

Striking Experiences



Name _____

Partner _____

Class _____

Date _____

Reciprocal Teaching Style

Circle the # of hits made in a row.

1. Hit the ball in the air repetitively with paddle: Palm up. 3 7 12 18 25

2. Hit the ball in the air repetitively with paddle: Palm down. 3 7 12 18 25

3. Bounce the ball against the floor repetitively with paddle: Palm down. 3 7 12 18 25

4. Forehand stroke against wall (1 bounce) 3 7 12 18 25

Criteria	Yes	No
a. Opposite foot forward		
b. Swing from shoulder		
c. Swing in 180 degree arc		

5. Backhand stroke against wall (1 bounce) 3 7 12 18 25

Criteria	Yes	No
a. Opposite foot forward		
b. Swing from shoulder		
c. Swing in 180 degree arc		

6. Extra challenge: Hit ball back and forth across line with partner. 3 7 12 18 25