

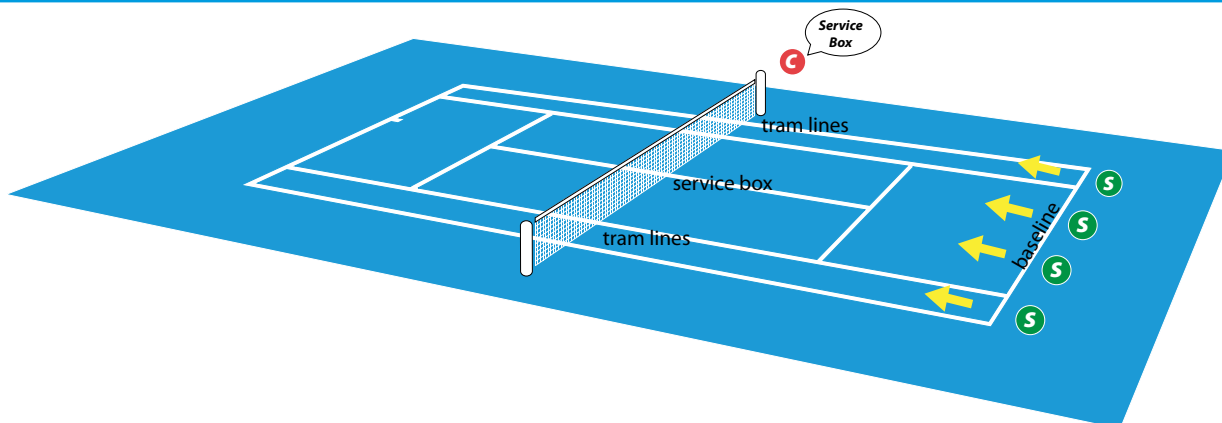


Warm-up Line call

Learning Objectives

Children will:

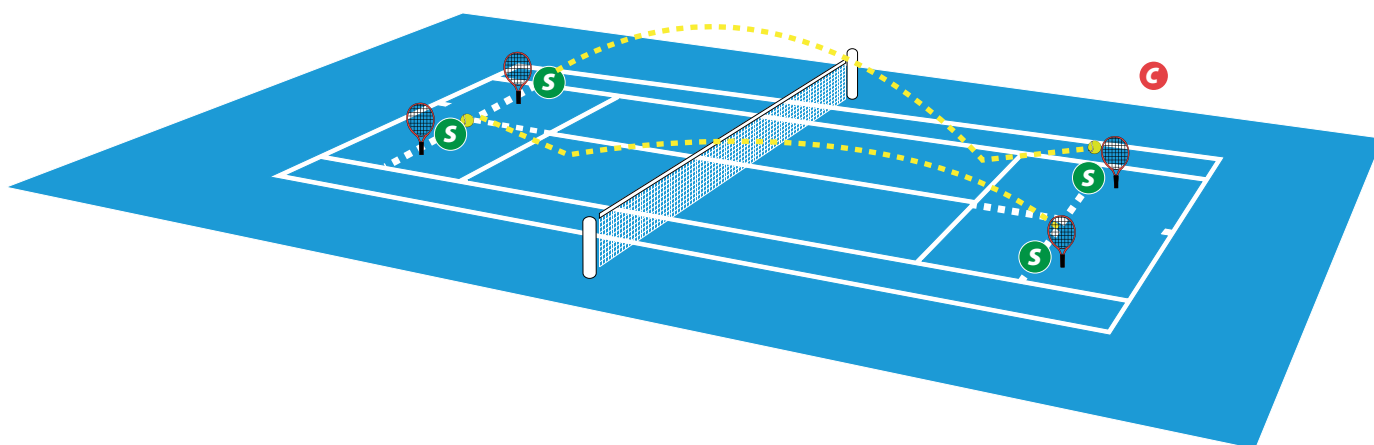
- be introduced to the full court.
- develop their forehands and backhands.



1. Name and show children the parts of a tennis court.
2. Get all children to stand on the baseline and explain that when you call out a part of the court they must run towards it. The last child there will do five star jumps.

- service boxes
- left and right tram lines
- baseline

Play development

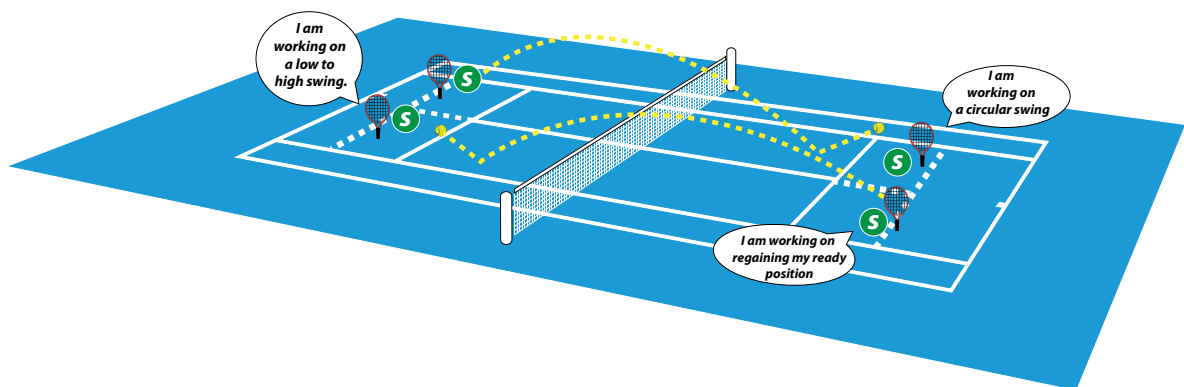


1. Children rally with a partner on half a doubles court. This allows you time to observe and assess the skills of each player.

Key points

Ready position, circular motion for the backswing with the dominant hand between the hips and shoulders on the hitting side of the body, a low to high forward swing making impact in front of the body about waist high, finishing in a balanced position.

Technique of forehand

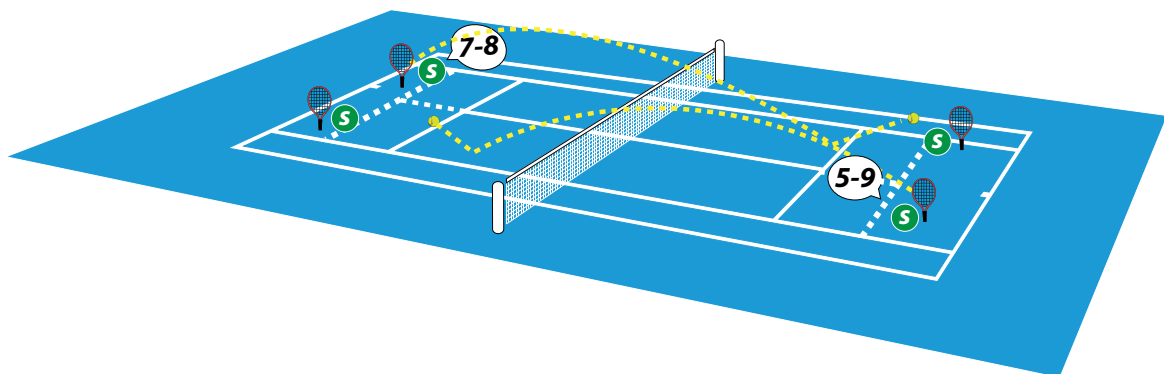


1. Demonstrate the forehand, or get one child who had a good swing to demonstrate, and cover the key technical points.
2. In pairs children rally forehand to forehand with each player focusing on one technical element of the swing relevant to them.
3. As above but for the backhand stroke.

Key points

Each child should focus on only one of the previously mentioned technical points in the rallying situation. This technical point will vary between players but may be the same for some.

Playing tennis



1. Give children two minutes to get their longest rally of forehands and backhands. Record the results to track improvement.
2. Divide children into teams of four. Children play against each member of the team up to 11 points. The point should begin with a bounce hit underarm serve. Reinforce the technical point for each player and provide tactical feedback during this activity.

Key points

Encourage children to aim for more height over the net to get more depth now they are on a larger court.
Pay close attention to the alignment of the racquet face at the impact zone as some children will turn the racquet face up to get the ball higher over the net instead of swinging from low to high.

Debrief/questions to ask

What was the most common mistake you made to lose a point, hitting into the net or too long?

How were you able to win a point?

What is the most important part of the forehand/backhand swing for you to practice?

Key

C Coach/Deliverer
S Student

Tennis Ball
Cones

Tennis Racquet
Hoops

Drop Down Lines
Ball Trajectory Lines