Figure 8.2 Tasks for Striking With Paddles

*Directions:* This task sheet lists 15 tasks. Some will be easy. Some will be hard. When you get to a task you cannot do, that is the one to spend time practicing. Don’t worry about others in the class. Just try to practice a lot so that you can improve. I will help you as you practice. When you can do a task, write your initials beside it. You will need a foam paddle for each task.

1. \_\_\_\_\_ I can strike a balloon with a paddle 10 times in a row without the balloon hitting the floor.
2. \_\_\_\_\_ I can strike a balloon with a paddle 15 times and remain on my carpet square.
3. \_\_\_\_\_ I can spell my first and last name by saying a letter each time the ball hits the paddle—without a miss.
4. \_\_\_\_\_ I can strike a foam ball 20 times in a row without leaving my carpet square or the ball hitting the floor.
5. \_\_\_\_\_ I can strike the ball to the ground (dribble) 16 times in a row without a miss.
6. \_\_\_\_\_ I can strike a foam ball 18 times in a row doing “flip-flops”—one side of the paddle, then the other.
7. \_\_\_\_\_ I can spell the entire city I live in by saying one letter each time the paddle strikes the shuttlecock.
8. \_\_\_\_\_ I can hit a ball against a wall 13 times in a row without letting the ball bounce twice.
9. \_\_\_\_\_ I can hit a ball against a wall 9 times in a row without letting the ball hit the floor once.
10. \_\_\_\_\_ I can hit a ball against a wall without letting the ball hit the floor once and not leave my carpet square.
11. \_\_\_\_\_ My partner and I can hit the ball back and forth 9 times in a row without letting the ball bounce twice.
12. \_\_\_\_\_ My partner and I can hit the ball back and forth 11 times in a row without letting the ball touch the floor.
13. \_\_\_\_\_ I can hit a forehand, backhand, forehand, backhand against the wall 14 times without letting the ball bounce twice in a row.
14. \_\_\_\_\_ My partner and I can hit the shuttlecock across the net 21 times in a row without a miss.
15. \_\_\_\_\_ My partner and I can hit the ball to each other 25 times in a row without having the ball hit the floor. Each time I hit I have to change from a forehand to a backhand to a forehand to  
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*Remember:* This is not a race! Take your time and try to do each task well. I will be here to help you. We will use this task sheet several more times this year.