

## "Rally" Progression Activities List

Partners and small "circles"/groups of 3 or 4 including coach to keep rally/activity on track and continuous  
Coaches in "circles" also promote positivity, motivation, celebration  
Emphasize partner cooperation and ready-play skills (giver turns to receiver, receiver focused and ready)  
Change/rotate partners often

### Balls Only, No Racquet

Ball handoff

Best with circle of 3-5, coach included

Emphasize giver and receiver (pay attention, look, ready, give-receive)

Ball underhand toss/catch (no bounce)

Pairs, typically, but can also be a circle of 3-4

Emphasize giver and receiver (pay attention, look, ready, give-receive)

Ball underhand toss/bounce/catch using a spot

(same as previous, but may require additional space)

Spots are useful as bounce targets ("try to land you bounce there")

Ball underhand toss/bounce/catch using two spots

Typically partners, further away, use spots or "play over the couples alley"

Also works in a circle with coach included to correct/re-direct and keep activity moving

All of the above activities over the net

Handoff from very close to net

Toss/catch with no bounce

Toss/catch with bounce (spot targets as needed)

### Racquet and Balls without Tap-Up Skill

Roll and block/trap

Ball handoff gently to partner/coach racquet/strings

Part 1 is individual ball balancing skill (on strings, flat) -- prerequisite

Can be 2-3 athletes handing off to coach ("circle" with coach as intermediary as needed)

Ball exchange racquet to racquet (roll off gently)

Part 1 is individual ball balancing skill (on strings, flat) -- prerequisite

Part 2 is exchange

Underhand toss to trap/catch against string bed

Very close up for success

Emphasize shoulder turn part of trapping (like turning for groundstroke)

Emphasize ready/attentive receivers, toss when receiver is ready

(Previous activities over net) Handoff, ball exchange, and/or underhand toss over net

### Racquet and Balls with Tap-Up Skill

Individual tap-up skill (bounce-tap up...) -- prerequisite

Athlete tap-up to coach (catch target) as needed (easier)

Athlete tap-up using self bounce or using coach bounce (underhand loft-toss) to athlete

Athlete shared tap-up with coach (spot bounce target)

Shared tap-up in circle/group with coach alternating/correcting and calling out next athlete name

Shared tap-up with partner (spot target)

Partners over doubles alley (with or without spot targets)

Partners over net

Bump rally over net with coach (coach literally at net, bump volley, bounce to athlete)

### **Rally Activities**