



AMBER VALLEY SCHOOL SPORT PARTNERSHIP

PLAYGROUND CHALLENGE RESOURCE

This resource is designed to allow staff and sports leaders to deliver fun, developmental challenges for students across all year groups in preparation for Amber Valley SSP competitions.

These challenges can take the form of extra-curricular clubs or PE lessons and can help you to choose your team for competitions, help you assess the progress of your students and form an enjoyable competition element for pupils. Delivering these competitive challenges will also support your delivery of the Sport Premium funding and reporting through the Sport Premium Web App (SPWA) facility in terms of the Level 1 competition based questions.

How to use

The challenges included in this resource are aimed at lower KS2 students (Y3/4) in the main, but include simple adaptations to make the challenges suitable for lower/higher age groups and ability levels. They can also be adapted in other ways to make them more appropriate for your school and students.

The equipment used is simple and readily available but can also be adapted to suit the equipment your school has access too.

Each challenge also includes tips and advice which can be passed onto students from both a technical and tactical perspective all in accordance with the rules used at SSP competitions.

Scoring

Results can be recorded for all of these challenges which can be used to produce leader boards between classes or groups or to assess and demonstrate progress in individual students. Ideal as part of a team trial or competition



Athletics (field)

Skills targeted: Jumping, Throwing, Speed Bounce

Equipment: Large balls, markers/cones, speed bounce mat or equivalent

Speed Bounce challenge

Using a speed bounce mat or soft hurdle challenge your students to complete as many correct speed bounces over the hurdle in 30 seconds. A correct speed bounce is both feet landing simultaneously on the opposite side of the hurdle to where they started.

Make it easier

Allow students to land one foot at a time

Make it harder

Reduce the time limit to 15 seconds

Tips for improvement

- Hold your arms out to the side to improve balance
- Try to get as close to the top of the hurdle as possible to save time
- Twist your hips mid-air

Competition pointers

- Get someone to hold the corner of the speed bounce mat still for you
- If you land on the hurdle take the time to stop off it before restarting, or you could get the hurdle stuck under your feet

Throwing challenge

Using a football/netball/basketball challenge your students to chest push the ball as far as they can. Use a marker to show each students best attempt or you can measure with a tape measure. Ensure students do not step over the start line and do not take a run up

Make it easier

Reduce the weight of the ball

Make it harder

Increase the weight (balls used in competition are 1kg medicine balls)

Tips for improvement

- Bend your knees and spring upwards when releasing the ball
- Aim high, approx. a 45 degree angle

Competition pointers

- Don't step over the line or the throw won't be counted!
- Make sure the ball starts from your chest and is pushed forward

Jumping challenge

Challenge your students to jump as far as possible from a standing start. Where they landed is recorded with a marker to allow them to try to improve their score. You can measure the best attempts with a tape measure if you wish. Ensure students start behind the same start line for accuracy

Make it easier

Allow students to take a short run up

Make it harder

Challenge students to jump and then jump again as soon as they've landed (similar to triple jump)

Tips for improvement

- Bend your knees and swing your arms for more power
- Reach forward with your arms when in the air to make sure you don't fall backwards
- Rock forward onto the balls of your feet as you take off to gain momentum

Competition pointers

- Try to land with both feet together as it's the furthest one back that is measured
- Make sure you lean forward on landing, if you fall back onto your hands you'll lose distance

Athletics (track)

Skills targeted: Sprinting, Running, Relay Changeover

Equipment: Cones/markers, beanbags/relay batons, hurdles (if possible)

Shuttle Sprints

Mark out 'lanes' of 10m. Challenge your students to complete 5 shuttle sprints in the quickest possible time. Make sure they touch the cone at either end of the lane.

Make it easier

Reduce the challenge to 2 or 3 shuttles

Make it harder

Increase the challenge to 7-10 shuttles

Tips for improvement:

- Drive your knees towards your elbow and push against the floor
- Slow down into a turn otherwise you'll over run and lose more time

Competition pointers

- Hit the reversa board low down (below half way) for a quicker turn
- Don't miss out any hurdles/equipment – time will be added on!

Relay changeovers

Set out a series of lanes of up to 25m in length. Organise your students into teams of 4-8 and position a team in the middle of each lane. Challenge them to run towards the end of the course, turn and run back past their team-mates to the other end, turn again and head back to middle of the course and pass a baton on to the next runner. Time each team individually or run races between your teams

Make it easier

Position half the team at each end of the line so the students are facing each other when passing the baton over

Make it harder

Ask the students to get as many changeovers as they can in a set time (3mins)

Tips for improvement

- Watch the baton into your hand to make sure you've got it
- Start running before your team-mate reaches you so you've got momentum

Competition pointers

- Decide on a point (maybe a line on the floor) which when your team-mate reaches you'll start running
- Watch your team-mates hand when passing them the baton

Track Running

Set out a large oval track using cones/markers. Either challenge students to complete as many laps as possible in 1min or ask them to complete 6 laps in as fast a time as possible. Add in hurdles if you wish

Make it easier

Make the track smaller in circumference

Make it harder

Increase the target number of laps – 10 for instance

Tips for improvement

- Try to straighten your lead leg over the hurdle, the other should then follow
- Pace yourself and increase your speed through the challenge, rather than starting off too fast

Competition pointers

- Always run all the way through the line, don't slow down when finishing the race
- Make sure you run your hardest even if you don't think you can win the race, your time will get you points – which could help you win overall!

Basketball

Skills targeted: Passing, Shooting, Dribbling, Ball Control

Equipment: Basketballs, Cones, Markers, Basketball hoop

Slalom Dribble

Mark out a distance of up to 20m with two cones. Position a number of other cones in between which students must dribble around. Challenge your students to dribble a basketball around the cones to complete the distance as quickly as possible whilst keeping the ball under control. Students must use only one hand to dribble and cannot catch the ball

Make it easier

Remove some of the cones to make the slalom easier

Make it harder

Challenge students to only use their weaker hand to dribble, or exchange between strong and weak hands with each bounce

Tips for improvement

- Keep the ball as low to the ground as possible so opposition players have less chance to steal it
- Position your body between the cones and the ball (as though they are defenders)

Competition pointers:

- Only dribble when you have space to do so, if defenders are too close try a pass
- Don't dribble too much, if a player is open and in a better position, pass the ball

Fast break

In teams of 4-6 challenge your students to get the ball to travel the full length of a court (max 30m) without dropping the ball or dribbling it. Time the teams to see who's the fastest

Make it easier

Allow play to continue if the ball is dropped but remains inside the court

Make it harder

Add a defender or two to slow down progress down the court

Tips for improvement

- Make sure the ball carrier has someone to pass too on both sides
- Pass the ball quickly to give defenders less time to react
- Call out the name of the person you want to pass to so they know to be ready

Competition pointers

- Use different types of passes to keep opponents guessing
- Avoid over-head passes – especially if the other team has some tall players!

Lay-up challenge

Set up 3 cones 5m from a basketball hoop at different angles. Challenge your students to complete as many lay-ups as possible without missing, using the cones as a starting point.

Make it easier

Set a time limit on the challenge so missed lay-ups don't end the attempt

Make it harder

Put in a passive defender to challenge your students further

Tips for improvement

- Aim for the bottom corner of the backboard, if you hit that the ball should go in
- Lift the ball gently towards the target – if you throw the ball at the backboard it will bounce away

Competition pointers

- Rebound – as soon as someone from either team shoots try to work out where its going to bounce and jump and grab the ball
- Get between the ball and your goal area when defending – make it difficult for the other team

Cricket

Skills targeted: Catching, Throwing, Fielding, Bowling, Striking

Equipment: Kwik cricket bats/stumps, batting tees, balls, cones

Howzat!!

In teams (5 max) or individually students are tasked with getting as close to 10 wickets as possible. Activity leader firstly offers 5 catching opportunities (a variety of heights and directions) either all to one player or one each in a team of 5. Each successful catch is a wicket. The team/individual is then rolled or struck a ball along the floor. They must field the ball cleanly and throw it at the stumps. A successful hit is a wicket.

Make it easier

Decrease the difficulty of the catches, move the stumps closer

Make it harder

If ball isn't fielded cleanly the turn is over

Tips for improvement

- Where possible get your whole body behind the ball – long barrier technique
- Point your fingers towards to stumps when throwing to help with accuracy

Competition pointers

- Try to get behind the stumps when a team-mate is throwing at them to 'back up'
- Take a look up before you throw at the stumps, it might be better to throw to one side rather than the other

Bowling Challenge

Using a set of cricket stumps set your students a challenge of taking as many wickets as possible by hitting the stumps from 5m away. The ball must bounce only once with players using the overarm bowling technique keeping the arms straight and releasing at the top of the arc

Make it easier

Allow students to bowl the ball underarm

Make it harder

Limit the students to just 2 or even 1 stump as a target

Tips for improvement

- Try to get your bowling arm to pass as close to your ear as possible for a straighter delivery
- Take a big step forward as you bowl the ball to get more power

Competition pointers

- Aim for the top of the stumps with one bounce, they're the most difficult balls to hit
- Don't try to bowl too fast, you might end up bowling a wide and costing your team runs

How many runs?

In teams of 4-6 set up a batting station and 3-4 'gates' which the batter must aim to hit the ball through using cones. These gates can be anywhere in front of the batter (either straight, or too the left/right) but should vary in width. Then using either a batting tee or a gentle/underarm bowl the batsman aims to hit the ball through the gates. If he/she hits the ball in the air they can be caught out by other members of the team. Points are scored for each gate hit through on the ground, with the narrower gates worth more

Make it easier

Use a batting tee and make the gates wider/closer to the batter

Make it harder

Bowl the ball with more pace and bounce

Tips for improvement

- Step forward into the shot when trying to hit the ball
- Keep your head over the ball on impact

Competition pointers

- Look around the field to see where the fielders are – then hit the ball into space
- Hit the ball along the floor, you cant get caught out that way!

Dodgeball

Skills targeted: Throwing accuracy, Catching, Dodging, Agility

Equipment: Dodgeballs, cones, targets, soft spots

Target Throw

Create targets on a wall (flipchart paper, hoops, bibs, pre-existing markers) and set up a line of cones 1-4m away (depending on age/ability). Scatter 6-10 cones with dodgeballs on top behind the line. Player has 30secs to pick up balls 1 at a time and try to hit the targets. Points are scored for each target hit – you could award more points for smaller or more difficult targets. If the ball bounces before the wall it doesn't count, player cannot cross the line of cones

Make it easier

Move line of cones closer to the targets

Make it harder

Limit players to throwing with their weaker hand

Tips for improvement

- Step forward when throwing for more power
- Point your fingers towards the target when releasing the ball for added accuracy

Competition pointers

- Aim towards your opponents' waist – if you throw too high it won't count!
- Vary your throws between over-arm and under-arm throws to keep your opponents guessing

Dodge/Catch

Player stands opposite a teacher/mini leader (approx. 2m apart) who throws underarm to the player while simultaneously shouting 'dodge' or 'catch' player must then respond accordingly. Test player to see how many throws in a row they can make the right decision for. After 5 throws increase the speed of the throw

Make it easier

Stand further away to give players more time to react

Make it harder

Use opposites so if 'dodge' is shouted players must catch and if 'catch' is shouted players must dodge

Tips for improvement

- Keep your knees flexed and stand on the balls of your feet so your ready to move!
- Have your hands out in front of you in a catching position at all times

Competition pointers

- Remember catching the ball in a game removes the player who threw it!
- Keep your head moving so you can see every opposition player, a ball could come from any direction in Dodgeball!

Agility Diamond

Set out 4 cones of different colours in a diamond formation with approx. 3m between the top/bottom and left/right cone. Player stands on the central point in the diamond (marked with a soft spot). Teacher/leader shouts out a colour, player must then respond by moving to the cone, and touching it before returning to centre. When player has returned to centre another command is called, player must face forwards at all times. Time player how long it takes to respond to 10-20 calls

Make it easier

Reduce the distance between the cones

Make it harder

Increase the number of commands called

Tips for improvement

- Keep your knees bent for a low centre of gravity and better agility
- Push off on your outside leg to get back to the middle quicker!

Competition pointers

- Always face forwards in Dodgeball so you can see if anything is coming!
- Don't stay at the front of the court for too long – you'll end up getting hit

Football/Futsal

Skills targeted: Passing, Ball control, Shooting, Goalkeeping

Equipment: Footballs, cones, markers, football goal if possible

Passing Gate

Set up a small gate (approx. 1m wide using cones. With students in pairs challenge them to complete passes through the gate from 1m away each. Once they have completed 5 they step back 1m and so on. How far away from the gate can they get in 3mins

Make it easier

Increase the width of the gate to 2/3m

Make it harder

Set a rule that students must use their weaker foot or must complete passes with 1 touch each

Tips for improvement

- Punch the ball with the inside of your foot
- Point the toe of your standing foot towards the target, with your knee and chin over the top of it

Competition pointers

- Pass the ball into space, don't try to dribble around everyone when passing will do the work for you
- Make sure you always have at least 1 player behind the ball to defend if you lose the ball in attack

Control Zone

Organise students into groups of 5/6. Set up a small square (2mx2m) using cones with 1 player stood inside it. The remaining team members stood 3m away around the outside of the square with a ball each. Outside players take it in turns to underarm throw the ball to the player in the square. This player must control the ball and pass it back without the ball leaving the square. Encourage the use of different body parts to control the ball; foot, thigh, chest, head

Make it easier

Increase the size of the square

Make it harder

Limit the player to using his/her weaker foot

Tips for improvement

- Move your feet quickly to get into a good position to control the ball
- Pull your foot/thigh etc backwards when the ball hits it to cushion the ball

Competition pointers

- Take your first touch away from your opponents into space
- Put your body in between the defender and the ball so its harder for them to tackle you

Target Shooting

Set up a goal with target areas (approx. 0.5m wide) marked with cones (bottom and if possible top corners). Challenge your students to hit these target areas after being passed a ball from approximately 10m away. Encourage your more able students to shoot with power using the laces. Award points for scoring a goal but additional points for hitting a target area.

Make it easier

Increase the size of the target areas

Make it harder

Add a goalkeeper if possible or encourage use of the weaker foot

Tips for improvement

- Strike through the ball for more power
- Keep your head over the ball to keep it down

Competition pointers

- Strike across the goalkeeper to the far post, that tends to be where the space is
- Follow shots in, just in case there are any rebounds

Gymnastics

Skills targeted: Balance, Jumping, Creative movement, Landing, Body management

Equipment: Beanbags, Bench, soft spots

Beanbag Balance

Give each child a beanbag and have them place it on their head. The aim is to keep the beanbag on their head for as long as possible (time the challenge) Instruct the students to stand on one leg, then touch their knees/toes, stretch high, write their name with their non-standing foot, close their eyes etc.

Make it easier

Remove the beanbag and simply have a 1 leg balancing challenge

Make it harder

Increase the difficulty using the commands described above

Tips for improvement

- Keep your head central at all times for better balance
- Hold your arms out to the side for better balance

Competition pointers

- Keeping your balance is really important, you'll lose points if you lose balance
- Use your arms as levers for better balance on all the pieces of equipment

Routine Challenge

Set a routine of 4-8 movements including elements like cartwheels, forward/sausage rolls, star jumps, arabesque and other pieces of creative movement. Challenge students to replicate the routine (alter it regularly if other are watching) and award points for each correct movement completed

Make it easier

Simplify and reduce the number of movements

Make it harder

Increase the number of movements required

Tips for improvement

- Make sure you fully extend your arms and legs on each movement
- Take your time on your routine, there's no need to rush!

Competition pointers

- Ensure you pause and hold each movement in your routine so the judges can see what you've done!
- Try to point your toes where possible to score more points from the judges

Vault Challenge

Position a small landing area (30cmx30cm square) at the end of a bench or springboard using soft spots or strips. Challenge students to walk along the bench then jump and land in the middle of the landing area. Challenge them to jump in a star jump, spin 180°, spin 360°, jump in a tuck position etc while still landing in the landing area. Award points for successful landings & encourage students to present on landing

Make it easier

Increase the size of the landing area and keep the types of jump more simplistic

Make it harder

Turn the bench over so students walk along the narrow beam

Tips for improvement

- Bend your knees on landing for better balance and to avoid injury
- Hold your arms out and look forward to make sure you don't step out of the area

Competition pointers

- Don't forget to present to the judges on landing for extra points
- If you can try to make a turn or tuck in the air to score higher

Handball

Skills targeted: Balance, coordination, movement, passing, shooting, catching

Equipment: Cones, medium/large balls, hoops

Agility Diamond

Set out 4 cones of different colours in a diamond formation with approx. 3m between the top/bottom and left/right cone. Player stands on the central point in the diamond (marked with a soft spot). Teacher/leader shouts out a colour, player must then respond by moving to the cone, and touching it before returning to centre. When player has returned to centre another command is called, player must face forwards at all times. Time player how long it takes to respond to 10-20 calls

Make it easier

Reduce the distance between the cones

Make it harder

Increase the number of commands called

Tips for improvement

- Keep your knees bent for a low centre of gravity and better agility
- Push off on your outside leg to get back to the middle quicker!

Competition pointers

- Make sure you stand between the ball and the goal your defending to make it difficult for your opponents
- Move quickly into space and call for the ball to be passed to you

Passing Accuracy Challenge

Place 5 cones 1m,2m,3m,4m,5m from the teacher/leader. Teacher holds out a hoop at a child's chest height. Player does 5 chest passes, one from each cone trying to pass ball through hoop. Then does 5 shoulder passes (hoop held higher) and 5 bounce passes (hoop held lower). A point is scored for each pass through hoop.

Make it easier

Use same distance for all 5 passes such as 2m

Make it harder

Put a time limit on the challenge, to mimic an in-game scenario

Tips for improvement

- Keep your eye on the target when passing to make sure it goes there!
- Step forward into the pass to keep the ball straight and get more power

Competition pointers

- Try to avoid over-head passes if possible, there's more chance of the ball being intercepted!
- Use short passes to get around your opponents, long passes rarely find their target!

Catch and Shoot!

Mark out a small goal using cones (approximately 2-3m wide). Set up a line of cones around 5m from the goal where the players cannot shoot in front of. Pass a medium/large ball to the player at different heights and in different ways. The player must catch the ball and shoot towards goal scoring a point for a goal scored (no goalkeeper). Record how many goals are scored in 30 seconds

Make it easier

Move the shooting line closer to the goal or make the goal larger

Make it harder

Put in a passive defender to put pressure on

Tips for improvement

- Keep your eye on the target and point your fingers towards the goal when shooting
- Aim your shots low, shoot too high and it'll go over the top!

Competition pointers

- Shoot quickly after receiving the ball so the defenders can't get in the way
- Try pretending to pass the ball before quickly having a shot to trick the defenders

Netball

Skills targeted: Passing accuracy, footwork, speed, agility, shooting

Equipment: Netballs, cones, soft spots, hoops, beanbags, netball hoop

Multi-Pass Challenge

Place 5 cones 1m,2m,3m,4m,5m from the teacher/leader. Teacher holds out a hoop at a child's chest height. Player does 5 chest passes, one from each cone trying to pass ball through hoop. Then does 5 shoulder passes (hoop held higher) and 5 bounce passes (hoop held lower). A point is scored for each pass through hoop.

Make it easier

Use same distance for all 5 passes such as 2m

Make it harder

Put a time limit on the challenge, to mimic an in-game scenario

Tips for improvement

- Keep your eye on the target when passing to make sure it goes there!
- Step forward into the pass to keep the ball straight and get more power

Competition pointers

- Use different types of passes to get around opponents
- Pass the ball quickly to give your opponents less chance to get in position

Speed challenge

Position 8-10 hoops or cones around a 10x10m area. Place 8-10 beanbags, tennis balls or netballs behind a 'start line'. Player must take the beanbags/balls one by one and place them either in the hoops or on the cones. Once all the balls/beanbags have been moved the player must retrieve them one by one and put them back at the starting point. The objective is to complete the task in as quick a time as possible

Make it easier

Decrease the number of balls/beanbags used

Make it harder

Increase the size of the area used so players must run further

Tips for improvement

- Keep your head straight and central for good balance when your moving around
- Move in different ways to get around quickly – forward, backwards, sideways etc

Competition pointers

- Keep an eye on the lines on the floor, make sure you don't step out of your area
- Make sure you get in between the ball and your goal when defending – make it difficult for the other team

Shooting Arc

If possible use a netball/basketball hoop, set out a shooting arc using cones if needed and position 6-10 more cones at random inside the shooting arc with a ball on top of each. Player must take a shot from each cone – scoring points if they're successful. Make sure shooter doesn't take longer than 4 seconds to shoot each ball. Make it clear that any goal hitting the backboard doesn't count.

Make it easier

Award points for hitting the hoop if players are struggling

Make it harder

Put in a passive defender to make the challenge more game realistic

Tips for improvement

- Support the ball with your stronger hand and push it upwards towards the target
- Push the ball gently above the hoop so that it drops down and in

Competition pointers

- Take the time to get in your shooting position but don't take too long or 4 seconds will run out!
- If your team-mate is in a better position pass them the ball for an easier shot

TAG Rugby

Skills targeted: Passing, Agility, Tagging

Equipment: Cones/markers, Rugby balls, TAG belts, disk cones, hoops

Passing accuracy challenge

In threes or fours give each group 5 rugby balls and a hoop. Players take it in turns to hold out the hoop at chest height (away from their body). One player is challenged to pass as many balls as possible through the hoop from 2m away. Then increase the distance

Make it easier

Use larger hoops or decrease the distance

Make it harder

Increase the distance of the pass

Tips for improvement

- Stand sideways with the hand furthest away from the target at the back of the ball
- Lean into the pass with your legs and hips for more power

Competition pointers

- Try to aim for your team-mates chest/stomach to make it easier to catch
- Remember to pass the ball backwards/sideways

Agility Challenge

Set out a number of cones in a zig-zag formation across a 15-20m course. Students must collect the cones (going right then left) as quickly as possible. Not allowed to miss a cone

Make it easier

Allow students to miss out cones if they wish

Make it harder

Increase the distance between the cones

Tips for improvement

- Push off with your outside foot to change direction quickly
- Keep your knees flexed for a lower body position and more stable centre of gravity

Competition pointers

- Try a fake movement one way before going the other to fool the defender
- Keep a tight grip on the ball, if you drop it the other team will gain possession

Tagging Challenge

Set out a 20x20m area with 10 players inside wearing tag belt. Participant has 30seconds to gain as many tag belts as possible. Defenders cannot block/spin to avoid being tagged

Make it easier

Limit defenders to a jog inside the area

Make it harder

Remove one of the tags from each defender, reducing the number of targets

Tips for improvement

- Take up a low starting position when going for a tag belt
- If possible go with two hands so you have a better chance of getting a tag

Competition pointers

- Make sure you shout TAG! And hold the belt up so its clear you've got a tag
- If an attacker is in a wide area of the field force them towards the side line

Tennis

Skills targeted: Serving, Recovery, Rallying, Forehand/Backhand

Equipment: Tennis rackets, Tennis balls, Cones, spots, strips, net

Serving Challenge

In teams of 3-4 give each player 5 attempts to serve the ball over a net (ideally but not crucially) aiming for targets of varying size. Players can choose to bounce the ball and serve under arm, serve under arm without a bounce or serve overarm. Targets can be set out using cones and could take the form of an archery style target. Points are awarded for the size of target hit

Make it easier

Allow players to stand slightly closer to the target

Make it harder

Decrease the size of the targets

Tips for improvement

- If serving underarm let the ball bounce gently and step into the shot to get more power
- Move the racket low to high (knees to trees) to get a high trajectory over the net

Competition pointers

- Remember to hit the ball diagonally over the net towards your opponent
- Get into position in the middle of the court as soon as you've hit your serve so your ready to play the next shot

Recovery challenge

Set out a 10mx10m grid with 6-8 different coloured cones around the perimeter. Student stands at a central point (marked with a spot) and must sprint and touch the correct coloured cones as they are announced. Then 'recover' to the central point. Must be facing forwards at all times to replicate tennis.

Make it easier

Decrease the size of the grid

Make it harder

Ask students to remember a sequence of colours and use those as the pattern

Tips for improvement

- Keep your head central when moving backwards/sideways to keep your balance
- Keep your knees flexed to keep a low centre of gravity

Competition pointers

- Always try to get back to the middle of the court so your in a good position to play your next shot
- Start running as soon as your opponent has hit the ball, don't wait for it to bounce or you might not get there!

Rally Challenge

Either using floor tennis or over the net tennis challenge your students to see how many consecutive shots they can play in a rally. Allow one hit per side and only count the shot if it stays in court/passes over the floor tennis 'net'

Make it easier

Move to floor tennis or increase the size of the floor tennis 'net'

Make it harder

Move to over the net tennis, only allow one bounce per side

Tips for improvement

- Keep a strong wrist when pushing the ball back over the net
- Move your feet quickly to get in position to hit the next shot

Competition pointers

- Try to hit the ball into space, remember your now trying to beat your opponent, not work together with them
- If the ball bounces up high, hit it downwards with power to win the point