

PADDLEZLAM LEAD UP ACTIVITIES AND GAMES

ACTIVITY	CHALLENGE
Raquet Grip	Handshake Grip Can you do this with your non-dominate hand?
Forehand Grip and Ball Balance On Raquet	Can you balance the ball on the paddle without the ball dropping off the paddle? How long can you do this? Time it. Can you beat your time? Can you do this with your non-dominate hand?
Backhand Grip and Ball Balance On Raquet	Can you balance the ball on the paddle without the ball dropping off the paddle? How long can you do this? Time it. Can you beat your time? Can you do this with your non-dominate hand?
Forehand Grip and Ball Roll On Raquet	Can you roll the ball on the paddle without the ball dropping off the paddle? How long can you do this? Time it. Can you beat your time? Can you do this with your non-dominate hand?
Backhand Grip and Ball Roll On Raquet	Can you roll the ball on the paddle without the ball dropping off the paddle? How long can you do this? Time it. Can you beat your time? Can you do this with your non-dominate hand?
Forehand Grip and Self Rally	Can you self rally, in the air, using a forehand grip? How many rally hits can you do? Can you beat your score? Can you do this with your non-dominate hand?
Backhand Grip and Self Rally	Can you self rally, in the air, using a backhand grip? How many rally hits can you do? Can you beat your score? Can you do this with your non-dominate hand?
Alternating Grip and Self Rally	Can you self rally, in the air, using both the forehand and backhand grips, alternating grips? How many rally hits can you do? Can you beat your score? Can you do this with your non-dominate hand?
Forehand Grip and Self Wall Rally	Can you self rally against the wall, using a forehand grip, hitting the ball off the bounce or in air toss?
Backhand Grip and Self Wall Rally	Can you self rally against the wall, using a backhand grip, hitting the ball off the bounce or in air toss?
Forehand grip, Self Serve At or Into the Cone	Can you self serve the ball at or into the cone, using a forehand grip?
Forehand Grip, Partner Toss Wall Rally	Can you hit a tossed ball, from your partner, against the wall using the forehand grip?
Backhand Grip, Partner Toss Wall Rally	Can you hit a tossed ball, from your partner, against the wall using the backhand grip?
Forehand Grip, Partner Toss Cone Strike	Can you hit a tossed ball, from your partner, at the cone using the forehand grip? Can you hit it into the top opening? Can you hit it into the side opening?
Backhand Grip, Partner Toss Cone Strike	Can you hit a tossed ball, from your partner, at the cone using the backhand grip? Can you hit it into the top opening? Can you hit it into the side opening?
Partner Rally	Can you and your partner rally hit between each other? How many times can you rally hit? Can you beat your score?
Partner Pass and Cone Strike	Can you receive the ball from your partner and direct the ball to either strike the cone or go into the cone? Do this from short distances first and gradually increase the distance. Switch so the other partner gets the opportunity to practice this.
Partner Pass and Cone Strike	Can your partner pass the ball to you so you can set them up to direct the ball at or into the cone? Do this from a very short distance initially and gradually increase the distance. Switch so the other parner gets the opportunity to practice this.
Setter Only Play	Lead up game: In groups of 3, one player is the setter for 10 consecutive sets. The two remaining players take turns serving to the setter, who sets up the ball for the server to attempt to hit or go in the Paddle Zlam Cone.