

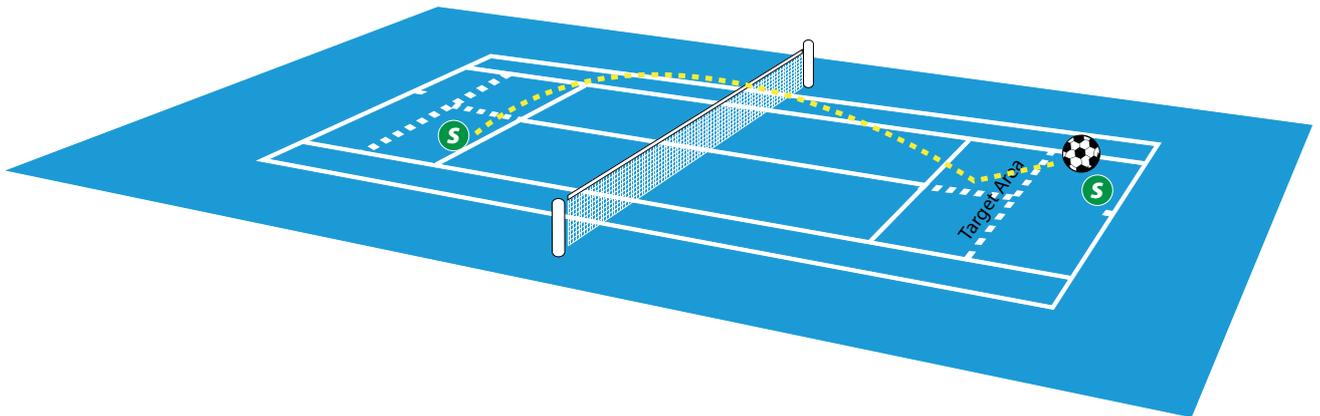


Warm-up Big ball sidearm throw

Learning Objectives

Children will:

- discover which area of the court they should aim to hit the ball.
- rally the ball deep in the court.

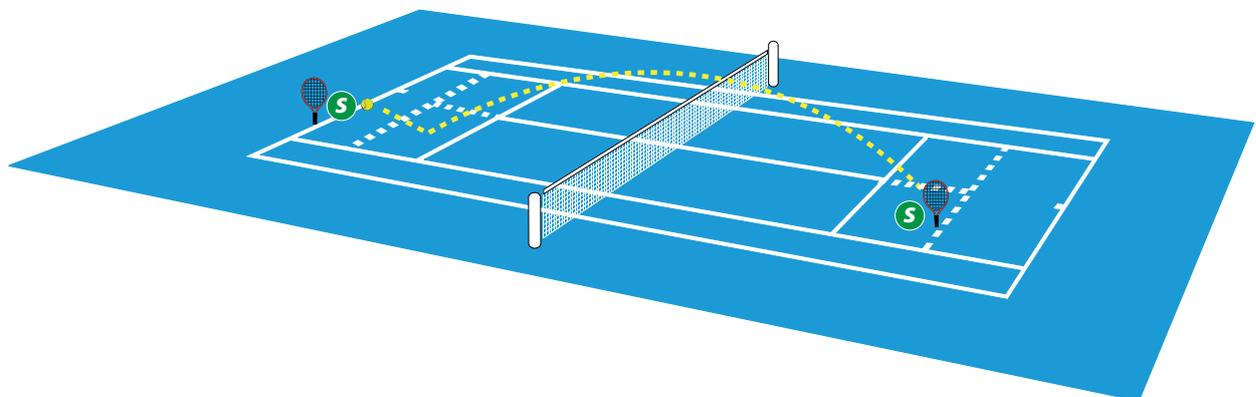


1. With a large ball, such as a soccer ball, children have a sidearm throwing rally on the orange court.
2. Children aim to throw the ball past the service line deep in the court.
3. To add a cooperative element they can count how many times they can get the ball to land past the service line in two minutes.
4. To add a competitive element they can play against each other where a point is scored each time they throw it deep into the target area.

Key points

When throwing, children should have a sound base of support, have relatively straight arms, swing backward and then forwards low to high, rotate their hips then shoulders and release with two hands in front of the body.

Play development Technical revision



1. Each child should tell you what part of their forehand and backhand swing they focused on in the developing forehands and backhands lesson.
2. Give them 3–5 minutes to rally with a partner to practice their swings.
3. Review their technique and give feedback on improvements.

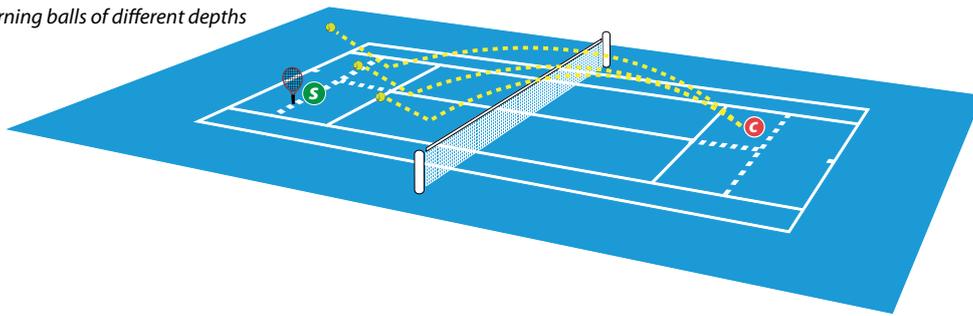
Key points

Do not overload the players with information. Only reinforce what they learnt the week before.

Returning balls of different depths

Hitting the ball deep

Diagram A: Returning balls of different depths



1. With one child as the player feed them three balls with different trajectories. Ask the other children to observe the players movement and where their shot goes.
2. Feed an easy ball the child can hit with little movement required.
3. Feed a short ball that requires the child to move three steps forward to hit it.
4. Feed a deep ball that requires the child to take three steps back to hit it.
5. Discuss with the children which ball was the most difficult for the player to hit back. Ensure they recognise it is the deep ball and repeat feeding activity if required.

Key points

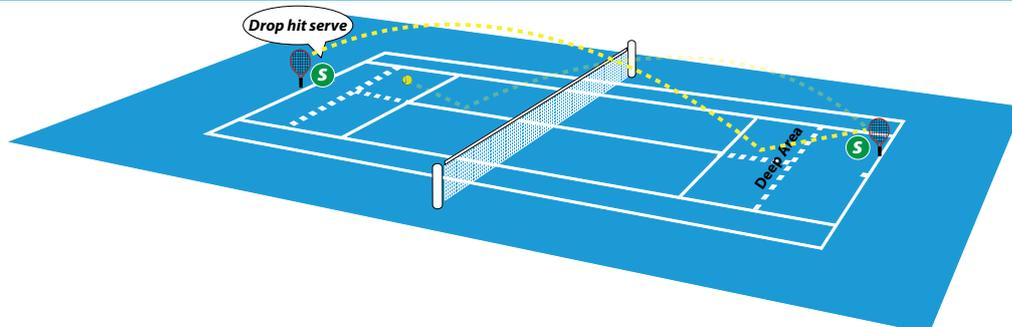
Make sure your feeds are accurate so the child has trouble returning the deep ball.

1. In pairs children can now practice hitting forehands deep to the baseline area in a rally situation.
2. Children can change partners to experience how deep other players hit the ball and also rally backhand to backhand.
3. To get them working cooperatively have them count how many times they can hit the ball in the designated deep area in one rally.
4. To make the activity competitive have them play points where they lose the point if they do not hit the ball in the designated deep area.

Key points

Encourage them to get prepared early by turning their shoulders and starting the circular motion on the backswing when they recognise which side the ball is going to.

Playing tennis



1. Children play points first to seven.
2. The rally should be started with a drop hit serve into the deep area.
3. Bonus points can be awarded for hitting the ball deep or forcing the opponent into an error on a deep shot.

Key points

Continue to reinforce the technical points worked on in the play development section.

Encourage the movement of body weight from the back to front foot to help them hit deeper. When they receive a deep ball this will be especially important as they will have moved back to get in position and need to stabilise and drive forward.

Debrief/questions to ask

What do you need to do before you hit the ball?

How does hitting the ball deep help you win the point?

Is it easier to hit the ball deep with your forehand or backhand?

Key

 Coach/Deliverer
 Student

 Tennis Ball
 Cones

 Tennis Racquet
 Hoops

 Drop Down Lines
 Ball Trajectory Lines