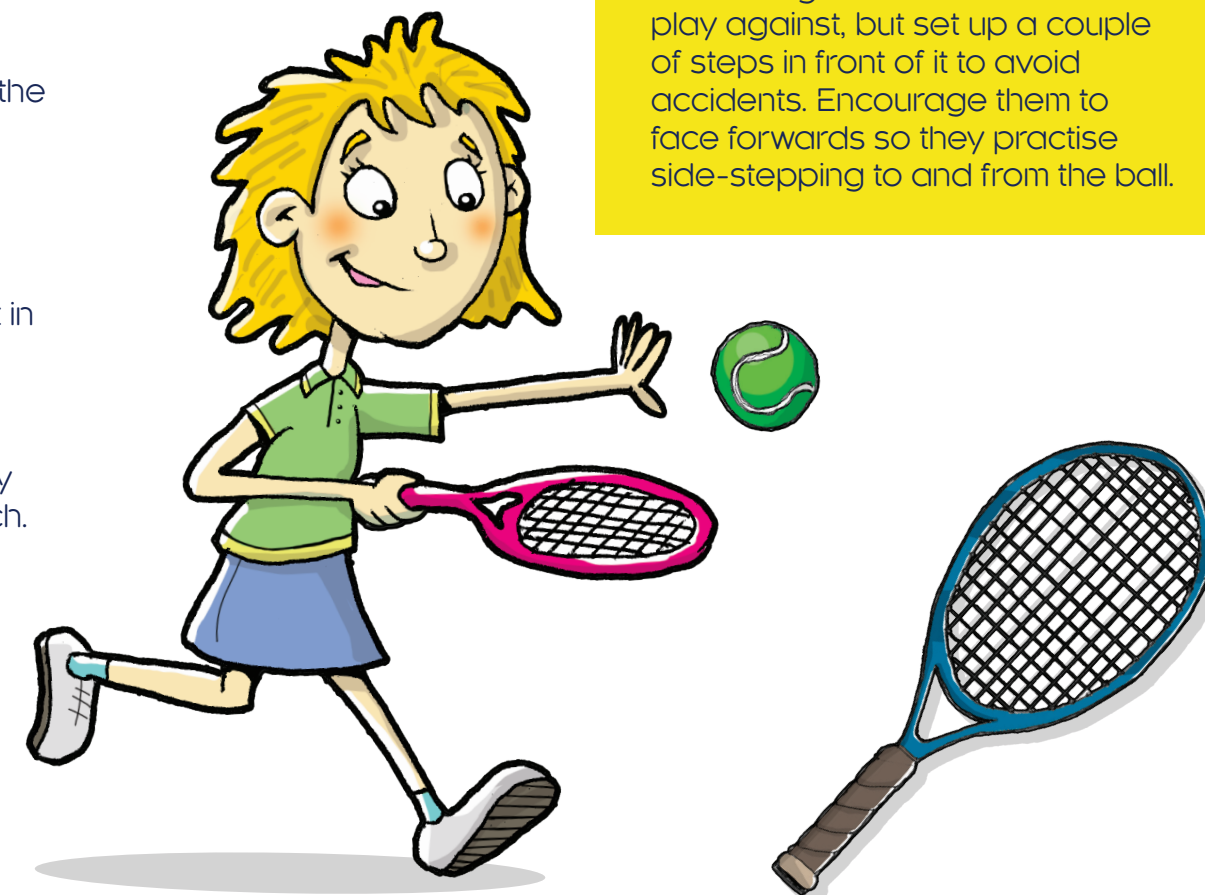


What they'll gain

- Quick reactions
- Side-to-side footwork
- Receiving skills (tracking)
- Sending skills
- All-round coordination

Judy's top tips

Chasing runaway balls can be exhausting – find a wall or fence to play against, but set up a couple of steps in front of it to avoid accidents. Encourage them to face forwards so they practise side-stepping to and from the ball.



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