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# Best Practices

**Striking with Implements**

**Suggested Grade Level:**

* 3rd – 5th Grade

**Materials Needed:**

* Tennis rackets
* Low compression tennis balls
* Open Wall

**Description:**

* To help students understand the aspect of striking the golf ball to a target, I try and compare it to other activities like tennis.
* I add a tennis rotation to help with hand-eye coordination and adding cardio with striking the ball against the wall. See how many they can do in a row.

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**Date Submitted:** 4/25/14