

Need two umpires starting position for kickout after behind. Person at A has racquet and tennis ball. Hits as close to the line at B. Another coach/ player catches ball near line at B and hits close to line at C then from C hits to D for a simulated set shot at goal. The idea is to go with speed close to the line. If the ball goes out then umps will signal accordingly. Once at the far end the positions reverse from the opposite goal square. So D becomes A (in the goal square) and you hit back to the other end. After two goes you swap the umps.

Needs 4 tennis racquets. If a large group only go through one round and start at A every time. Can get more than one ball going.

