

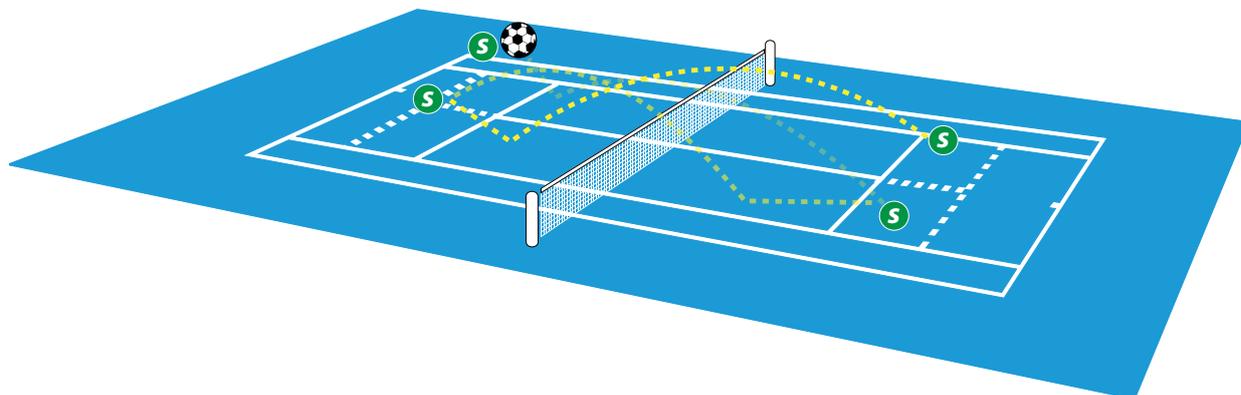


Warm-up Big ball sidearm throw

Learning Objectives

Children will:

- discover where and how to hit the ball to make their opponent move.
- move their opponent to win points.



1. Children will play doubles first to five points alternating server every two points. Using a sidearm throwing action children aim into open space. Allowing the ball to bounce twice is a point to the other team.
2. Children need to work together to make their opponents move and find a gap to throw a winner.
3. To increase the level of difficulty and help them find more open spaces, children now switch sides of the court with their partner after every throw.

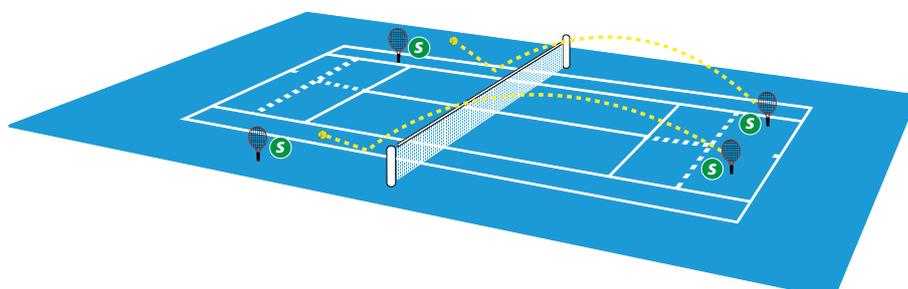
Key points

Emphasise the importance of team work and awareness of their partner and opponents.

Encourage them to try deep throws, short angles, catching the ball before the bounce, etc.

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

Play development Getting your opponent outside of the singles sideline



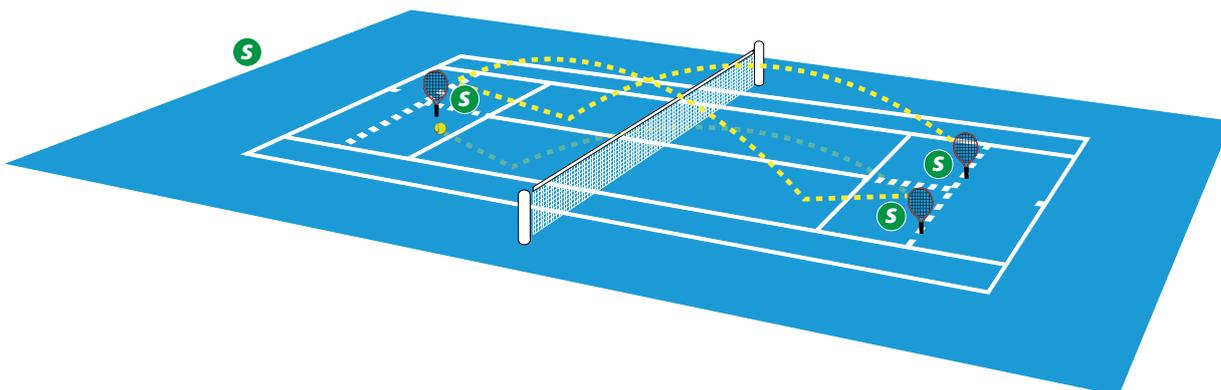
1. In pairs on half a doubles court children will rally, attempting to make their opponent hit the ball from a position wider than their singles sideline.
2. As a cooperative activity children count how many times in a single rally they, as a team, make contact with the ball from a position wider than their singles sideline.
3. Introduce scoring and explain to players they win the point if their opponent hits the ball from a position wider than their singles sideline.

Key points

Be mindful of safety. As you are encouraging them to move their opponent wider than the singles sideline they must be sufficient space between the players on adjoining courts. If children are scoring points too easily use the doubles sideline instead of singles or use throw down lines to mark out wider lines.

To create more angles they will need to use more topspin. Therefore reinforce the importance of dropping the racquet head below the ball and developing racquet head speed with a low to high forward swing.

Two versus one



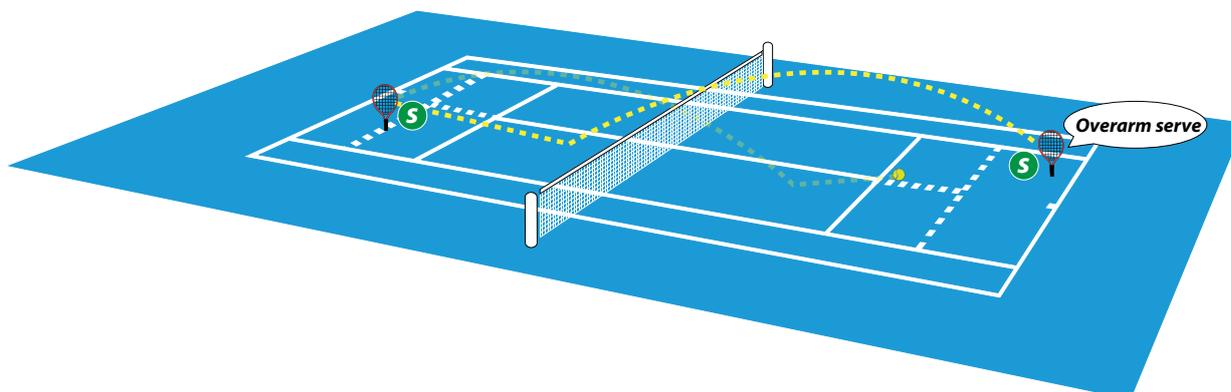
1. On a full orange court children will now rally two against one.
2. The two players who are together should try and hit the ball cross court to make the other person move and hit from outside the singles sideline.
3. After each player has been by themselves introduce scoring first to five points.
4. Rotate positions after each rally.

Key points

Safety and technique as per previous activity.

Encourage the player by themselves to hit the ball deep down the middle of the court to decrease the angles available to their opponent.

Playing tennis



1. Children play points for a set amount of time of 2 minutes.
2. The point should be started with an overarm serve cross court.
3. Two bonus points can be awarded for hitting a clean winner as this will encourage them to move the opponent and hit to the open court.
4. Play until each player has competed against each other.

Key points

Continue to reinforce the technical elements mentioned above but the majority of the focus should be on the tactics used to move the opponent and win the point.

If some children can not hit a first or second serve in overarm allow them to hit a third serve underarm.

Debrief/questions to ask

Should you hit down the line or cross court to get your opponent moving?

What type of spin helps you get more angle on your strokes?

When should you attack down the line?

Key

 Coach/Deliverer
 Student

 Tennis Ball
 Cones

 Tennis Racquet
 Hoops

 Drop Down Lines
 Ball Trajectory Lines