

**Share The Wealth Conference Presentation 2018-Jekyll Island, GA.
January 25 to 27.**

Teaching Long and Short handle “RacketRama” Games and Activities for Students of All Ages

Presenters

Dr. Asola Eugene, Mrs. Claire Nash, Mr. Pel Chan, and Mr. Bernard Walker.

This presentation is intended to offer pedagogically safe and effective instruction for teaching large classes, in the form of stations within the physical education class setting. A series of planned racket and long handle implement games and activities would build on easy transfer of related skills from one activity to another making it interesting and enjoyable for students of all ages. It will benefit all current physical education teachers in practice and those who will participate.

Station 1: Tennis

Setup according to class size (two to four or more nets). Have 2 to 3 pairs of players standing about 5 feet away on either side facing net, with one ball (note: foam balls for beginners).

X X X players with balls drop ball with non-dominant hand and hit forehand over net

-----net

X X X players ready to receive, hit forehand back to partners.

- Practice 5 to 10 times and switch to backhand stroke
- Practice 5 to 10 times and switch to combination of both
- Practice 5 to 10 times and switch to drop serve to begin game play

Keys to note:

- adjust feet so non-dominant hand and leg are slightly forward
- Racket hand withdraws upon seeing ball coming over net and swung to hit ball diagonally to body position
- Keep eyes focused on ball movement

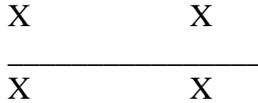
Rules to note:

- Balls landing on appropriate lines are “good shots.”
- The ball can only bounce one time prior to making contact.
- The ball can be played straight from the air except on the service return (called a volley or an overhead).
- Contacting the ball over the net or touching the net with the racquet or the body during play results in point loss.

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Station 2: Badminton

Set up depending on how many people are available and the number of nets. Have 1 to 2 individuals on either side of the net facing each other. The player with the shuttlecock will serve the birdie over the net to the opposition, using any legal serve. The person who is receiving the shuttlecock will try and volley the birdie back to begin a rally. Games are played to a score of 21 with 2 points lead.



Rules to note:

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.
- A match consists of the best of 3 games of 21 points.
- The side winning a rally adds a point to its score.
- The side winning a game serves first in the next game

Keys to note:

- Feet square or slightly staggered with dominant foot forward.
- Weight on the balls of the feet.
- Feet shoulder width apart and knees slightly bent.
- Racket held in dominant hand.
- Server and Receiver must stand within diagonally opposite courts.
- Server and Receiver must remain stationary until serve is delivered.
- The movement of the server's racket must continue forwards from the start of the service.
- Serve must travel upwards, over the net, landing within the receiver's service court.

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Station 3: Pickle ball

Set up depending on how many people are at each station and the number of nets. Each person will be standing across the net from another person (not in the No Volley Zone). The person with the ball will hit the ball underhand to partner, and the person receiving the ball will try and volley the ball back. The two partners will try and keep a rally going.



Rules to note:

- The ball must bounce twice (double-bounce rule), once on each side of the court, before players can hit the ball in the air or on the “volley”.
- You cannot step on the NV-line or into the NV-Zone when making a volley shot.
- The game of Pickleball is usually played to a score of 11. The winning team must win by two points or play continues until one team wins by 2. Only the serving team can win a point.
- The server must serve underhand making contact with the ball below the waist. The top of the paddle face must be below the wrist and the server must have both feet behind the service line at the time of contact with the ball. The ball must be served to the diagonally opposite court and it must be clearly in the service area.
- When the serving team scores a point, the server moves to the other side of the serving team’s court. The receiving team should never switch sides. The server will serve from the right when he has an even number of points. The server should serve from the left when he has an odd number of points.

Keys to note:

- Always be in ready position with knees bent, on the balls of your feet and watching the ball.
- Keep paddle out in front of your body.
- When you make contact with the ball, follow all the way through with your paddle.
- Announce the score of the game before serving.
- Wrist in rope of paddle handle to avoid slipping
- Swing through (exaggerate follow-through for all strokes)

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Station 4: Speed Minton/ Now called Crossminton

The sport combines elements from different sports like badminton, squash and tennis. It is an outdoor variation of badminton, so the ball is smaller and heavier. There is no net and the game tempo is faster

Set up is 1 vs 1 at about 10 to 15 yards apart depending on available space. The field consists of two squares measuring 5.5 meters (18 ft) on each side. The distance between the squares is 12.8 meters (42 ft). Crossminton can be played on half of a tennis court which can easily be modified with elastic lines. Match Speeders are used for normal games. Children and adolescents (u14) play with fun speeders over a smaller distance (8.80 meters). The aim of the game is to reach the square of the opposite player with the speeder. If the speeder falls outside the opposite square, the other side gains a point. Both players are allowed to step out of, or anywhere inside their square during play. The game ends when one player has at least 16 points and has at least 2 points advantage over their opponent. Every time a set/round finishes, the players switch sides. The serve is played bottom-up.

Keys to note:

Points can be won if:

- the serve is not correct
- the speeder touches the floor or the roof
- the speeder lands in the opposite court and cannot be returned
- the speeder lands outside the court (the lines count as being within the court)
- the speeder is touched two times immediately after each other
- the speeder touches the body

If a player returns a speeder from outside the court, it is considered to still be in play. After every set, there is a change of ends to guarantee equal opportunities concerning wind and lighting conditions. If a fifth game (tiebreak) becomes necessary, players change sides after every 6 points.

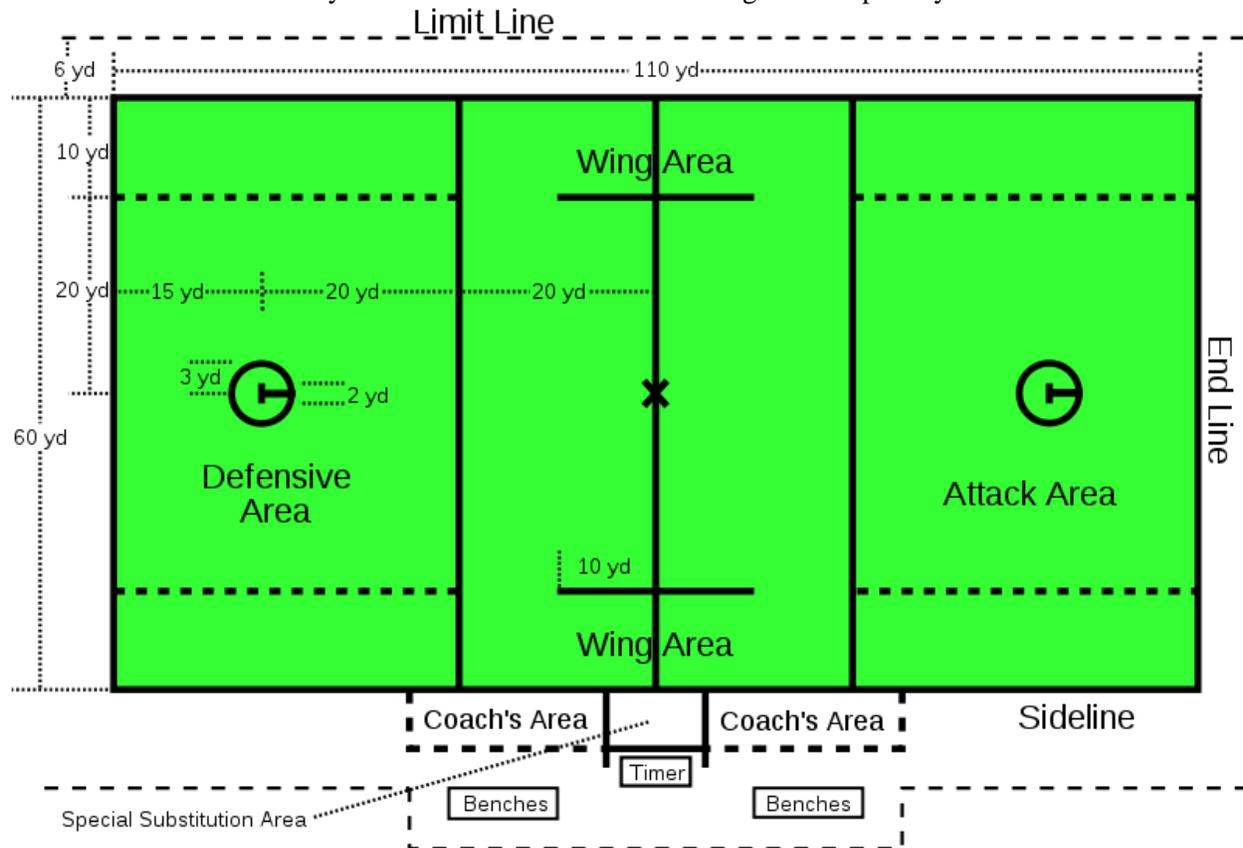
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Station 5: Lacrosse

Lacrosse is a team sport played with a lacrosse stick and a lacrosse ball. Players use the head of the lacrosse stick to carry, pass, catch, and shoot the ball into the goal. The men's games, field lacrosse (outdoor) and box lacrosse (indoor), are contact sports and all players wear protective gear: helmet, gloves, shoulder pads, and elbow pads. The women's game does not allow body contact but does allow stick to stick contact. The only protective gear required for women players is eye gear, while goalies wear helmets and protective pads. Intercrosse is a mixed-gender non-contact sport that uses an all-plastic stick and a softer ball.

There are 10 players on each lacrosse team. Four of the players must stay on the defensive half of the field, three must stay on the offensive half, and three can go anywhere on the field. The game is typically divided up into two halves and 4 quarters with each quarter being 12 minutes long. Play is started at the beginning of each quarter and after each goal with a face-off. During a face-off, two players lay their sticks on the ground parallel to the mid-line, the two heads of their sticks on opposite sides of the ball. At the whistle, the face-off-men scrap for the ball, often by "clamping" it under their stick and flicking it out to their teammates. When one of the teams has possession of the ball, they bring it into their offensive zone and try to score a goal. Due to the offside rule, settled play involves six offensive players versus six defensive players and a goalie.

Penalties are either technical or personal fouls. Personal fouls such as cross-checking, illegal body check or slashing, are about player safety. These fouls draw 1-minute or longer penalties; the offending player must leave the field and stay in the substitution area for the length of the penalty.



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Sticks work

1. Run with hands clasped.
2. Sticks face person, hands together, run.
3. Sticks face person, hands apart, run.
4. Ear to ear Cradle and run.
5. Ball in sticks, Cradle and run.
6. Double circle, face partner, run, cradle, and avoid people.

Ball work

1. Individuals pick up on bottom hand side (bend knees/lean over ball/push with bottom hand).
2. Partners...pick up and run thru bent sticks held by partner.

Throwing and Catching

1. Indicate where to receive and partner hand tosses.
2. Throw with hand on top of sticks...one hand throw/2 hand catch (repeat with 2 hand throw...2 hand catch)

Defense

1. 2 hand on sticks at ALL times.
2. Hold sticks up/face you with NO touching of opponent or sticks.
3. Hold above opponent's sticks, but straight up, don't reach and slash.

Mini Games

2 on 2: must make 2 passes without dropping or being intercepted.

* If dropped, must start over...rotate offense and defense.

3 on 3: catch and carry over endline to score (minimum of 2 passes).

Sideline LAX: 2 passes, then pass to teammate on endline (cannot pass down sidelines from player to player)

2 on 2 with a neutral player who changes teams with score...2 passes.

Lacrosse Rules:

- Play ball, not the opponent...no sticks or personal body contact.
- Players must have 2 hands on sticks at all times.
- Play is continuous...do not stall.
- There are no specific boundaries...play should continue where it is SAFE. This means you don't get in someone's way or go beyond cones, wall, fences, etc.
- This is a fitness game for heart and lungs. Make it safe and fun for all.