



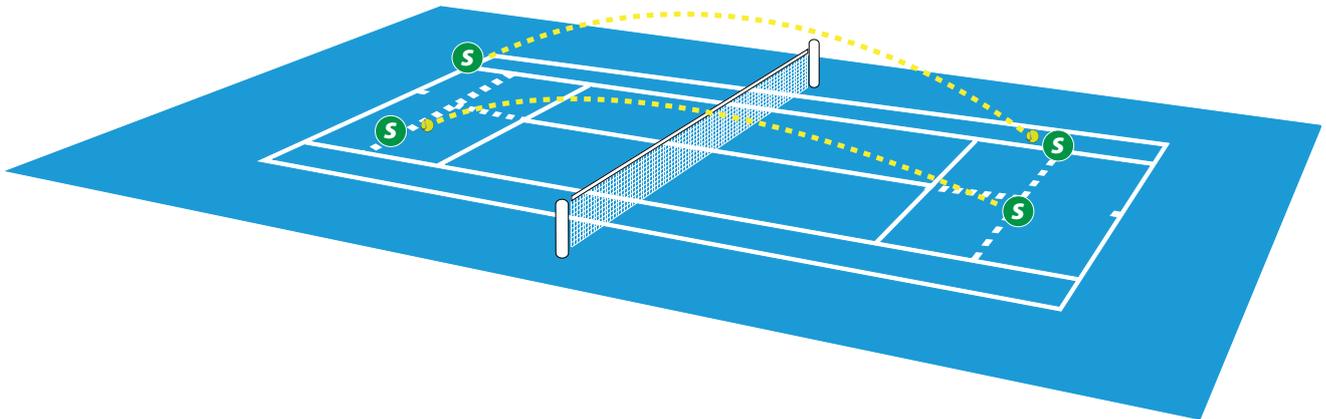
## Warm-up

### Overarm throw baseline to baseline

## Learning Objectives

Children will:

- develop a good overarm throwing action.
- be introduced to the return of serve.
- be introduced to a full overarm service action.



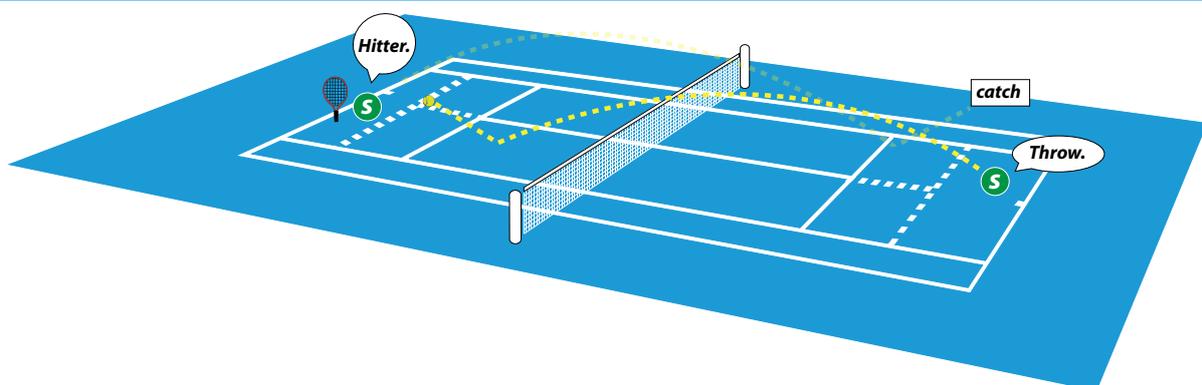
1. Children stand on either side of the orange court at the baseline facing a partner.
2. With one ball for each pair children attempt to throw the ball to their partner who remains behind the baseline on the full.
3. Children can count how many times they can consecutively throw and catch the ball with their partner while remaining behind the baseline.
4. After four successful catches, they each take one step back.
5. Children return to the baseline and throw the ball to their partner over the net as high as possible. This will help them develop good shoulder alignment and develop leg drive to initiate the swing up to impact.

### Key points

Plenty of time should be spent on the above throwing activities as a good throwing action is the basis of the serve. Progress the children as required and challenge the better throwers by setting goals for the number of successful throws they can complete.

Technical points to look for include: the trophy position, leg drive and weight transfer from back to front foot, the shoulder leading the arm and a release high and up.

## Introducing the return of serve



1. In pairs one child will be the thrower and the other the returner.
2. The thrower must throw the ball cross court to their partner who returns the ball back cross court with a racquet for the thrower to catch after one bounce.
3. As a pair they count how many times they can successfully complete the activity from ten attempts.
4. Children switch roles and try to beat their previous score.
5. Children should complete this activity on the deuce and advantage side of the court.

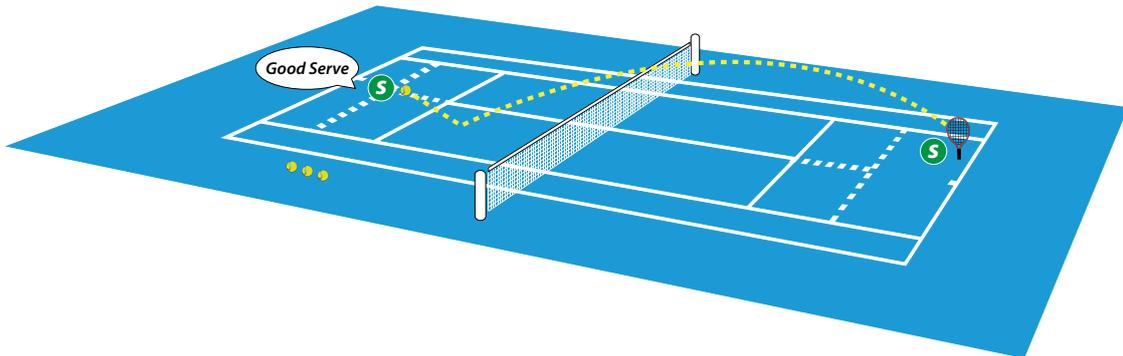
### Key points

To increase the level of difficulty you can place targets for both the server and returner to aim for. This will help them understand the importance of directing the serve to the weaker stroke of their opponent.

Technically the server should begin with the correct stance each time.

# Play development

## Serve and serve return



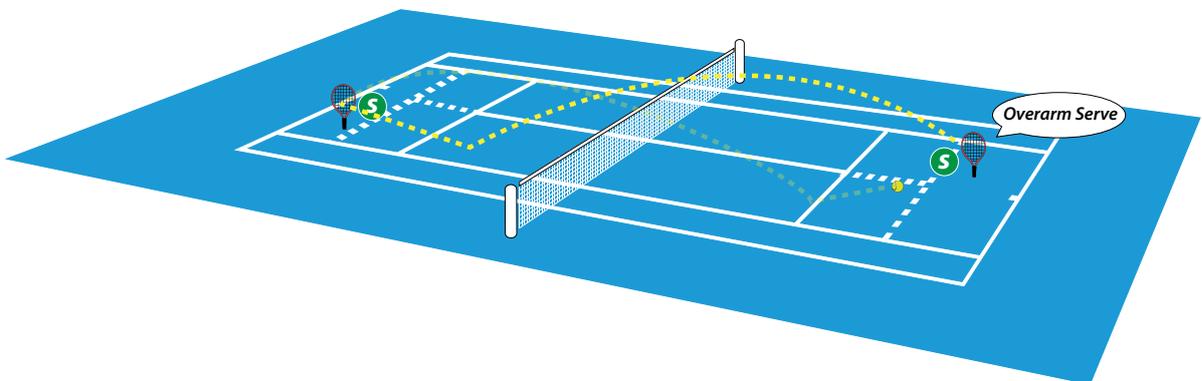
1. Demonstrate the full service action and describe how it is the same as the throwing action they have already been practicing.
2. Children now perform the same activity as the previous but the thrower now serves the ball.

### Key points

Children should try and complete the full swing when serving. If they cannot get them to start in the trophy position and focus on hitting up and out to the ball using palm guidance through the hitting zone.

If some children can successfully complete the full swing get them to begin directing their serve to the forehand or backhand of their partner.

## Playing tennis



1. Children play points first to seven.
2. The rally should be started with an overarm serve.
3. Children have four serves each at a time and need to win by two points.
4. Switch opponents trying to match ability to create evenly contested matches.

### Key points

Continue to reinforce the technical points worked on in the throwing and serving activities.

If a player is unable to get the ball in with an overarm serve allow them to hit a third serve underarm.

Encourage the better players to direct their serve to their opponent's weakness.

### Debrief/questions to ask

What happens if you do a bad ball toss and don't swing at the ball?

What happens if you do a bad ball toss, swing at the ball and miss it?

Where should you direct the serve?

What do we call the position just before you swing up to the ball and who can show me what it looks like?

Key

 Coach/Deliverer  
 Student

 Tennis Ball  
 Cones

 Tennis Racquet  
 Hoops

 Drop Down Lines  
 Ball Trajectory Lines